A microscopic image of several COVID-19 virus particles. The particles are spherical and covered in red and yellow spikes, resembling a crown. They are set against a light, hazy background.

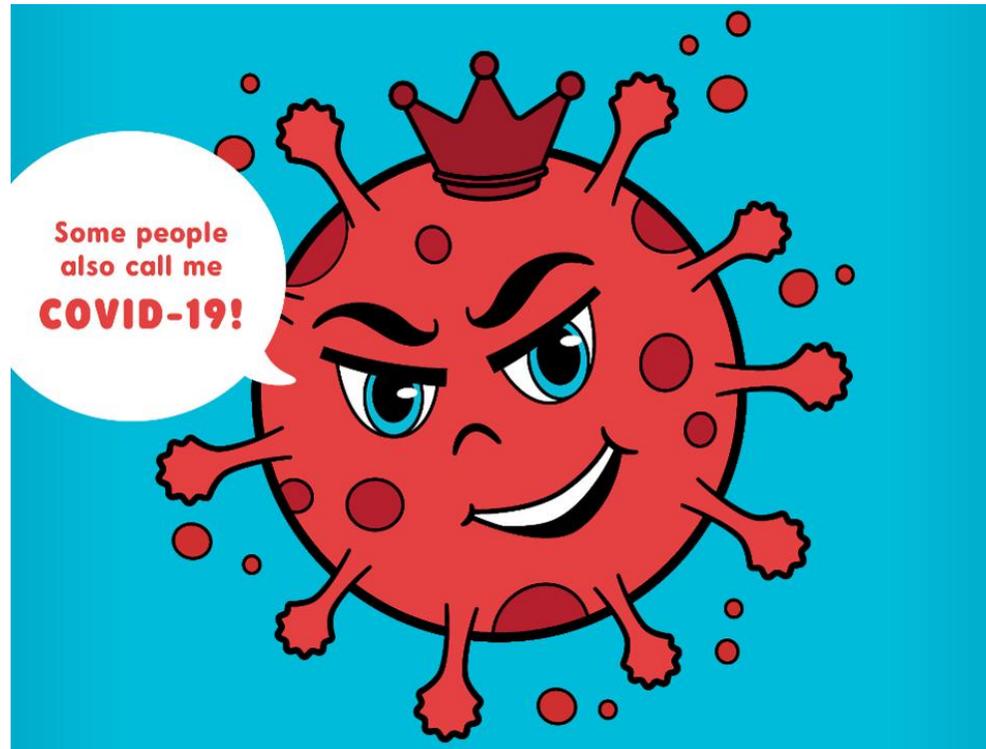
What is COVID-19?

By: Claire Fourie | Counselling Psychologist
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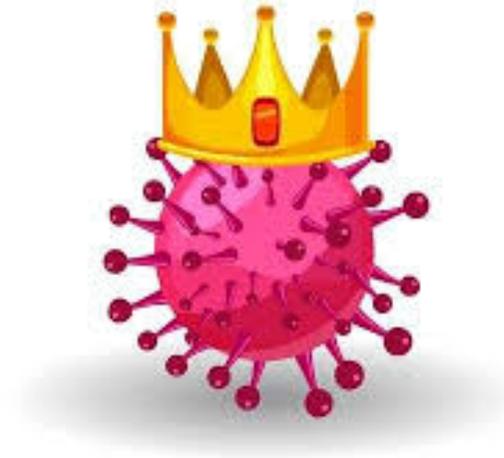
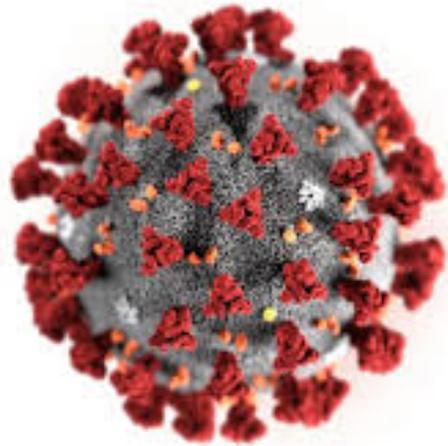
This virus has 2 names that people are using:

CoVid-19 or Corona Virus

CoVid-19 is the scientific name given to the virus to identify the strand of virus. The 19 stands for 2019 which is when it was discovered



Corona virus is the name given to lots of viruses that have similar flu-like symptoms. It is called Corona because the virus cells have little pieces that stick out that kind of look like a crown.



The virus is all over the world and is making people very sick.



How do people get it?

The virus is spread through droplets of spit or mucous in the air. So, it is spread by coughing, sneezing or touching surfaces that have been infected.



