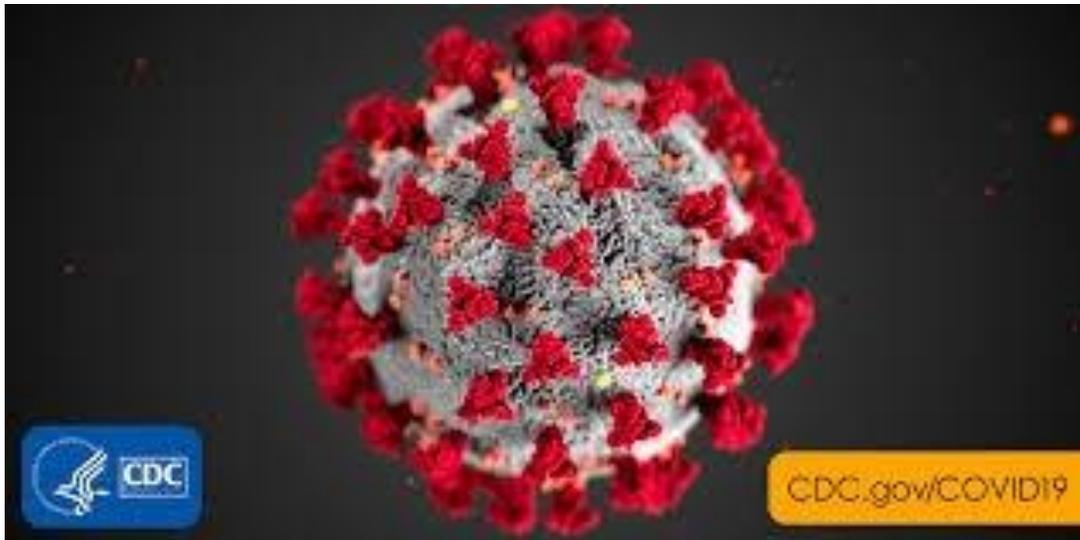


**COVID-19**  
**What You Should Know: Just the FACTS!**  
By Kelly Berg, S2C Practitioner



On February 11, 2020 the WORLD HEALTH ORGANIZATION announced an official name for the disease that is causing the 2019 NOVEL (new and not resembling something formerly known or used) coronavirus outbreak, first identified in WUHAN CHINA. The new name of this disease is CORONAVIRUS 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV". Dr. MICHAEL MINA, EPIDEMIOLOGY researcher at Harvard said "We don't have evidence yet to suggest this is any more VIRULENT than the flu you see in the U.S. each year. Most people, with proper medical attention, will do just fine."

When did the World Health Organization announce the official name for the disease? FEBRUARY 11, 2020

Which word was used meaning new and not resembling something formerly known or used? NOVEL

In which city and country was the coronavirus outbreak first identified? WUHAN CHINA

What is the abbreviated name of this disease? COVID 19

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What does the D stand for in COVID? DISEASE

Tell me one thing Michael Mina says about the virus. NO EVIDENCE TO SUGGEST IT IS MORE VIRULENT THAN THE FLU, MOST PEOPLE WITH PROPER MEDICAL ATTENTION WILL DO JUST FINE

There are many types of human coronaviruses including some that commonly cause mild UPPER-RESPIRATORY TRACT illnesses. COVID-19 is a new disease, caused by a new coronavirus that has not previously been seen in humans. The virus causing COVID-19, is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the COMMON COLD. Fortunately, the COVID-19 virus seems to cause only MINOR SYMPTOMS, such as FEVER and difficulty with BREATHING in people who are young and healthy. As of March 11, 2020, the flu is showing much more of an impact on Americans than COVID-19, and it's important to note that kids have much milder symptoms!

There are many types of human coronaviruses including some that commonly cause mild \_\_\_\_\_ illnesses. UPPER RESPIRATORY TRACT COVID-19 is a new disease, caused by a new coronavirus that has not previously been seen in \_\_\_\_\_. HUMANS

Name one of the minor symptoms seen with COVID-19 in people who are young and healthy. FEVER, DIFFICULTY BREATHING

What shows much more of an impact on Americans than COVID-19? THE FLU, FLU

According to the lesson, what is it important to note? KIDS HAVE MUCH Milder SYMPTOMS

What is an example of a non-contagious disease?

