

## **Gid pou Paran osijè Covid 2019**

Gen gwo enkyetid nan kominote a osijè viris COVID 2019 ki ka pwopaje byen vit. Se poutèsa Lekòl piblik, Broward County Public Schools, prepare gid-sa konsa paran/gadyen va gen enfòmasyon kòrèk sou viris-la, konnen jan pou pwoteje tèt-yo ak pitit-yo, epi kisa pou fè si yo sispekte yon ka posib.

Viris COVID 2019 se yon nouvo viris respiratwa ki soti nan vil Wuhan, Pwovens Hubel, nan peyi Lachin. Sant Maladi pou Kontwòl ak Prevansyon [Centers for Disease Control and Prevention (CDC)] ap swiv depre maladi a. Yo rapòte ka maladi an rapò ak COVID 2019 se: endividi ki enfekte men ki pa gen sentòm ditou oswa pa manifeste anpil sentòm, ka ekstrèm, endividi ki malad grav anpil. Ofisyèl sante piblik pa fin twò klè sou kesyon jan COVID 2019 pwopaje soti nan yon moun ale nan yon lòt.

### **Kisa ou ta dwe konnen:**

Sentòm-yo enkli modere rive maladi respiratwa grav avèk:

- Lafyèb
- Tous
- Difikilte respire

Gen sentòm sa-yo pa vledi yon moun trape viris-la. Sentòm-yo ka parèt nan de jou oswa 14 jou apre yon moun espoze a viris-la. Selon CDC, pi gwo risk enfeksyon se pou moun ki te vwayaje nan vil Wuhan, nan peyi Lachin. Sentòm sa-yo raple sentòm grip (flou -flu) epi poulemoman pa gen tretman espesifik pou COVID 2019. Sepandan, pou viris COVID 2019 mezi prevansyon ak prekosyon sanblab ak prekosyon pou pa trape lòt viris respiratwa tankou lagrip.

### **Kijan sentòm lagrip manifeste?**

Sentòm lagrip ka enkli tous, gòj fèmal, fyèb, nen k ap koule oswa konjesyone, doule kò, maltèt, frison, santi ou fatige, ak petèt vomisman ak dyare. Kèk moun ki gen lagrip yo ka pa fè esperyans tout sentòm-yo.

### **Kisa pou mwen fè si pitit-mwen gen sentòm-sa-yo?**

- Ou ta dwe kontakte touswit doktè w oswa yon pwofesyonèl swen sante. Pa tann pou sentòm-yo vin pi mal!
- Yo ankouraje paran/gadyen gade pitit-yo, ki malad, anndan kay-yo, lè pitit-la malad.

### **Kijan mwen ka pwoteje pitit-mwen?**

- Selon CDC, lave men w byen ak savon epi dlo se meyè fason pou anpeche maladi rantrè nan kò w.
- Montre pitit-ou jan pou li lave men l pou 20 segonn. Mande pitit-ou vizite sit [cdc.gov/handwashing/index.html](https://www.cdc.gov/handwashing/index.html). Sou sit-la, pitit-ou ka gade videyo sou teknik korèk pou lave men li.
- Montre pitit-ou jan pou li kouvri nen li ak bouch li avèk yon klinèks (tissue) lè lap touse oswa estènye. Pitit-ou ta dwe jete klinèks-la apre li fin itilize l epi apre, lave men li. Si ouken klinèks pa disponib, PITIT-OU PA DWE ITILIZE MEN-LI. Pitit-ou ta dwe kouvri bouch-li oswa nen-li ak manch rad-li.
- Timoun ta dwe evite manyen je-yo, nen oswa bouch. Jèm maladi gaye fason sa.
- Si sa posib, evite moun ki malad oswa enfekte.
- Netwaye epi dezenfekte souvan sifas ak objè ki te manyen.

**For more information and updates, visit [browardschools.com/coronavirus](https://www.browardschools.com/coronavirus).**

**The School Board of Broward County, Florida** Lori Alhadeff • Robin Bartleman • Heather P. Brinkworth • Patricia Good • Donna P. Korn Laurie Rich Levinson • Ann Murray • Dr. Rosalind Osgood • Nora Rupert • Robert W. Runcie, Superintendent of Schools

The School Board of Broward County, Florida, prohibits any policy or procedure which results in discrimination on the basis of age, color, disability, gender identity, gender expression, genetic information, marital status, national origin, race, religion, sex or sexual orientation. The School Board also provides equal access to the Boy Scouts and other designated youth groups. Individuals who wish to file a discrimination and/or harassment complaint may contact the Director, of the Equal Educational Opportunities/ADA Compliance Department & District's Equity Coordinator/Title IX Coordinator at 754-321-2150 or Teletype Machine (TTY) 754-321-2158. Individuals with disabilities requesting accommodations under the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), may contact the Equal Educational Opportunities/ADA Compliance Department at 754-321-2150 or Teletype Machine (TTY) 754-321-2158. [browardschools.com](https://www.browardschools.com)