What can I do?

- Make sure you take vitamins your parents/guardians give you.
- **WASH YOUR HANDS** as often as you can.
- **STAY AT HOME**
- Use a **flexed elbow** or a **tissue** when you sneeze or cough (and then throw the tissue away).
- Try and stay away from people who are sick.



What are the symptoms?

- Fever
- Cough
- Runny nose
- Shortness of breath
- Diarrhea (runny tummy)
- Vomiting



* If you have 3 or more of these you should contact a doctor

CORONAVIRUS : CoV



Fever,Headache



Cough



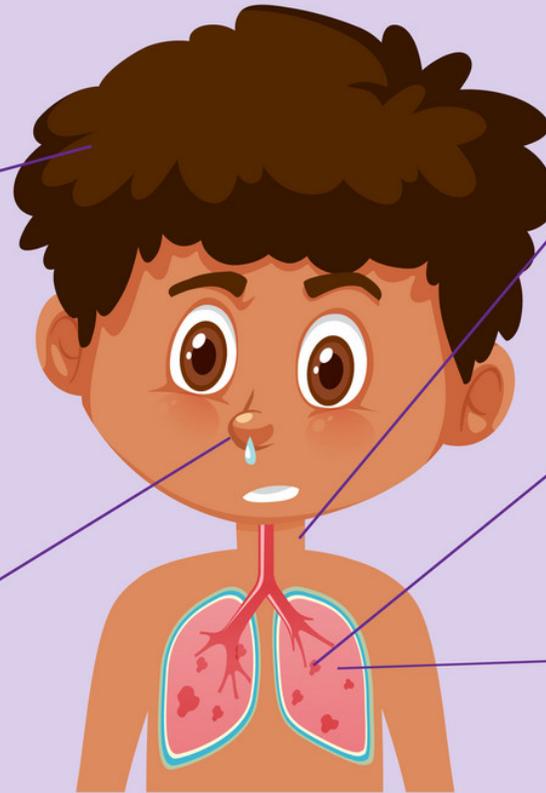
Pneumonia



Runny Nose



Chest Pain



Symptoms

What happens if I get it?

- Most people don't get too sick if they get CoVid-19, it might feel like the flu or a fever.
- The doctor will tell you to stay at home and give you some rules to follow.
- You need to try and stay away from others so that they don't get it too.
- Keep your hands clean, cough or sneeze into a tissue and then through it away.
- Take any medication the doctor gives you.



CORONAVIRUS : CoV

Preventions



wash hands frequently with soap



thoroughly cook meat and eggs



wear a mask if you have a cough or runny nose



cover your mouth with a tissue paper when coughing or sneezing



see a doctor if you feel unwell



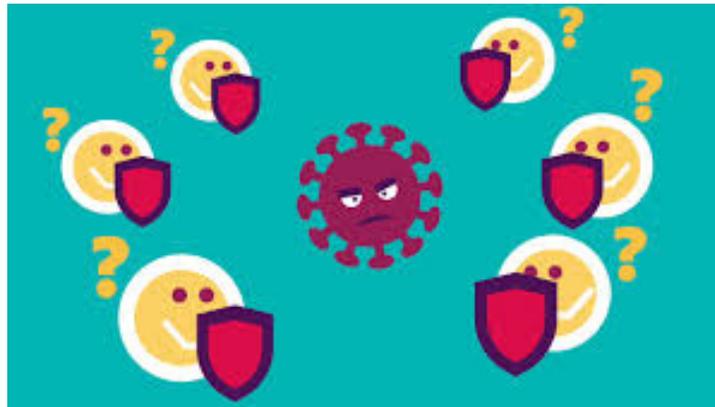
What else can I do?

- If you are sick you can **wear a mask** when you are around others so that they don't get the virus.
- If you are with people who might have the virus then you can **wear a mask and gloves** when you are around them to protect yourself.
- Remember to **wash your hands** after you touch something, after you cough, or sneeze, before you eat and after you eat.
- Try **not to touch your face** if you haven't washed your hands just before.
- **Stay at home**, even if you are not sick.



Is there any cure or medicine for it?

Currently, there is no cure for CoVid-19. Most people get better on their own or with some medicine the doctor might give you. It is important to follow the rules the doctor will give you to take care of yourself and your family.



Who can I contact?



- **Tell** your parents/guardian/a trusted adult if you are not **I** feeling well.
- Someone needs to **PHONE a doctor** to tell them your symptoms (how you are feeling).
- If the doctor thinks it's necessary then you will need to be **tested for CoVid-19**. This might be done at your home, the local clinic or at a hospital.