

St. Thecla Catholic School

Preschool Program Handbook

2020-2021



“We, the community of St. Thecla Catholic School, dedicate ourselves to serving God through our growth in faith, education, and love for one another as members of God’s Family.”

**20762 South Nunneley Road
Clinton Township, MI 48035
586.791.2170 | www.stthecla.com**

St. Thecla Preschool Handbook

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Welcome to St. Thecla Catholic Elementary School!

Dear Parents,

Welcome to the St. Thecla Preschool Program! Our primary purpose is to be an extension of the educational ministry of the Church, which continues the teachings of Jesus. Each child, created by God, is a unique individual with his/her own pattern of growth and development. We invite each child to play, learn, and grow through Jesus Christ. Throughout your time at St. Thecla we will encourage and support each child's spiritual, cognitive, social-emotional, and physical growth.

We welcome you and your child to the program and trust that, with your participation, we can create a successful experience for your child's spiritual and educational growth through St. Thecla Catholic School.

Sincerely,

Tiffany Willette-Ennis, Rebecca Burtwell and Nicole Duncan



Tiffany Willette-Ennis, Preschool Director
PK4 Teacher
Master of Education
in Early Childhood Education
Oakland University, 2017
Early Childhood PreK-General &
Special Education Endorsement (ZS)
Early Childhood Administration
Endorsement
Bachelor of Science
in Elementary Education
Oakland University, 2006
Elementary K-8 all subjects
Language Arts Endorsement (BX)



Rebecca Burtwell
PK3 Teacher
Bachelor of Science
in Elementary Education
Wayne State University, 2014
Elementary K-8 all subjects
Language Arts Endorsement (BX)



Nicole Duncan
PK4 Teacher
Bachelor of Science
in Elementary Education
Wayne State University, 2003
Elementary K-8 all subjects

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Please refer to St. Thecla Catholic School Handbook for detailed information.*

Educational Environment

Professional Faculty

The faculty members at St. Thecla Catholic School are qualified, professional teachers. St. Thecla is blessed to have experienced educators with appropriate credentials and certifications in Early Childhood Education. Our teachers supplement their skills each year by attending yearly workshops, in-service hours, and conferences. Our program demonstrates appropriate positive guidance with reasonable guidelines for the students. Encouragement, good role modeling, redirection, logical consequences, and problem-solving techniques are used to guide, and teach the students the appropriate words, and skills needed to handle situations in a positive way.

Below you will find contact information for the Early Childhood Faculty if you have any questions:

Tiffany Willette-Ennis	Preschool Director/PK4 Teacher	ennist@stthecla.com
Rebecca Burtwell	PK3 Teacher	burtwellr@stthecla.com
Nicole Duncan	PK4 Teacher	duncann@stthecla.com

Spiritual Component

Our goal is to instill young children with the values of Catholic principles within an academic setting. Religious education is part of our daily lessons and routines. Our school observes Catholic traditions of faith and service through community prayer, weekly mass, and daily routines. Students enrolled in the 4-year-old program begin attending weekly mass in September, and the 3-year-old students begin attending in January. Likewise, Catholic holidays are celebrated throughout the school year. All religious activities are part of the total academic curriculum. The loving care received by each child, models a Catholic way of living and learning with others.

Curriculum

The Early Childhood Program is designed to provide developmentally appropriate educational experiences in a Catholic environment, which encourages each child to explore, make decisions, be creative, discover, and solve problems. Our educators strive to provide children with a well-rounded learning environment. Every child's potential is limitless when nurtured in a loving, Catholic environment of learning, prayer, and play. Your child's education is our priority. Weekly emails include updates and important classroom information. Teachers observe and provide students with opportunities to develop in the following areas:

Social-Emotional Development: Speech is understood by adults, speaks in full sentences, willingly participates in activities, works independently on a task, follows a two-part direction or request, takes care of personal belongings, makes transitions easily, shares easily, makes friends easily, maintains friendships with peers, takes turns with other children, plays well with other children, enjoys playing group games, follows rules of a game, works cooperatively with other children, completes assigned tasks, shows pride in completed tasks, and takes appropriate care of other's items and property.

Motor Development: Holds a pencil or crayon correctly, can dress/undress self, attempts to tie shoes, properly handles eating utensils, holds scissors correctly, cuts simple shapes, buttons and unbuttons, zips separated fasteners, throws a ball, catches a ball, skips with agility, runs well, and walks on a balance beam.