The first infections in China were linked to a live animal market, but the virus is now spreading from person-to-person. It's important to note that person-to-person spread can happen on a CONTINUUM (a sequence or progression of values or elements varying by minute degrees). Some viruses are highly contagious (like MEASLES), while other viruses are less so. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in some affected geographic areas. COMMUNITY SPREAD means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

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The first infections in China were linked to a \_\_\_\_\_ . LIVE ANIMAL MARKET

The virus is now spreading from \_\_\_\_\_. PERSON TO PERSON

Which word was used meaning a sequence or progression of values or elements varying by minute degrees? CONTINUUM

How do viruses differ from each other? SOME ARE HIGHLY CONTAGIOUS, SOME ARE LESS SO

What does community-spread mean? PEOPLE HAVE BEEN INFECTED WITH THE VIRUS IN AN AREA, INCLUDING SOME WHO ARE NOT SURE HOW OR WHERE THEY BECAME INFECTED

Someone who is ACTIVELY sick with COVID-19 can spread the illness to others. It is recommended that these patients be ISOLATED (having minimal contact with others) either in the HOSPITAL or at home until they are better and no longer pose a risk of infecting others. How long someone is actively sick can vary so the decision on when to release someone from isolation is made on a case-by-case basis in consultation with DOCTORS, INFECTION PREVENTION and CONTROL EXPERTS, and PUBLIC HEALTH OFFICIALS and involves considering specifics of each situation including DISEASE SEVERITY, ILLNESS SIGNS and SYMPTOMS, and RESULTS OF LABORATORY TESTING for that patient.

Someone who is \_\_\_\_\_ sick with COVID-19 can spread the illness to others. ACTIVELY

What word did I use that means having minimal contact with others? Isolated  
Name one place it is recommended that those actively sick be isolated. HOSPITAL, HOME

Name one person who consults on whether or not a person should be released from isolation. DOCTORS, INFECTION PREVENTION AND CONTROL EXPERTS, PUBLIC HEALTH OFFICIALS

What is one of the specifics of each situation that they consider? DISEASE SEVERITY, ILLNESS SIGNS AND SYMPTOMS, RESULTS OF LABORATORY TESTING

Current CDC - CENTERS FOR DISEASE CONTROL AND PREVENTION, guidance for when someone can be released from isolation is made on a case by case basis and includes meeting all of the following requirements:

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- The patient is free from FEVER without the use of fever-reducing MEDICATIONS.
- The patient is no longer showing symptoms, including COUGH.
- The patient has tested NEGATIVE on at least two CONSECUTIVE RESPIRATORY SPECIMENS collected at least 24 hours apart.

Someone who has been released from isolation is not considered to pose a risk of infection to others.

What does CDC stand for? CENTERS FOR DISEASE CONTROL AND PREVENTION  
 CDC guidance for when someone can be released from isolation is made on a \_\_\_\_\_ basis. CASE BY CASE

What is one requirement that must be met to be released and ensure that one poses no risk of infection to others? FREE FROM FEVER WITHOUT THE USE OF MEDICATIONS, NO LONGER SHOWING SYMPTOMS INCLUDING COUGH, TESTED NEGATIVE ON TWO CONSECUTIVE RESPIRATORY SPECIMENS COLLECTED AT LEAST 24 HOURS APART

Coronaviruses are generally thought to be spread from person-to-person through RESPIRATORY DROPLETS. Currently there is no evidence to support transmission of COVID-19 associated with FOOD. Before preparing or eating food it is important to always WASH YOUR HANDS with SOAP and WATER for 20 seconds for general food safety. Try singing a song in your head while you're washing, HAPPY BIRTHDAY is an easy one that everyone knows, and the length is appropriate! Throughout the day, wash your hands after BLOWING YOUR NOSE, COUGHING or SNEEZING, or GOING TO THE BATHROOM.

Coronaviruses are generally thought to be spread from person-to-person through \_\_\_\_\_ . RESPIRATORY DROPLETS

Currently there is no evidence to support transmission of COVID-19 associated with \_\_\_\_\_. FOOD

What is it important to do before preparing or eating food? WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS

What song was suggested to sing while washing your hands? HAPPY BIRTHDAY

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Name one other situation in which you should wash your hands? AFTER BLOWING YOUR NOSE, AFTER COUGHING, AFTER SNEEZING, AFTER GOING TO THE BATHROOM

What song would you prefer to sing or think of while you're washing your hands to make sure you wash them long enough?

