

NATURAL SCIENCE

What is COVID-19?

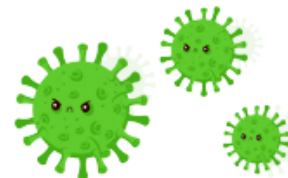
Coronaviruses are viruses that cause respiratory infections. These can range from the common cold to more serious diseases. COVID-19 is the disease caused by a new coronavirus. It was first reported in December 2019 in Wuhan City in China.

What is the incubation period?

The incubation period is estimated at 2 to 14 days.

How does COVID-19 spread?

The virus can spread from person to person through contact with an infected person. This is usually through contact with droplets from an infected person's cough or sneeze. You can also get it from touching objects or surfaces that have cough or sneeze droplets from an infected person, and then touching your mouth or face.



What are the symptoms of COVID-19?

COVID-19 can cause mild symptoms including a runny nose, sore throat, cough, and fever. Symptoms can be more severe for some people and can lead to pneumonia or breathing difficulties. In rare cases, the disease can be fatal. Older people and people with pre-existing medical conditions appear to be more at risk of becoming severely ill with the virus.

Who can get the virus?

People living or travelling in an area where the COVID-19 virus is circulating.

What is the treatment for COVID-19?

There is no specific medicine to prevent or treat COVID-19. If you have mild symptoms, stay at home until you have recovered. You should rest, sleep, keep warm and drink plenty of liquids. People who have severe symptoms may need medical attention to help them breathe.

C. Answer the questions about COVID-19.

1. Where was COVID-19 first reported?

.....

2. How can you get infected with COVID-19?

.....

3. What are mild symptoms of COVID-19?

.....

4. Who are most at risk of becoming severely ill?

.....

5. What should you do if you have mild symptoms?

.....

D. Complete the latest World Health Organization's preventative measures for COVID-19 with the words from the box.

touching	home	wash	advice	medical	symptoms
dispose	alcohol-based	avoid	severe	informed	sneeze

1. (1) close contact with anyone with cold or flu-like (2), e.g. coughing or sneezing.

2. Cough or (3) into a tissue. Then, (4) of the used tissue immediately.

3. Regularly, (5) your hands with soap for at least 20 seconds or use an (6) hand rub.



4. Avoid (7) your eyes, nose and mouth.

5. Stay (8) on the latest developments about COVID-19 and follow (9) given by your national or local public health authority.

6. Stay (10) if you feel unwell until you feel better. If you develop a (11) fever, cough or have difficulty breathing, seek (12) advice promptly and call medical facilities in advance.

E. Match the advice in Exercise D with the reasons you should follow the advice.

- a. Your hands touch many surfaces and can pick up viruses. Your hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- b. Avoiding contact with others helps to prevent possible spread of COVID-19. If you need medical advice, calling in advance helps you be directed to the right health facility.
- c. National and local health authorities have the most up to date information on COVID-19. They can advise on what people in your area should be doing to protect themselves.
- d. This kills any viruses that may be on your hands.
- e. If you are too close, you can breathe in the droplets. This includes the COVID-19 virus if the person coughing has the disease.
- f. Droplets spread the virus. By following good hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

F. Answer the following discussion questions.

- 1. What other advice can you think of for people dealing with the COVID-19 outbreak?

.....
.....