Creative Development: Development of artistic techniques and expression through visual arts, music, dance, and movement.

Language Arts: Letter recognition, letter sounds, letter/name writing, name recognition, sight word recognition, recites the alphabet, enjoys listening to and responding to stories, songs, and poems, follows conversational rules such as staying on topic and taking turns, asks questions and/or makes comments in class discussions, uses pronouns correctly when speaking, uses comparative language in speech, participates in sound play, rhyming, games, songs, and poems, dictates a sentence for a picture, notices the initial letter in words, makes letter-sound matches, and names opposites.

Math: Number recognition to 10, oral counting to 30 and above, shape identification, shows sets of real objects to 12, and understands basic concept of time.

Science: Inquires and predicts, observes and experiments, evaluates and infers, identifies basic needs, identifies properties of matter, identifies weather and seasons, explores ecosystem, and explores technology.

-Includes use of the Media Center and iPads

Religion: Grace before snack and meals, daily prayers, daily religious reading from the Bible, and activities based around religious holidays.

An Early Childhood Assessment Report will be conducted two times a year. Students will be assessed in all areas of development. Conferences will be held in November and March with the classroom teacher.

School Year

Daily Schedule

The daily schedule is extremely important because young children feel more secure when a daily routine has been established. The daily schedule is posted in the classroom with pictures for the students to see. Small changes may be made within the normal schedule to accommodate the needs, interests of the students, and special events.

Half-Day Schedule | 8:15 a.m. – 11:15 a.m.

Arrival at 8:15 a.m.
 Circle Time
 Teacher Led Learning Centers
 Story/Transition
 Bathroom Break/Snack
 Free Choice
 Closing Circle Time
 Preparing for Dismissal
 Dismissal at 11:15 a.m.

Full-Day Schedule | 11:15 a.m. – 3:25 p.m.

Active Play
 Lunch/Bathroom Break
 Nap/Rest
 Learning Centers
 Small Group Activity
 Music and Movement/Finger Play
 Preparing for Dismissal
 Dismissal at 3:25 p.m.

The Preschool Program follows the St. Thecla School calendar for holy days and holidays. On half days, all preschoolers will be dismissed at 12:00 p.m. in the Gathering Space. Parents will be notified about any events pertaining to the Preschool Program and any changes in daily scheduling.

Arrival | Dismissal

All students must be dropped off and picked up in the Gathering Space. Family members or guardians must wait with the preschoolers until teachers arrive.

At 8:15 a.m., the classroom teacher will pick up the children in the Gathering Space. Please assist your child in lining up to enter the classroom with their appropriate class.

The students who attend the half-day program are dismissed in the Gathering Space at 11:15 a.m. Students who are not picked up by 11:20 a.m. will be sent to the school office, and you will be billed accordingly. The students who attend the full-day program are dismissed at 3:25 p.m. Students who are not picked up by 3:30 p.m. will be sent to the Extended School Program, and you will be billed accordingly.

If another family member will be picking up your child, please notify the teacher, in a timely manner, with the person's name and relationship. Students will only be released to those parents who are listed on the child's information record. Proper identification will be needed and checked by your child's teacher when applicable.

Extended School Program | ESP

The Extended School Program (ESP) is available for parents who need before and after school childcare for students in grades preschool-eighth. Parents may take advantage of St. Thecla Extended School Program (ESP), for an additional fee. Parents must register any child before they may use this service. The program is available only on school days and is closed when the school is closed due to weather, holidays, etc. Parents must plan with the ESP director to participate. Further information regarding admission, schedule, etc., is available in the ESP Parent-Student Handbook. If you have any further questions regarding enrollment for ESP, please contact:

Martha Karwoski karwoskim@stthecla.com

Snack | Lunch (Half/Full-Day)

Please be sure to provide your child with a well-balanced breakfast, before the school day. Outside food will not be permitted upon entering the classroom. Snack is typically served at 10:30 a.m.

Healthy snacks as well as a choice of milk or water are provided daily. Snack/Supply fees are due before the start of the school year. Please send your payment in an envelope with your child's name on it.