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own MOUTH, NOSE, or possibly their EYES, but this is not thought to be the main way the virus spreads. In general, because of poor SURVIVABILITY of these coronaviruses on surfaces, there is likely very low risk of spread from FOOD PRODUCTS or PACKAGING that are shipped over a period of days or weeks at AMBIENT, REFRIGERATED, or FROZEN TEMPERATURES.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own \_\_\_\_\_. MOUTH, NOSE OR EYES

This is not thought to be the main way the virus \_\_\_\_\_. SPREADS

Coronaviruses have poor \_\_\_\_\_ on surfaces. SURVIVABILITY

There is a very low risk of spread from \_\_\_\_\_. FOOD PRODUCTS OR PACKAGING THAT ARE SHIPPED OVER A PERIOD OF DAYS OR WEEKS AT AMBIENT, REFRIGERATED, or FROZEN TEMPERATURES

It is not yet known whether WEATHER and TEMPERATURE impact the spread of COVID-19. Some other viruses, like the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months. At this time, it is not known whether the spread of COVID-19 will decrease when weather becomes warmer. There is much more to learn about the TRANSMISSIBILITY, SEVERITY, and other features associated with COVID-19 and investigations are ongoing!

It is not yet known whether \_\_\_\_\_ and \_\_\_\_\_ impact the spread of COVID-19. WEATHER, TEMPERATURE

What spreads more during cold weather months? COMMON COLD, FLU

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However it is not \_\_\_\_\_ to become sick with these viruses during other months. IMPOSSIBLE

What is there more to learn about with regards to COVID-19? TRANSMISSION, SEVERITY, OTHER FEATURES

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes OLDER ADULTS (over the age of 60), and people who have serious CHRONIC medical conditions like HEART DISEASE, DIABETES, and LUNG DISEASE. If a COVID-19 outbreak (when a large number of people suddenly get sick) happens in your community, it could last for a while. Depending on how severe the outbreak is, public health officials may recommend COMMUNITY ACTIONS to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

Early information shows that some people are at higher \_\_\_\_ of getting very sick from COVID-19. RISK

Who is at higher risk of getting very sick? OLDER ADULTS, PEOPLE WITH SERIOUS CHRONIC MEDICAL CONDITIONS LIKE HEART DISEASE, DIABETES, LUNG DISEASE

What is an outbreak? WHEN A LARGE NUMBER OF PEOPLE SUDDENLY GET SICK Public officials may recommend \_\_\_\_\_ to reduce people's risk of being exposed to COVID-19. COMMUNITY ACTIONS

These actions can do what? SLOW THE SPREAD AND REDUCE THE IMPACT OF DISEASE

There is no evidence that CHILDREN are more susceptible to COVID-19, and in fact, most confirmed cases of COVID-19 reported from China have occurred in adults. Infections in children have been reported, including in very young children. From limited information published from past Severe Acute Respiratory Syndrome coronavirus (SARS-CoV) and Middle East respiratory syndrome coronavirus (MERS-CoV) outbreaks, infection among children was relatively uncommon. However children, and everyone, should engage in usual PREVENTATIVE actions to avoid infection.

There is no evidence that \_\_\_\_\_ are more susceptible to COVID-19. CHILDREN Most confirmed cases of COVID-19 reported from China have occurred in \_\_\_\_\_. ADULTS

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**Everyone should engage in what? USUAL PREVENTATIVE ACTIONS TO AVOID INFECTION**

So what can you do? Well, the first thing is to clean your hands often! We said this above but it's worth saying again. Wash your hands often with SOAP and WATER for at least 20 SECONDS especially after you have been in a PUBLIC PLACE, or after BLOWING YOUR NOSE, COUGHING, or SNEEZING. If soap and water are not readily available, use a HAND SANITIZER that contains at least 60% ALCOHOL. Cover all surfaces of your hands and rub them together until they feel dry. Also, avoid touching your eyes, nose, and mouth with UNWASHED hands.

**The first thing you can do is what? CLEAN YOUR HANDS OFTEN**

Wash your hands with \_\_\_\_\_ and \_\_\_\_\_ for at least 20 seconds! SOAP, WATER

**You should wash your hands after you have done what? BEEN IN A PUBLIC PLACE, BLOWED YOUR NOSE, COUGHED, SNEEZED**

If soap and water are not readily available, use a \_\_\_\_\_ . HAND SANITIZER

**What should your hand sanitizer contain? AT LEAST SIXTY PERCENT ALCOHOL**

**How should hand sanitizer be used? COVER ALL SURFACES OF YOUR HANDS AND RUB THEM TOGETHER UNTIL THEY FEEL DRY**

**You should also avoid touching what with unwashed hands? YOUR EYES NOSE AND MOUTH**

**If you wash your hands for the appropriate amount of time 15 times today, how much time will you have spent washing your hands?  $15 \times 20 = 300$  SECONDS,  $300 \div 60 = 5$  MINUTES**

**VAKT: Go wash your hand for 20 seconds! Cover your entire hands with soap and water, and rub them together while you sing a song!**

This one goes without saying, but avoid close contact with people who are sick, and put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick. But look on the bright side, if this happens, it's a great time to catch up on all of those NETFLIX shows you've been wanting to BINGE, getting those house projects all done, and bonding with your family!

