

## APPENDIX - B

### COVID-19 Awareness Parent/Student-Athlete Participation Acknowledgement Statements

I \_\_\_\_\_, the parent/guardian of \_\_\_\_\_, acknowledge that I have received information on all of the following:

- What you should know about COVID-19 to protect yourself and others
- Share facts about COVID-19
- Multisystem Inflammatory Syndrome in Children (MIS-C)
- COVID-19 Frequently Asked Questions from the Maryland State Health Department.  
<https://coronavirus.maryland.gov/#FAQ>

I \_\_\_\_\_, the parent/guardian of \_\_\_\_\_, will follow the requirements for in-person attendance at any extracurricular athletic and activity event.

- I will not send my child to extracurricular athletic and activities if they are exhibiting any signs/symptoms of COVID 19 or have been exposed to someone with COVID 19 (or presumed to have COVID 19) in the past 14 days.
- I will review symptoms with my child and monitor my child's symptoms every day that my child attends in-person activities/events.
- If my child becomes ill during any in-person activity/event, I will ensure they are picked up promptly. I will follow-up with an authorized health care provider/health department and comply with recommended quarantine or isolation as directed. If my child is ill, I understand that a release to return to in-person activity from an authorized health care provider will be required.

#### Signs and Symptoms of COVID-19:

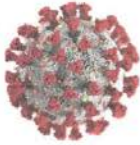
- |   |                              |
|---|------------------------------|
| • Fever (100.4°F or greater) or chills        | • Headache                   |
| • Cough                                       | • New loss of taste or smell |
| • Shortness of breath or difficulty breathing | • Sore throat                |
| • Fatigue                                     | • Congestion or runny nose   |
| • Muscle or body aches                        | • Nausea or vomiting         |
|   | • Diarrhea                   |

Students must be free of fever without the use of fever reducing medications.

Parent/Guardian \_\_\_\_\_ Parent/Guardian \_\_\_\_\_  
Print Name Signature and Date

Student Athlete \_\_\_\_\_ Student Athlete \_\_\_\_\_  
Print Name Signature and Date

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS 214912A 04/15/2020

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

FACT  
**1**

**Diseases can make anyone sick regardless of their race or ethnicity.**

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT  
**2**

**For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.**

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT  
**3**

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT  
**4**

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT  
**5**

**You can help stop COVID-19 by knowing the signs and symptoms, which can include:**

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



CS316439-A 04/14/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



## Multisystem Inflammatory Syndrome in Children (MIS-C)

Updated May 20, 2020

MIS-C is a severe inflammatory syndrome where pediatric patients present with features similar to Kawasaki disease and toxic shock syndrome. The condition can cause problems with the heart and other organs and may result in hospitalization.

MIS-C appears to be rare and most children who get COVID-19 will not develop MIS-C, according to the Centers for Disease Control and Prevention (CDC). However, children with this syndrome may become seriously ill. If you have any concerns about your child's health, please call your child's doctor.

### What are the symptoms of MIS-C?

Symptoms of MIS-C might include persistent fever (temperature of 100.4 degrees F or 38.0 degrees C or greater), a rash or changes in skin color, red eyes or conjunctivitis, red cracked lips or red, bumpy tongue that looks like a strawberry, swollen hands and feet, abdominal pain or swollen lymph nodes.

### When should I get emergency care?

Call your child's doctor and seek immediate care if your child has:

- Persistent fever for several days
- Difficulty feeding (infants) or is too sick to drink fluids
- Severe abdominal pain, diarrhea or vomiting
- Dehydration with decreased frequency of urination
- Change in skin color or appearance — becoming pale, patchy or blue, swelling
- Trouble breathing, breathing is painful or breathing very quickly
- Racing heart or chest pain
- Acting unusually sleepy, dizzy or confused

If your child is severely ill, go to the nearest emergency room or call 911 immediately.

### Is MIS-C contagious?

MIS-C is not contagious, but it is possible that your child has COVID-19 or another infection that may be contagious.

### Is there a treatment for MIS-C?

Children with MIS-C are being treated with therapeutic medications to support the body's immune system and inflammatory response. Children may also receive medications to protect their heart, kidneys and other organs.

