Understanding the Coronavirus (COVID-19)
and
How to Stay as Healthy as Possible
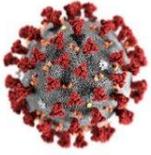
Right now we hear a lot of scary news about a virus called COVID-19 or Coronavirus.

What is that? What does it mean?
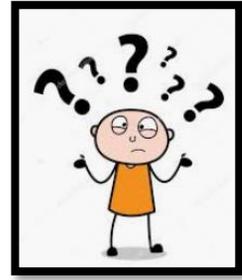
The coronavirus is a very powerful illness which makes people very sick. If people are too close together, they can catch it very easily if someone has it.

People can have a sore throat, runny nose, cough, fever, and even have trouble breathing.

Some have to go to the hospital.

Let's find out how we can stay as healthy as possible.

There are several things you can do to keep yourself and those around you as safe as possible. You can:

Wash your hands several times a day, especially

- If you touch something that someone else has touched

- Before and after you eat

- After using the bathroom

- After sneezing or coughing

- After using electronics/phones

- After touching your face

- After petting animals

- After touching money

Follow these steps <u>every time </u>you wash your hands:

1. Wet your hands with warm running water	
2. Apply soap	
3. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails!	
4. Scrub your hands for at least 20 seconds. You can sing "Happy Birthday" twice to keep time.	
5. Rinse your hands well under warm running water.	
6. Dry your hands using a **clean** towel.	

Please don't forget to shower or bathe regularly even though you aren't leaving the house each day. Keeping your whole body clean is important.

It is also important to keep things around us, in our home as clean as possible too. This includes:

- Kitchen counters & sink

- Bathrooms

- Doorknobs, railings, etc.

- Remotes, electronics, phone or tablet , etc.

Everything you touch should be cleaned if possible.

Other things you can do to stay as healthy as possible are:

- Get plenty of rest
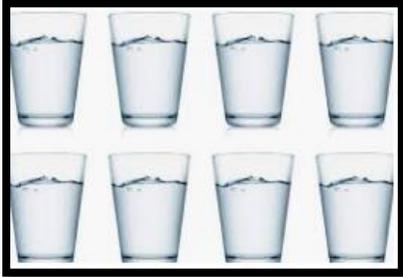
- Drink lots of water

- Stay home and avoid large groups of people.

This is called "Social Distancing" or "Physical Distancing". It does not mean that you cannot still talk to people. You can talk on the phone, or through FaceTime or another app.

This is a good way to stay safe and as healthy as possible right now.

What are some other things you can do while you are at home?

Here are some ideas:

- Watch a movie or a TV show and then call a friend and talk about it.

- Work on a puzzle

- Learn a new hobby by researching one online or watching a video on YouTube

Do you have other ideas? Be sure to share them with your friends!

Please remember that the COVID-19 or Coronavirus is a <u>serious</u> illness.

We do not want to get the virus germs from anyone or pass them on to anyone else either. That is why it is very important that we stay home as much as possible for now.

We will be able to go back to our volunteer sites and fun activities when this is all over. The best thing we can do is be patient, and wash our hands – a lot!

Once again, the symptoms are a sore throat, runny nose, cough, fever, and having trouble breathing.

If you have these symptoms and are concerned, contact your doctor. They will tell you what you should do.