Snack/Supply fee for the school year:

5-day students	\$70
3-day students	\$50
2-day students	\$30

Parents may provide their child's snack based on special dietary needs or food allergies. Please notify your child's teacher of this information to ensure that proper accommodations can be made by all personnel and staff. If a child has special dietary needs or food

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allergies, it is important to notify the teacher. Parents must provide the school with proper paperwork documenting the child's allergies.

Parents will provide a healthy lunch for full-day students. Due to allergies, all preschool classrooms are NUT FREE. Peanut butter, Nutella, or other nut products are prohibited from being sent in your child's lunch. Your cooperation is appreciated.

Gathering Space Behavior:

The Gathering Space is an extension of the church and should be treated with the upmost respect. The Gathering Space is not a playground. Children MUST be supervised by an adult, at all times, while in the Gathering Space. There should be no running, playing, or jumping on the furniture. If children are to use the furniture, they should be sitting on their bottom and not walking on the furniture.

Nap | Rest-Time (Full-Day)

Following lunch, full-day preschool students will have an afternoon rest period. St. Thecla Catholic School shall designate each child with a specified cot labeled with each child's name. Parents will provide a small blanket, placed in a pillowcase labeled with your child's first and last name, which will be kept at school and sent home weekly to be washed. Pillows, pillow pets, stuffed animals, and toys are NOT permitted during rest time. For proper sanitation purposes, cots will be cleaned daily and more deeply cleaned on a weekly basis.

Outdoor Play | Recess (Full-Day)

The school will provide outdoor play unless prevented by inclement weather or other conditions that could result in children being overheated or excessively chilled, in accordance with the school-wide guidelines. On days when students cannot go outside, the program will provide indoor active play that enhances gross motor development.

Birthdays | Celebrations

Birthdays may be celebrated on or near the child's birthday. Please contact the classroom teacher to make proper arrangements. Parents must inform the teacher of the treat that they will be provide due to specific allergies students may have.

Parents will be notified of celebrations that will take place in the classroom such as Halloween and Christmas and will be invited to join on these occasions. You must have attended the Protecting God's Children Workshop and submitted a completed criminal history background check form to attend.

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Participation

Parental Involvement | Field Trips

Any adult over the age of 18 that will volunteer in the classroom, attend special events in the school, and chaperone a field trip must complete a criminal background check and attend the Protecting God's Children workshop through the Archdiocese of Detroit. The teacher and/or the teacher assistant will be in attendance with all volunteers.

The Preschool Program organizes two field trips during the school year. The first field trip is scheduled in the fall and the second in the spring (subject to change). A parent/guardian is responsible for each child's transportation and must accompany the child for the duration of the field trip. Medical documentation is required if specific accommodations need to be met by all staff and personnel.

Protecting God's Children Workshop

This workshop is offered by St. Thecla Parish as well as other parishes in the Archdiocese of Detroit. Registration is required to attend the workshop. The schedule of workshops offered can be found at www.virtusonline.org. If you have any questions, please contact Jeanine Walker at the Faith Formation office:

Mrs. Walker

586.792.0550 ext.363

walkerj@stthecla.com

Special Programs

The following activities are offered throughout the school year, which help enhance our program, are Christ-Centered, and provide opportunities to bring the student body together: Student of the Week, Science Alive, Thanksgiving Food Drive, Holiday Celebrations, Secret Santa Shop, Catholic Schools Week, March is Reading Month, Mystery Reader, and the Scholastic Book Fair.

School Policies

Preschool Forms

A copy of each child's Birth Certificate and Baptismal Certificate must be on file before the first day of school.

Each child must submit a health appraisal form. The health appraisal form must be completed and signed by the child's physician. This form must be completed and on file within 30 days of the first day in the program. The health appraisal expires two years from the date of the physician's signature. A current copy of the child's immunization records must also be completed and kept on file before the first day of school.

Several times a year a report of student immunization records must be sent to the Macomb County Health Department. Any students who are not up-to-date on their immunizations, according to the Health Department, will receive a letter detailing what immunizations are needed. Once the child's immunization records are updated, please bring in the updated records to the teacher.

Information and emergency cards must be completed in full for each child every year. Students will only be released to persons specified on the card. Custody arrangements will be addressed through court documents that are kept in the main office.

All necessary forms must be submitted to the classroom teachers at Parent Orientation Night. Please see the Early Childhood Handbook Documents Packet for the full list of necessary information.

