

COVID-19: Frequently Asked Questions

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever of 100.4 or greater
- cough
- shortness of breath

What can you do to prevent the spread of respiratory viruses?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Regularly disinfect and wipe surfaces.
- Get a flu shot, not because it will prevent the spread of COVID-19, but so that you stay healthy and out of the hospital.

What if I feel sick?

As always, if anyone displays [symptoms of COVID-19](#), including a fever of 100.4 or greater, cough or shortness of breath, they should not come to work or school and they are advised to contact their primary care physician and the Epidemiology Line (617-983-6800).

What is a Close Contact?

According to DPH, a “close contact” is a person that has been within six feet of a confirmed case for longer than 15 minutes at one time, or in direct contact with infectious secretions, while the case was likely to be infectious. A person is likely to be infectious from when they begin exhibiting symptoms up until at least 24 hours after they are symptom free.

What if I have international travel plans?

The [CDC](#) recommends travelers stay home for 14 days from the time they leave an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing. Staff and students traveling to these countries will be expected to remain away from Crossroads for 14 days.

In general, if you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Resources:

[Crossroads Parent Manual](#)

[What You Need to Know About Coronavirus \(CDC\)](#)

[What to Do if You're Sick \(CDC\)](#)

[Travelers from Countries with Widespread Sustained Transmission Arriving in the United States \(CDC\)](#)