

# Healthy Habits for the 2022-2023 School Year

## COVID-19 Symptoms



FEVER



COUGH



HEADACHE



MUSCLE PAIN



SHORTNESS OF BREATH



SORE THROAT



CHILLS



LOSS OF TASTE/SMELL



DIARRHEA

The Methacton School District will continue to provide students, parents, and staff with information from the CDC and Montgomery County Department of Health with respects to recommended care when testing COVID positive. Please contact your school nurse with any additional questions or concerns.

[www.methacton.org/healthservices](http://www.methacton.org/healthservices)

## Health & Safety Plan

[www.methacton.org/healthandsafetyplan](http://www.methacton.org/healthandsafetyplan)

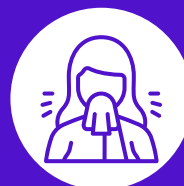
## Protect Yourself & Others



IF YOU ARE SICK — EVEN IF YOUR SYMPTOMS ARE MILD — STAY HOME UNTIL YOU ARE FEELING BETTER



WASH YOUR HANDS OFTEN WITH HOT WATER & SOAP FOR AT LEAST 20 SECONDS



COVER COUGHS & SNEEZES WITH TISSUES OR YOUR ELBOW



CLEAN HIGH-TOUCH SURFACES

Feel sick?  
  
Stay home.