Absences | Late Arrivals | Early Dismissals

If your child will be absent or late, please notify the teacher and include the reasoning. If you are arriving late, please be mindful of our classroom environment and drop off your child at the door. If your child will be dismissed early, please notify the teacher in a timely manner, and sign out your child in the school office before leaving. Please wait at the main office, and your child will be sent down at the time of arranged early dismissal.

Dress Code

Please make sure that the children are dressed in simple and comfortable clothes that they can manage in the bathroom, recess, and naptime. For example, pants that have an elastic waistband are easier than pants with a zipper, button, and/or belt.

Sturdy shoes with socks must be worn always, even on special occasions such as classroom celebrations, picture day, graduation, etc. Sandals, flip-flops and Crocs are NOT permitted. Jewelry should not be worn at school, as it could be lost or cause injury.

Children must be dressed appropriately for weather conditions. During winter if your child wears boots to school, please be sure to pack a pair of shoes in their backpack. Please pack an extra set of clothes (underwear, pants, shirt, and socks) that will remain in the child's backpack in case of emergencies.

Emergency School Closing | Emergency Evacuation

The Preschool Program will follow the procedures of St. Thecla School regarding school cancellations due to weather conditions, mechanical failures, etc. School closing information can be found on radio station WJR-760 AM or TV channels 2, 4, or 7.

If there is a need for an emergency evacuation, all students and staff will be relocated to St. Luke's Elementary School located at 21400 S. Nunneley Road, Clinton Township, MI 48035 586-791-1151. Parents will be contacted, and staff will bring all necessary medications and designated crisis backpacks located in each classroom.

Students with special needs will be assisted in accordance to their specific needs and/or conditions. Medical documentation is required to meet specific accommodations.

Accidents | Injuries | Incidences Policy

If a child sustains a minor injury (scraped knee, etc.), parents will receive a report outlining the incident and the course of action taken by staff. Parents will be contacted immediately if the injury produces any type of swelling, or needs medical attention.

For more serious injuries, the staff will call 911 and then contact the parent.

Parents will also be made aware of any incident that may occur during school hours.

Health | Illness Policy

Children, staff, and volunteers with signs of illness such as high temperature, vomiting, diarrhea, etc., should be kept at home to ensure the health and well-being of others. If any child becomes ill during the day, parents will be contacted to pick up the child in a timely manner, and they will be removed from the classroom.

The teacher reserves the right to refuse admittance to any child who appears ill.

A child must be fever-free for 24 hours, without medication, to return to school. If your child has diarrhea, an undiagnosed rash, discharge from the eyes and/or ears, or head lice, please keep them at home.

If your child develops a contagious disease or rash of any kind during the school year, please call the office at (586) 791-2170. If any child exhibits symptoms of any contagious disease, i.e. Conjunctivitis or Strep Throat, state licensing requires that the child does not return to school for 24 hours from the time he/she takes medication for the condition. Additionally, a physician's note is required stating the child has been medically cleared to return to school.

Special Needs

Admission of children with special needs shall be compliant with state regulations, and reasonable effort shall be made to accommodate the children's needs and to integrate the children with other children.

Withdrawal Policy

It is expected that students enrolled in the Preschool Program will remain for the entire school year. However, if it should become necessary for you to withdraw your child, administration requires written notification. (See the current year's Tuition and Fees for the St. Thecla Tuition Refund Policy).

If the teacher feels that a child should be withdrawn from the program, a meeting with the parent(s), teacher, and administration will be scheduled for a determination to be made.

Volunteer Hours

Each school family is required to fulfill volunteer hours in accordance with School Policy. A preschool only family is required to volunteer for 10 hours throughout the school year based upon your enrollment agreement. Register for A to Z Connect to log all your volunteer hours. Preschool Field Trips may not be counted towards volunteer hours.

Behavior Policy

As young children grow, they learn to develop relationships with other classmates and adults. It is important to teach the classroom and school behavior expectations beginning on the first day of school. As a community, we will work with our youngest learners on how to regulate feelings and give them the vocabulary to resolve conflict. When children know something is wrong, and choose to do it anyway, consequences will follow to communicate the behavior is unacceptable.

