

Name _____

Date _____



What is COVID-19?

A coronavirus is a type of virus.

In fact, there are multiple different kinds.

COVID-19 is the illness caused by

A brand new coronavirus that hadn't been identified

In humans until late 2019.

"CO" for corona, "VI" for virus, "D"

For disease, "19" for the year it was first seen.

According to the CDC,

It spreads mainly from person to person when

They're in close contact, within six feet, and

Droplets from a cough or sneeze

From someone infected with COVID-19

Land in the nose or mouth of or gets inhaled by

Somebody else who is close by.

The CDC also says that it might spread

From touching surfaces where the virus is found, then

Touching the nose, mouth, or eyes—

But, they emphasize, this way is less likely.

So, here's the CDC's top tips

To help limit spread and keep from getting sick:

Wash your hands often with water and soap

For 20 seconds at least, count as you go.

If you can't wash your hands, use hand sanitizer.

And try not to touch your nose, mouth, or eyes

With unwashed hands. If you know someone's sick

Give them space and keep your distance.

And if COVID-19 starts to spread

In your community, the CDC says
It's best to stay home away from large crowds.
A little bit of distance can be a big help.
Now, let's talk about symptoms.
The signs that a person might have this illness are
Fever, cough, and shortness of breath.
Symptoms can take two to 14 days to surface.
The CDC says older adults and those
With health problems are more at risk. But no two
Cases are the same—there's been a wide range,
Mild to severe. If symptoms appear
It's best to contact a medical professional.
They're best equipped to offer advice that's credible.
In the middle of a stressful time,
It can be easy to forget that it's best to be kind.
Anxiety might lead people to reject
Certain groups, assuming that they're at greater risk.
So keep in mind, anyone can get sick
No matter their race, profession or ethnic
Background.
We're all in this together.