According to the lesson, avoid close contact with people who are sick and put \_\_\_\_\_ between yourself and other people if COVID-19 is spreading in your community. DISTANCE

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If you do have to distance yourself from the community, what was a suggested activity? BINGING ON NETFLIX, GETTING HOUSE PROJECTS DONE, BONDING WITH YOUR FAMILY

What is something else you would enjoy doing if you had to spend extra time at home?

If you do get sick, stay home, except to get medical care. People who are mildly ill with COVID-19 are able to ISOLATE at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, and avoid using PUBLIC TRANSPORTATION, RIDE-SHARING, or TAXIS. As much as possible, you should stay in a specific room and away from other people in your home, and use a separate bathroom, if available.

If you do get sick, you should stay home except to get what? MEDICAL CARE  
People who are mildly ill with COVID-19 are able to \_\_\_\_\_ at home during their illness. ISOLATE

What is an example of something you should not do if you are sick? GO TO WORK, GO TO SCHOOL, GO TO PUBLIC AREAS, USE PUBLIC TRANSPORTATION RIDE SHARING OR TAXIS

You should stay in a specific room, away from other people in your home, and use a \_\_\_\_\_ if available. SEPARATE BATHROOM

What is something else you can think of that you shouldn't do if sick?

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow! Throw used tissues in the trash, and then immediately wash your hands or use hand sanitizer!

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# Be A Germ Stopper



WASH HANDS



COVER MOUTH AND NOSE



USE A TISSUE

**Wash your hands with soap and water. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.**

**Stop germs. And stop colds and flu.**

VAKT:

Let's practice! Grab a tissue and hold it up over your mouth, and then cough into it. Now go throw it away! Then hold up your arm and cough into your elbow! Practice this often, because we should be doing this anyway, all year round. Now let's practice a sneeze in a tissue! Close your mouth, with tight lips! Pull a tissue out of the box, and hold it up to your nose, covering both your nostrils. Keep those lips closed and BLOW!

If you are sick, don't panic! Remember, the virus seems to cause only minor symptoms, such as fever and difficulty with breathing in people who are young and healthy! Focus on that which you can control! If you are sick you should wear a FACEMASK when you are around other people and before you enter a healthcare provider's office. If you are not able to wear a facemask, then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. If you are not sick you do not need to wear a facemask unless you are caring for someone who is sick and

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they are unable to wear a facemask. Facemasks may be in short supply and they should be saved for caregivers.

If you are sick, don't \_\_\_\_\_! PANIC

If you are sick, you should wear a \_\_\_\_\_ when you are around other people and before you enter a healthcare provider's office. FACEMASK

What should you do if you are not able to wear a facemask? DO YOUR BEST TO COVER YOUR COUGHS AND SNEEZES

If you are not sick, when is the only time you should wear a facemask? IF YOU ARE CARING FOR SOMEONE WHO IS SICK AND THEY ARE UNABLE TO WEAR A FACEMASK

Facemasks may be in short supply and they should be saved for \_\_\_\_\_. CAREGIVERS

Would you find it hard to wear a facemask? Why or why not?

The last thing we can all do is CLEAN and DISINFECT frequently touched surfaces daily! This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks, and don't forget your LETTERBOARDS! If surfaces are dirty - clean them! Use detergent or soap and water prior to disinfection.

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The last thing we can all do is \_\_\_\_\_ and \_\_\_\_\_ frequently touched surfaces daily! CLEAN, DISINFECT

**What is one suggested item to clean and disinfect?** TABLES, DOORKNOBS, LIGHT SWITCHES, COUNTERTOPS, HANDLES, DESKS, PHONES, KEYBOARDS, TOILETS, FAUCETS, SINKS, LETTERBOARDS

**What should be used prior to disinfection?** DETERGENT, SOAP AND WATER

There are many things we CAN control during this period, and those are the things that it is best to focus on! Get facts from REPUTABLE (reliable, trustworthy) news sources, listen to the scientists, and do your best to stop the spread of germs to protect yourself and others!

**What word did I used for reliable or trustworthy?** REPUTABLE

**What should we focus on during this period?** THE THINGS WE CAN CONTROL

**What should we do?** GET FACTS FROM REPUTABLE NEWS SOURCES, LISTEN TO THE SCIENTISTS, DO OUR BEST TO STOP THE SPREAD OF GERMS TO PROTECT OURSELVES AND OTHERS

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Creative writing:

What is your wellness plan during this time?

What supports do you need to accomplish your plan?

What other concerns do you have about COVID-19?

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/about/>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.mydoorsign.com/>

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