### How can I prevent my child from getting MIS-C?

You should take steps to prevent your child from being exposed to COVID-19. Stay home when you can, practice social distancing and wear a mask if you must go out and wash hands frequently. Children with underlying medical conditions can be at higher risk for poor outcomes of COVID-19.

For more information about COVID-19 in Maryland, visit [coronavirus.maryland.gov](https://coronavirus.maryland.gov).



## **Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions**

Updated October 15, 2020

**Under Governor Larry Hogan’s direction, state agencies continue to develop comprehensive and coordinated prevention and response plans for coronavirus disease 2019 (COVID-19).**

**The Maryland Department of Health (MDH) will communicate directly with the public, providing updates as this situation develops and accurate information about how to protect yourself and your family.**

**If you have questions about COVID-19 that are not answered here, call your local health department or dial 2-1-1.**

### **What is COVID-19?**

COVID-19 is a disease caused by a respiratory virus first identified in Wuhan, Hubei Province, China in December 2019. COVID-19 a new virus that hasn’t caused illness in humans before. Worldwide, COVID-19 has resulted in thousands of human infections, causing illness and in some cases death. Cases have spread throughout the world, with more cases reported daily.

### **What is the current COVID-19 situation in Maryland?**

Up-to-date information about testing and case counts in Maryland is available at [coronavirus.maryland.gov](https://coronavirus.maryland.gov). The page is updated daily.

On May 13, Governor Larry Hogan announced the beginning of Stage One of the ‘[Maryland Strong: Roadmap to Recovery](#),’ which includes moving from a Stay at Home order to a Safer at Home public health advisory and the gradual reopening of retail, manufacturing, houses of worship, and some personal services. On June 5, Maryland moved into Stage Two of recovery with the safe and gradual reopening of workplaces and non-essential businesses. Additional reopenings through Stage Two were announced on June 10, which allowed indoor dining and outdoor amusements to resume on June 12.

On Friday, September 5, Maryland moved from Stage Two to Stage Three of the ‘Maryland Strong: Roadmap to Recovery’ with additional safe and gradual reopenings of most activities with social distancing and face covering requirements. Stage Three will be implemented in multiple phases with a flexible, community-based approach that empowers individual jurisdictions to make

decisions regarding the timing of reopenings. For the reopening status of Maryland's jurisdictions, please visit <https://governor.maryland.gov/recovery/>.

Marylanders are advised to heed all state and local public health guidance:

- All Marylanders who are older and have underlying health conditions which put them at greater risk for COVID-19 are advised to avoid crowds
- Employers should continue to encourage telework for their employees whenever possible
- Everyone should continue wearing masks or face coverings in public areas, businesses, and on public transportation
- Marylanders should continue practicing physical distancing, staying six feet apart when possible

Information about the Hogan administration's ongoing response to COVID-19 is available at <https://governor.maryland.gov/coronavirus/>.

### **What are risk factors for serious illness from COVID-19?**

Everyone is at risk for COVID-19. However, symptoms can range from mild to severe and may have different complications for each person.

Older people, age 60 and above, and those with pre-existing medical conditions have a higher risk for serious illness from COVID-19. Examples of pre-existing medical conditions include: cancer, diabetes, heart disease or other conditions impacting the immune system's ability to fight germs.

While older people and those with pre-existing conditions are at a higher risk, current MDH data shows that the majority of infections are in adults under 60 years of age. People of all ages need to practice social distancing to prevent the spread of COVID-19.

### **How does COVID-19 spread?**

COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (within about 6 feet). People who are infected but do not show symptoms can also spread the virus to others.

- COVID-19 most commonly spreads during close contact
  - People who are physically near (within 6 feet) a person with COVID-19 or have direct contact with that person are at greatest risk of infection.
  - When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce respiratory droplets.
  - Infections occur mainly through exposure to respiratory droplets when a person is in close contact with someone who has COVID-19.
  - Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.
- COVID-19 can sometimes be spread by airborne transmission
  - There is evidence that under certain conditions, people with COVID-19 seem to have infected others who were more than 6 feet away within enclosed spaces that had inadequate ventilation.

