

Protect Yourself and Others from COVID-19 When Going Back to School



This year, back-to-school time will differ from those of the past. The COVID-19 pandemic affects everyone, but if we're all alert, use the guidance available to us and remain cautious, we can reduce the risks that come with coronavirus.

Signs of COVID-19

Symptoms of COVID-19 may appear between 2-14 days after exposure. Signs and symptoms include:

- Fever or chills
- Fatigue
- Headache
- Sore throat
- Nausea
- Difficulty breathing
- Coughing
- Aches in muscles or all over the body
- Loss of taste or smell
- Congestion
- Vomiting or diarrhea

If you or someone else shows these signs, call your clinic or the Avera Medical Call Center at **1-877-AT-AVERA**.

How It Spreads

- Spreads from an infected person to another person
- Through coughs, sneezes or talking
- Symptoms may NOT be present in an infected individual

Help Stop the Spread

- Wash your hands often
- Avoid close contact (stay 6 feet apart)
- Cover your mouth and nose with a cloth face cover when around others
- Cover coughs and sneezes
- Clean and disinfect surfaces

Safeguard Your Health

Don't delay routine medical care. Make sure you and your family are up-to-date on immunizations and screenings.

For tips and resources on how to protect your family from COVID-19, please visit Avera.org/COVID-19.

Our experts have developed a New Normal Patient Toolkit with guidance for home, workplace, family life, errands, recreation and social activity.