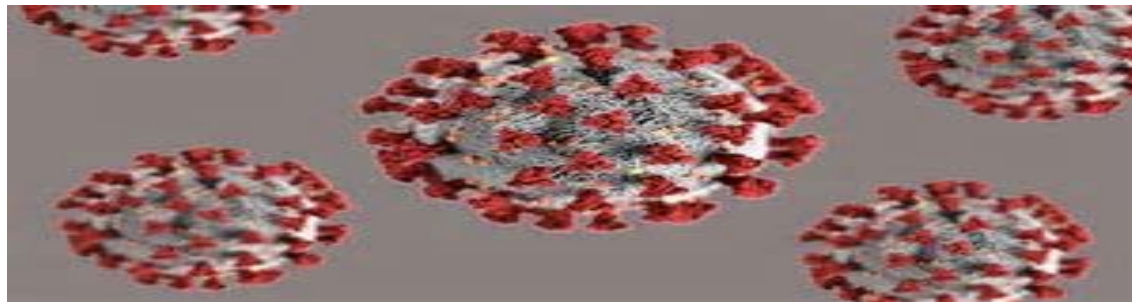




**Division of Education, Innovation and Energy
Student Support Service Unit**

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COVID-19 FACTS



WHAT IS COVID-19?

- Covid-19 is an illness caused by a coronavirus.
- Scientists are not clear how the outbreak started, but it is believed that it began in a local wild meat market in Wuhan, China.
- There have been coronavirus outbreaks in the past. However, this one is called Covid-19 (Coronavirus disease 2019) because it was first detected in December, 2019.



HOW IS COVID-19 SPREAD?

- Like the common cold, flu and other viruses, **COVID-19** is **spread** primarily through **aerosols** (air mist), **droplets** (released as someone coughs, sneezes or talks) or **surface contact**. This is why it is recommended that we wear masks when going out in the public.
- The virus does not move, people move it. This is why scientists and doctors recommend that we stay inside unless absolutely necessary, so that we are not exposed to it.



Mainly spreads from close contact with an infected person when they cough, sneeze, or talk.

ACTION: Keep a distance of 6 feet (2 metres) from others.



The virus can land on surfaces and survive for hours, but does not spread easily this way.

ACTION: Clean surfaces and wash hands often.



People are most contagious when they are sick and 48 hours before they show symptoms.

ACTION: Stay home and self-isolate if you are sick.



The virus does not spread through the air, so building residents are not at greater risk from shared vents.

ACTION: Keep distance, especially in common areas.

WATCH THIS INFORMATIONAL VIDEO ABOUT COVID-19 WITH YOUR CHILD

<https://www.youtube.com/watch?v=JCKEhUflpAY>

After watching the video, have a discussion with your child/children.

HOW TO TALK TO KIDS ABOUT COVID-19

1

STAY OPEN TO QUESTIONS

There is a new virus a bit like a cold, not many kids are getting it but the Dr's are helping everyone.



2

WASH YOUR HANDS

Sing the Happy Birthday song twice every time you wash your hands, rub them together with soap!



3

KIDS ARE STRONG

Eat healthy foods, sneeze into your elbow, drink lots of water and try not to touch your face!



4

IT CAN IMPACT ANYONE

It doesn't matter where you or your parents come from, be caring to everyone. It's not your job to worry.



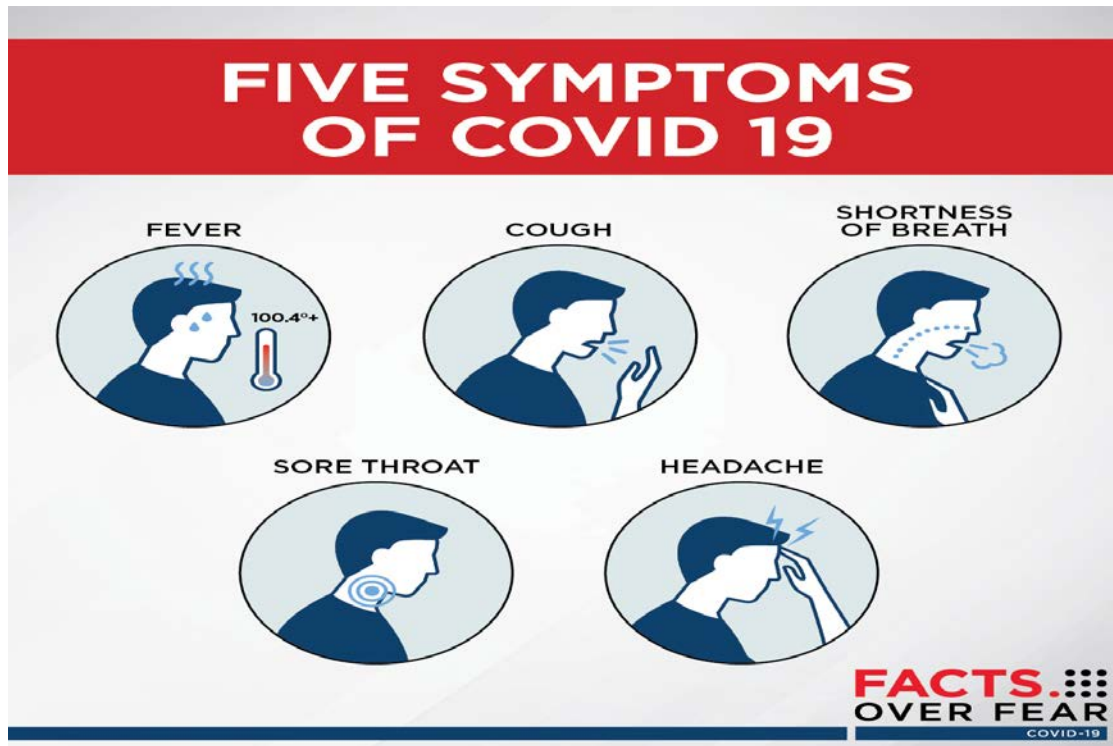
PRACTICE GREETING OTHERS WITHOUT TOUCHING

Because Covid-19 is spread by human-to-human contact, we should find ways to greet without touching each other's hands and faces. Practise these with your children:

- **Air high five**
- **Head nod**
- **Air hug**
- **Say “Hello”**
- **Elbow bump**
- **Smile**
- **Wave**

WHAT ARE THE SYMPTOMS OF COVID-19 INFECTION?

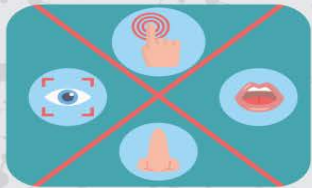
Here are the common symptoms which usually appear within 2 – 14 days of exposure to Covid-19.



WHAT CAN WE DO TO PREVENT INFECTION?

CORONA VIRUS

Prevention methods



Avoid touching your eyes, nose, and mouth with unwashed hands.



Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.



Stay home when you are sick.



Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

WHAT IS SOCIAL DISTANCING?

WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

Keep a distance of 6 feet from others when going for walks or shopping for groceries.

PLAY THIS COVID-19 BINGO GAME

I have a mask	I know someone stuck in another country	I talk to my friends on Social Media
I wash my hands for 20 seconds	I know an essential worker	I still play outside
I attend classes online	I miss going outside	I am learning new things