

Information on the Coronavirus

What is COVID-19

The Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases, which include the Middle East Respiratory Syndrome (MERS-CoV) and the Severe Acute Respiratory Syndrome (SARS-CoV). Coronavirus (COVID-19) is a new “novel” coronavirus (nCoV), which has been identified as a new strain that has never been previously identified in humans. Coronaviruses are zoonotic (meaning transmission between animals and humans). The most recently (2019) discovered coronavirus that causes the coronavirus disease, the COVID-19.

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses; however, they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2), and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two. While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. The table linked here compares COVID-19 and flu, given the best available information to date, as indicated by the Center for Disease Control(CDC).

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest

- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Prevention and Caring for Self

- [How to protect yourself](#)
- [What to do if you are sick](#)

Source: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

Phase Two Reopening Guidance

During Phase Two, The District of Columbia (DC) permits schools to reopen with the guidance that in effect until the administration is able to better assess the impact of opening schools on the spread of COVID-19. As one of the schools that provides adult education in the District of Columbia and ready to reopen, Immaculate School of Allied Health (ISAH) implements the Coronavirus 2019 (COVID-19): Guidance for Schools. Based on the District Guidance, ISAH puts in place the plan that encompasses basic information, procedures, and guidance, which will enable its resumption conducting school programs safely. By doing so, ISAH plays a role in preventing the risk of exposure for students and staff as well as reducing the spread of the diseases in the community. ISAH will update its implementation policy when new guidance released in order to help reduce the risk of COVID-19 transmission among students and staff.

Supports Safety of Employees and Students

Daily Health screening

ISAH completes daily health screening for all students (current and potential) and staff entering the school building. ISAH ensures temperature checking and health screening questionnaire are maintained at the entrance of the school. Any individual with any of the following symptoms should not enter the school, and instead, they should isolate immediately and call their healthcare provider:

- Fever (subjective or 100.4 degrees Fahrenheit/38 degree Celsius) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, nausea or vomiting, diarrhea, or otherwise feeling unwell.
- Symptoms may be evaluated before arrival (via phone or app), or upon arrival and can be based on report from caregivers.
- If a student or staff member develops any of the symptoms above during the course of the school day, ISAH will provide a separate waiting room to allow the individual to separate from the rest of the people until it is safe to go home and