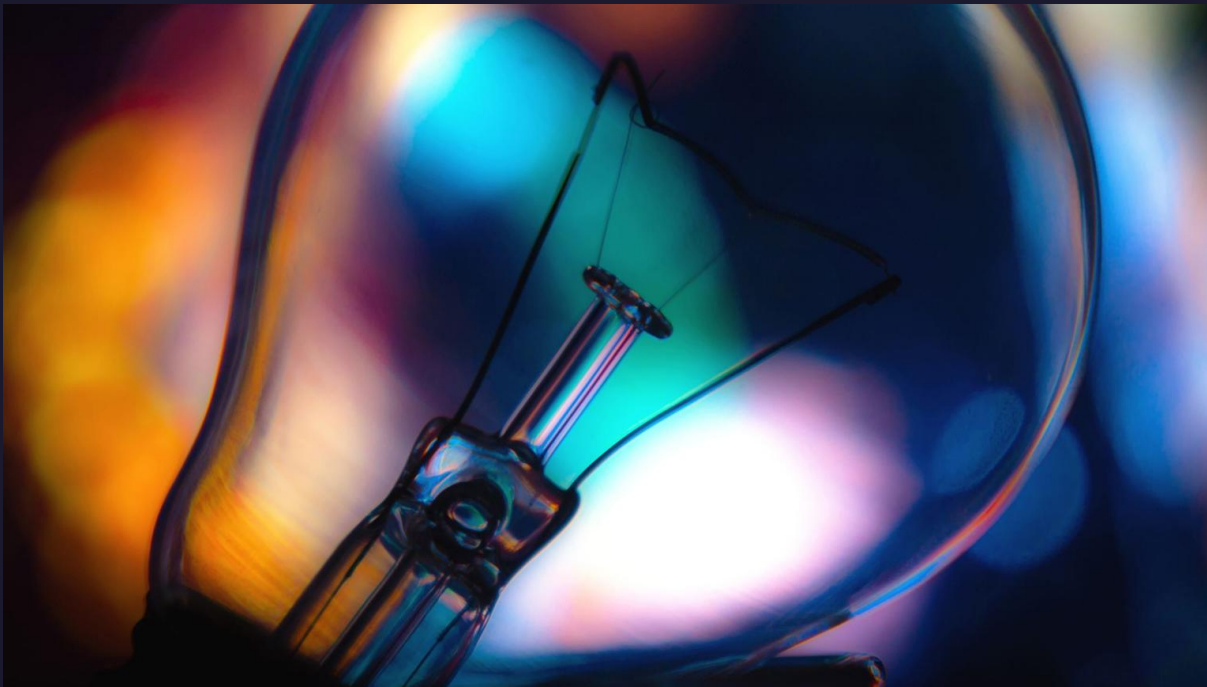# What is a Pandemic?

an outbreak of a disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population : a pandemic outbreak of a disease (merriam webster)

Teacher please add your own bullet points of encouragement here.

What is covid-19 and why are adults trippin?

- COVID-19

- COVID-19 is the disease caused by the NEW coronavirus that emerged in China in December 2019.

- COVID-19 symptoms include cough, fever or chills, shortness of breath or difficulty breathing, muscle or body aches, sore throat, new loss of taste or smell, diarrhea, headache, fatigue, nausea or vomiting and congestion or runny nose. COVID-19 can be severe, and some cases have caused death.

- The new coronavirus can be spread from person to person. It is diagnosed with a laboratory test.

- There is no coronavirus vaccine yet. Prevention involves frequent hand-washing, coughing into the bend of your elbow, staying home when you are sick and wearing a cloth face covering if you can't practice physical distancing

Why is a new disease a big deal?

- doctors do not know how to treat it

- We do not know if it will hurt people long term

- We do not have a vaccine to help prevent it

- We do not know how it affects the body

- With covid-19 we do not know why some people get extremely sick and others do not

We stop the spread to protect those we care for, here is how………

- Wash your hands with soap and water frequently and thoroughly for at least 20 seconds, especially:

- After being in public places and touching door handles, shopping carts, elevator buttons, etc.

- After using the bathroom

- Before preparing food

- If soap and water are not available, use hand sanitizer with at least 60% alcohol.

- Avoid touching your eyes, nose or mouth, especially with unwashed hands.

- If you cough or sneeze, do so in the bend of your elbow. If you use a tissue, throw it away immediately.

Masks keep micro droplets from the air

Watch this video of what happens when you speak.

Why should you wear a mask? Can wearing a mask hurt you?

Proper Mask Hygiene

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering

- Put it over your nose and mouth and secure it under your chin

- Try to fit it snugly against the sides of your face

- Make sure you can breathe easily

- TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops

- Handle only by the ear loops or ties

- Fold outside corners together

- Place covering in the washing machine (learn more about how to wash cloth face coverings)

- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

WHAT NOT TO DO WHILE WEARING MASKS

Sources

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https://www.merriam-webster.com/dictionary/pandemic

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html