- The amount of infectious smaller droplet and particles produced by the people with COVID-19 became concentrated enough to spread the virus to other people. The people who were infected were in the same space during the same time or shortly after the person with COVID-19 had left.
- Available data indicate that it is much more common for the virus that causes COVID-19 to spread through close contact with a person who has COVID-19 than through airborne transmission.

### **What are the symptoms of COVID-19?**

Symptoms, or combinations of symptoms, that may appear 2-14 days after exposure include:

- 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

### **What is the difference between the flu and COVID-19?**

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.

- Signs and Symptoms: Both COVID-19 and the flu have common symptoms like those listed above. But, COVID-19, unlike the flu, may include change in or loss of taste or smell.
- When Symptoms Appear After Exposure: If a person has COVID-19, it could take them longer to develop symptoms than if they had flu. Typically, a person with the flu develops symptoms anywhere from 1 to 4 days after infection. A person with COVID-19 may typically develop symptoms 5 days after being infected, but symptoms can appear between 2 and 14 days after infection.

For more information, see the CDC [Similarities and Differences between Flu and COVID-19](#).

### **What do I need to know about the flu season during the COVID-19 pandemic?**

Getting a flu vaccine during the 2020-2021 influenza season is more important than ever because of the ongoing COVID-19 pandemic. Flu vaccination is especially important for adults 65 years and older, who account for most hospitalizations and deaths from flu and from COVID-19.

For flu information and resources in Maryland, visit <https://phpa.health.maryland.gov/influenza/Pages/home.aspx>. Read more from the CDC [Protect Your Health This Flu Season](#).

### **What should I do if I think I am sick with COVID-19?**

If you become sick with fever, cough or have difficulty breathing, contact your health care provider, especially if you are over 60 years of age or have pre-existing medical conditions. If you do not have a health care provider, contact your local health department. Follow these steps:

- Call your health care provider, local health department or emergency room before you go
- Tell them about your symptoms, any recent travel and close contacts (such as people in your household)
- Wear a mask

### **If someone has COVID-19, what will happen to them?**

The vast majority of people recover from this infection. Most people will have mild or moderate symptoms. Most people may be advised to recover at home and isolate themselves from others. These individuals should call their physicians or health care practitioners if their symptoms get worse.

Some COVID-19 infections can lead to serious illness, and in some cases death. If someone has a more serious illness from COVID-19, they may be admitted to the hospital.

### **Should I wear a face mask?**

On September 1, Gov. Hogan announced further amendments to the statewide masking order that has been in effect since April 18. All Marylanders over age 5 should continue wearing face coverings in indoor public areas, retail stores, outdoors when unable to maintain social distancing, and on public transportation. Face coverings are also required in offices of physicians and dentists, hospitals, pharmacies, and laboratories; and at work in any area where interaction with others is likely such as shared areas of commercial offices. Face coverings should cover both your nose and your chin to properly protect against infection. Read the order at <https://governor.maryland.gov/wp-content/uploads/2020/09/Gatherings-12th-AMENDED-9.1.20.pdf>

Masks and face coverings can be made from household items and include wearing a scarf or bandanna that covers the nose and mouth. The CDC has detailed guidance and instructions regarding homemade masks and face coverings available at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Masks and face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. People with disabilities who are unable to wear a mask are provided reasonable accommodations per the Americans with Disabilities Act.

The masks and face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. The CDC has also advised that face coverings with ventilators should be avoided.



### **Should I cancel plans to travel?**

MDH issued a public health advisory for out-of-state travel. Under the advisory, Marylanders are strongly advised against traveling to states with positivity rates of 10% or higher. Anyone traveling from these states should get tested and self-quarantine while awaiting results.

The public health advisory applies to personal, family, or business travel of any kind. Marylanders are advised to postpone or cancel travel to these areas until their positivity rates decline. Read the travel advisory at

<https://phpa.health.maryland.gov/Documents/07.29.2020%20-%20MDH%20Notice%20-%20Out%20of%20State%20Travel%20Advisory.pdf>.

At this time, the CDC warns that travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.

The CDC warns: You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others. You and your travel companions (including [children](#)) may spread COVID-19 to other people including your family, friends, and community for 14 days after you were exposed to the virus.

Don't travel if [you are sick](#) or [if you have been around someone with COVID-19 in the past 14 days](#). Don't travel with someone who is sick.

