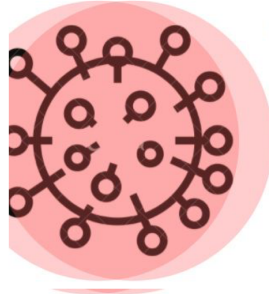


Information on COVID-19

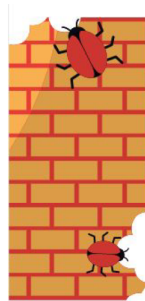


WHAT IS A VIRUS?

- A virus is a super small molecule that infects our bodies & then makes a lot of more copies of itself...using *our* energy and *our* body.
- Viruses can cause different diseases:
 - common cold
 - smallpox
 - dengue

WHY IS COVID-19 DANGEROUS?

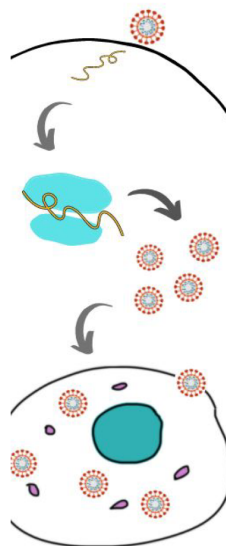
- COVID-19 is especially dangerous because it is completely new
 - because of that, our body has NO idea how to fight it.



THINK ABOUT IT LIKE THIS:

- Your body is a wall, and it knows when to recognize its enemies (a normal cold), and will kill it before they can enter the wall.
- But because they don't know what COVID is, they will just let it in.
- In the time that the body recognizes it's bad, it will already have created more copies of itself, and will have hijacked the body.

MECHANISM OF ACTION



1

The coronavirus has spike projections that allow the virus to "latch" onto the surface of the cells in our body and inject viral genetic material.

2

Once it has invaded our cells, this genetic material, through subsequent steps, hijacks the cell's machineries to assemble multiple copies of itself.

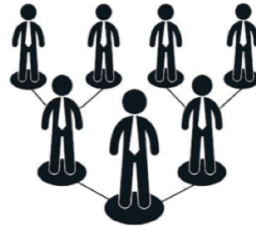
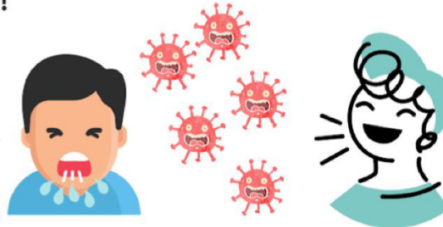
3

The affected cell, now filled with coronaviruses, can no longer survive. These coronaviruses await for the perfect moment to exit the host and go on to infect nearby cells. Cycle repeats.

Containing the spread of the coronavirus

HOW DOES THE CORONAVIRUS SPREAD?

The coronavirus spreads through **particles from droplets that are released into the air when an infected person coughs, sneezes, sings, talks, or breathes**. Some of these droplets are visible, but most are invisible to the naked eye. The smaller the droplets, the more likely they are to be spread in the air instead of falling down to the ground. **If you inhale these invisible particles, then you are inhaling the virus, and you become infected.**



SOCIAL DISTANCING AND WEARING MASKS

Why does it matter?

The more time you spend outside, and the **closer you are to someone else who is infected, the more likely you will share and breathe contaminated air**. This is why it is important that you wear masks and stay 6 feet apart.

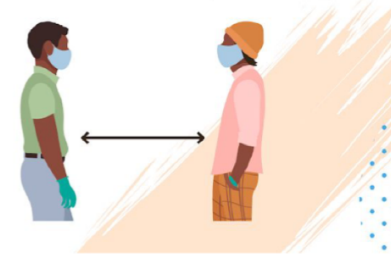
By wearing a mask, you are preventing particles that you release from getting into the air, and potentially infecting someone else.

THE INCUBATION PERIOD

How long are you contagious for until your symptoms start to show?

It can take anywhere between 2-14 days for symptoms (see next page) to appear. During this time period, even if you do not show symptoms, you are still infected, and can infect other people.

Think about if a person who didn't know they were infected made contact with 5 people every day for 7 days. That's 35 people who have a high chance of getting infected, and those people make contact with other people. This is how **the virus can spread silently.**



PREVENTION

1 WEAR A MASK

The mask goes over your nose AND mouth!



2 WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds. Also, avoid touching your face with unwashed hands in public to limit exposure. You can use hand sanitizer if it has an alcohol concentration of 60% or higher.

4 CHECK FOR SYMPTOMS DAILY

Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen (Tylenol).

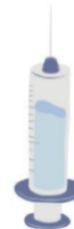


3 AVOID LARGE GATHERINGS OF 20 OR MORE PEOPLE.

Outside your home, practice social distancing by maintaining 6 feet of distance between yourself and people. Inside your home, you should avoid close contact with people who are sick.

5 GET YOUR FLU SHOT TODAY!

Know that there is no scientific proof of the flu vaccine influencing severe diseases. Get your flu shot today in order to avoid diminishing your immune system during a potential COVID-19 spike this Winter.



Recovery Process

- Ranges from 2 - 6 weeks, longer for severe cases
- Monitor symptoms & overall health
- Ensure proper fluids & food intake
- Maintain quarantine conditions



Pre-existing conditions

- Can complicate treatment & prognosis
- Higher probability of severe illness with the following:
 - Heart conditions
 - Weak immunity
 - Kidney diseases
 - COPD



Long-term effects

- 20-50% faced residual effects after hospitalization
- Organ damage (liver, heart, kidneys)
- Mental & psychological stress
- Respiratory and pulmonary defects