Expectations in the Classroom:

- Allowing each classmate the opportunity to receive attention from the teachers
- Being respectful of the people and materials in the classroom and in the school
- Showing kindness in our words and actions
- Being patient when it is someone else's turn
- Using self-control during activities and lessons
- Sharing classroom items and supplies when necessary

Procedures for Enforcing Expectations:

Staff Members will:

- Encourage children to use kind words when having a disagreement
- Facilitate children in their attempts to settle their own disputes
- Redirect behavior when necessary
- Give students the opportunity to take a break if needed
- Counsel children individually about their behaviors and what is expected
- Communicate with parents about any situations
- Create an individual behavior plan if necessary

Disruptive behavior will be addressed in a developmentally appropriate manner. Please see the Preschool Behavior Rubric for age-appropriate consequences. If a child has difficulty managing his/her behavior on a recurring basis, parents will be asked to meet with the child's teacher, the early childhood director, and possibly the principal. An individualized behavior plan may be developed. If the child's behavior is dangerous to themselves, other children or adults it may be necessary for the child to be sent home for a time to be determined or removed from the preschool program altogether.

St. Thecla Catholic School Behavior Rubric – 3 Year & 4 Year Preschool

	Behavior	1 st Time	2 nd Time	3 rd Time	4 th Time
Level 1	Lack of Self Control: excessive talking, making noises, obnoxious behavior	-Warning	-Warning -3-5 Minute Timeout	-Warning -5-7 Minute Timeout -Think Sheet	-Warning -Think Sheet -Contact parent -Silent Lunch
Level 2	Horseplay: play-fighting, grabbing, pushing, shoving, hitting, tripping or running in classroom Teasing: behaviors that would hurt the feelings or bodies of others, and name-calling	-Warning -3-5 Minute Timeout	-Warning -5-7 Minute Timeout -Think Sheet	-Warning -Think Sheet -Contact parent -Sent to Principal's office	-Warning -Think Sheet -Contact parent -Sent to Principal's office -Silent Lunch
Level 3	Disrespectful Behavior/Defiance: arguing, shouting, refusal to follow directions, back-talk or walking away while a staff member is talking	-Warning -5-7 Minute Timeout -Think Sheet -Student/principal call parent	-Warning -Think Sheet -Contact parent -Sent to Principal's office for timeout	-Warning -Think Sheet -Contact parent -Sent to Principal's office for timeout & discussion -Silent Lunch	-Warning -Think Sheet -Contact parent -Sent to Principal's office for timeout & discussion -2 Silent Lunches
Level 4	Physical Contact: hitting, pushing, shoving, slapping, tripping, etc... in an attempt to hurt others Stealing/Damaging Property: from students, staff or school facility	-Warning -5-7 Minute Timeout -Think Sheet -Student/principal call parent	-Warning -Think Sheet -Contact parent -Sent to Principal's office for timeout -Silent lunch	-Warning -Think Sheet -Contact parent -Sent to Principal's office for timeout & discussion -2 Silent lunches	-Warning -Think Sheet -Contact parent -Sent to Principal's office for timeout & discussion -3 silent lunches -Parent/Teacher Conference
Level 5	Severe Physical Contact: punching, kicking, fighting, spitting or similar behaviors	-Office Referral -Think Sheet -Student/principal call parent -Silent lunch -Parent conference	-Office Referral -Think Sheet -Student/principal call parent -2 silent lunches -Parent conference	-Office Referral -Think Sheet -Student/principal call parent -3 silent lunches -Parent conference	To be determined by Principal & Pastor

Community Wellness

Hand Washing

The following procedures will be used for hand washing:

Have disposable paper or single service towel available

Turn on the water to a comfortable temperature between 60 and 120 degrees.

Moisten hands with water and apply soap.

Rub areas between fingers, around nail beds, under fingernails, and jewelry, and back of hands.

Hands shall be washed with soap under running water.

Dry hands with a clean, disposable paper or single service towel.

Turn off tap with the disposable paper or single service towel.

Handling Bodily Fluids

Precautions will be used when handling bodily fluids as instructed in the blood borne pathogen training.

Steps used will include:

Staff will put on gloves

Clean up bodily fluids

Wash area with soap and water, rinse, and sanitize area

Wash hands of child

Take off gloves and wash hands

Cleaning | Sanitizing

The following steps are to be followed for cleaning and sanitizing:

Wash area/surface with warm water and soap/detergent

Rinse area/surface with clean water

Submerge, wipe, or spray the article or surface with a sanitizing solution*

Let area/surface air dry

*The sanitizing solution is made of water and non-scented chlorine bleach solution with a concentrate of 1 tablespoon of bleach per one gallon of water. Commercial sanitizers specified on the label to be safe for food contact surface and used according to the manufacturer's directions.