If you must travel:

- Avoid contact with sick people.
- Wear a cloth face covering in public.
- Avoid touching your eyes, nose, or mouth.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Avoid close contact with others.
- Avoid traveling if you are sick.

People who are at increased risk for serious illness are also advised to avoid nonessential air travel.

CDC recommends travelers [defer all cruise ship travel worldwide](#).

Visit the CDC travel advisory site to check on current travel warnings if you are planning a trip abroad: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

### **What can I do to protect myself and others?**

Take everyday preventive steps to slow the spread of COVID-19:

- Wash your hands often with soap and warm water for at least 20 seconds

- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available
- Cover your coughs and sneezes with a tissue, your sleeve or your elbow
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices
- Practice social distancing — keep distance between yourself and others and avoid crowds
- Cover your mouth and nose with a cloth face cover when around others
- Avoid close contact with people who are sick
- If you are sick, stay home, except when seeking medical care

### **What is social distancing?**

The best way to slow the spread of COVID-19 is through “social distancing,” which means avoiding close contact with others. Social distancing can take many forms, depending on your lifestyle and your family or living situation. Social distancing can include the following habits and steps:

- Avoid handshaking, hugging and other intimate types of greeting
- Avoid non-essential travel (your health care provider may have specific guidance for your situation)
- Avoid crowds, especially in poorly ventilated spaces
- Work from home if possible for your work situation
- Avoid unnecessary errands — consider ways to have essential items, like food and other household supplies, brought to you through delivery services or through family or social networks

It is recommended that those at a high risk of becoming seriously ill from COVID-19 stay home as much as possible and contact their health care provider.

While social distancing and self-quarantine are needed to limit and control the spread of the disease, social connectedness is important. Virtual resources can and should be used during this time. Talk to your friends and family on the phone or over video to stay connected.

### **Is there a vaccine or medicine I can get for COVID-19?**

Not yet, because COVID-19 is a new disease. However, many experts are at work developing one. As with any new vaccine, it must be tested to make certain it is safe and effective. There is also no specific medicine currently available to cure COVID-19. However, people who have COVID-19 should seek medical care to help lessen the severity of their symptoms.

### **How can I be more prepared for COVID-19?**

- Have an adequate supply of non-prescriptive drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines
- Check your regular prescription drugs to make sure you have an adequate supply; refill your prescriptions if needed
- Have a thermometer, tissues and hand sanitizer in case you become ill and must stay at home to recover
- Talk with family members and loved ones about how they would be cared for if they got

- sick and what will be needed to care for them at home
- Have a two-week supply of water and food available at home

### **Can I get tested for COVID-19?**

State officials encourage anyone who wants to be tested for COVID-19 to get tested, including [people who do not have symptoms](#).

For more information about COVID-19 testing and a list of testing sites in Maryland, please visit [covidtest.maryland.gov](https://covidtest.maryland.gov).

### **Will the Maryland Department of Health test animals for coronavirus?**

In accordance with current federal guidelines, the Maryland Department of Health will not be testing the general companion animal population. To date, there is no evidence that domestic animals, including pets, can spread the SARS-CoV-2 (COVID-19) virus. Because the situation is ever-evolving, public and animal health officials may decide to test certain animals out of an abundance of caution. The decision to test will be made collaboratively between local, state and/or federal public and animal health officials.

For more information, please visit the AVMA COVID-19 website at <https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>.

### **Is there anything else I should know?**

Do not stigmatize people of any specific ethnicities or racial background. Viruses do not target people from specific populations, ethnicities or racial backgrounds.

Stay informed and seek information from reliable, official sources. Be wary of myths, rumors and misinformation circulating online and elsewhere. Health information shared through social media is frequently inaccurate, unless coming from an official, reliable source such as the CDC, MDH or local health departments.

### **Are there additional resources available for specific groups, such as businesses?**

The CDC provides current information about COVID-19 at [cdc.gov](https://www.cdc.gov).

#### **Businesses**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

#### **Pregnant Women, those who are breastfeeding, and children**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women.html>

#### **Travelers**

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

#### **Weekly Updates**

To receive the weekly email about COVID-19, enter your email address and type "COVID-19" in the search box at this URL:

[https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic\\_id=USCDC\\_2067](https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_2067)