



## 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 HCPS requirements for in-person attendance at any activity directed, controlled, or supervised by HCPS (HCPS Activity).

- My child will always wear a mask or fabric face covering, practice handwashing, and maintain social distancing to the extent possible when participating in any HCPS Activity, as per Maryland State Department of Education (MSDE) and Maryland Department of Health (MDH) guidelines.
- I will only send my student to an HCPS Activity if they are not exhibiting any signs/symptoms of COVID-19 or have not been exposed to someone with COVID-19 (or presumed to have COVID-19) in the past 14 days.
- I will review symptoms with my student and actively monitor my student’s temperature every day that my student attends any in-person HCPS Activity.
- Students must be free of fever without the use of fever reducing medications for the time period directed by the Maryland Department of Health’s current guidelines. Please consult your health care provider or the Harford County Health Department with specific questions about COVID-19.
- If my student becomes ill during an HCPS Activity, I will ensure they are picked up from school promptly (students who are ill are not permitted to be transported home via HCPS buses). I will follow-up with an authorized health care provider/health department and comply with isolation as directed. If my student is ill, I understand that a release to return to in-person activity from a health care provider will be required.
- If my student is in close contact (within 6 feet for a cumulative 15 minutes with or without a mask) with a person who develops COVID-like illness within 48 hours of being at school, I understand that my student will need to quarantine, and that HCPS will require your child to be picked up from school.
- I am aware that by participating in any HCPS Activity that there is a risk of being exposed to COVID-19. I am also aware that such an exposure can occur either directly or indirectly whether or not a mask or fabric face covering is worn and notwithstanding reasonable efforts by HCPS to mitigate exposure based on current State and Local public health guidelines.
- I have considered my student’s and family’s personal health risk in the decision to attend the HCPS Activity. I have considered the rates of community spread and understand that COVID-19 can be widespread in Harford County. I have independently evaluated and reviewed the risks of being exposed to or infected by COVID-19 and have determined to allow my student to participate in an HCPS Activity with full knowledge and acceptance of the above risks.
- I understand that the scale of HCPS operations may impact the extent to which HCPS may implement social distancing guidelines and that as HCPS increases the scope of in person learning opportunities it will work with the HCHD regarding any changes to any COVID protocols including social distancing guidelines.
- I will notify the school as soon as I am aware that my student has tested positive for the virus that causes COVID19 or that they have been exposed to a person who is confirmed to have COVID-19.
- I will ensure that my student follows all Maryland state travel advisories, if any, as it relates to quarantine, testing, and coming to any HCPS activity in-person.

**Signs and Symptoms of COVID-19: Fever (100°F or greater) 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**

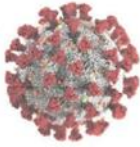
Parent/Guardian \_\_\_\_\_  
Print Name

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

Student Athlete \_\_\_\_\_  
Print Name

Student Athlete \_\_\_\_\_  
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.



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[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.



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