Controlling Infections

Toys that are mouthed will be removed and washed, rinsed, and sanitized. Other toys and equipment will be washed immediately if dirty.

Children who become ill will be moved away from the children until they are picked up.

Children who have any type of communicable disease/condition will be removed from care and may return to care only with a physician's note.

COVID-19

There may be times that procedures need to be changed due to the government mandates regarding COVID-19. These changes will be communicated to the parents and families of St. Thecla Catholic School via A to Z Connect and by email. Changes may include but are not limited to the following based on what phase our school environment, county or state may be in:

Phases 1-3:

- Adapting curriculum to a distance learning platform such as Seesaw and/or Google Classrooms, video class conferencing via Zoom or another online video service.
- Teachers will provide weekly videos of lessons, stories, or curriculum related content.
- Teachers will send weekly lesson plans/newsletters to inform parents of the themes or topics that will be covered for the week.

Phase 4:

- In-person instruction with the use of masks throughout common areas such as hallways and bathrooms. Students will be required to have masks to wear daily and they should be changed out or laundered regularly. With proper medical documentation, face shields may be substituted for masks when necessary. Once in the classroom, masks/shields may be removed by the students.
- Temperatures will be taken daily at arrival and recorded on an attendance log. If COVID-19 symptoms or fevers over 100.4 are present, students will not be allowed to enter and will be sent home until cleared by medical professionals.
- Water bottles labeled with your child's name are encouraged since the drinking fountains will be closed.
- In-person change of arrival/dismissal procedures will be communicated to the families. The Gathering Space will not be open and designated outdoor meeting spaces and times for arrival/dismissal will be communicated.
- Field trips, assemblies, and large group gatherings will be cancelled until the state is in Phase 6, and these special events can be conducted safely. It may be possible to schedule a field trip or event in Phase 5 if the guidance of health professionals permit. Virtual field trips may be scheduled by the Early Childhood teachers.
- Back to School night and other school community events will be postponed if the school is not in Phase 6. Meet the Teacher may be conducted virtually or possibly in person along with a supply drop-off event adhering to smaller time increments during the week of August 24, 2020 via Sign Up Genius linked with the rest of the school. We will determine how we will conduct Parent -Teacher conferences closer to the date of conferences. According to the CDC, limiting face-to-face contact is the best way to reduce the risk of spreading COVID-19. Social Distancing markers will be used throughout the common areas of the school as well as in the classroom when necessary.
- Students will be taught proper handwashing procedures and will be reminded frequently to wash their hands.

Illness and Absence:

1. If your child is infected with COVID-19, immediately contact your doctor for additional instructions. Also contact St. Thecla's main office and we will contact the local health department. Do not send your child to school.
2. If a student tests positive for COVID-19, the student must isolate and not return to school until they have met CDC's criteria to discontinue home isolation. This includes:
 - Three or more days without a high fever;
 - A reduction of other COVID symptoms by at least 75 percent; and
 - At least 14 days have passed since symptoms first appeared.
 - There has been a negative COVID-19 test, or they have been released from isolation according to CDC guidelines.
3. If someone in your household is infected with COVID -19, immediately contact St. Thecla's main office. We will contact the local health department, and they will provide you specific instructions on how long your child should be kept home.
4. If a teacher or staff member has COVID-19 symptoms or tests positive for COVID-19, we will follow the same protocols used for students and make all parents aware that a teacher has tested positive. All students taught by that teacher will be closely monitored for COVID-19 symptoms, and schools will follow local health department guidance.
5. Education on COVID-19: Teachers and staff will be trained on the signs, symptoms, and protection protocol of COVID-19 prior to school starting.
6. If a student develops symptoms of COVID-19 while at school, an isolation room will be available until the student is able to be picked up. Staff will call the parents or guardians immediately and remain with the child.

Signs and Symptoms of COVID-19:

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

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- 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.

Information above provided by the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

It is important to note that due to the need to monitor our state's status in managing Covid-19, specifics to this plan may be subject to change.