

# CORONAVIRUS: COVID-19

## Truths for Teens

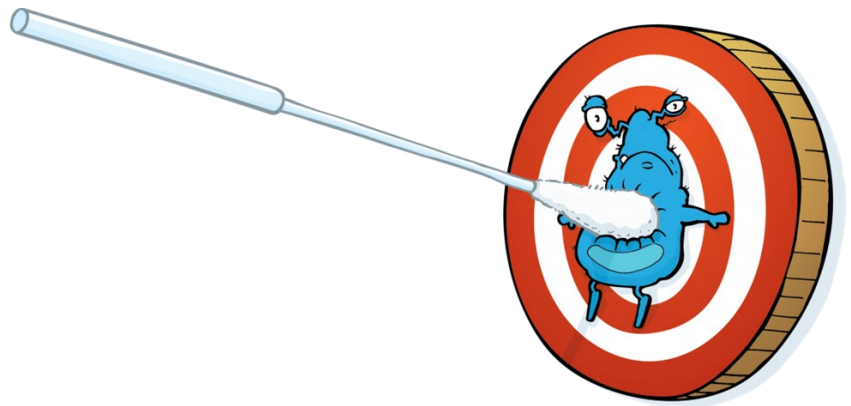


### Facts

- Coronaviruses have been around for years but this super contagious type is new and its name is Coronavirus 2019 or Covid-19
- *Corona* means “crown” in Spanish. These virus look like they wearing a crown.
- Covid-19 can make older people and people with other illnesses really sick
- When someone with Covid-19 coughs or sneezes, tiny droplets containing the virus can spread to people nearby
- This virus can also live on surfaces that you touch like your phone and tables

### How do I know if I have Coronavirus?

- A nurse or doctor will insert a cotton swab into your nose to get a bit of mucus
- Some teens say it feels weird or uncomfortable but it’s really quick
- Your swab is sent to a lab where doctors look for Covid-19 with a microscope
- It takes about a day until we know if you have Covid-19



### What if I get Coronavirus?

- Like a cold or the flu, most kids and teens get better in 5 to 10 days
- You may have a fever or feel tired and achy
- You may have a cough or your chest might feel tight



## What can I do to stay healthy?

- Wash your hands with soap and water often, especially before you eat and after you use the bathroom
- Sneeze and cough into a tissue and then wash your hands
- Stay home with your family
- Wipe surfaces like phones and door knobs with disinfectant wipes
- Avoid touching your mouth and face
- Stay away from people who are feeling sick
- Eat healthy and get enough sleep

## What should I do if I am feeling scared or confused?

- Focus on the things that you have control over
- Talk to an adult. Tell them how you are feeling
- Make sure you have the facts. There is a lot of inaccurate information out there
- Try a mindfulness or relaxation app
- Stay active—walk around your neighborhood, go for hike, try to learn a new skill

## When will this be over and when can I see my friends?

- We don't know exactly but healthcare workers, scientists and leaders worldwide are trying to find a way to stop this virus
- To slow the spread of this disease, people all over the world are asked to socially distance. It's really important! Use a phone or computer to connect with your friends.



## Biology class! How do viruses spread?

Your friend has a virus and you take a sip of her smoothie—the virus enters your body and attaches to the cells in your throat—the virus gets into the cell and replicates (make more viruses) and makes you feel sick—your body says, “WHOA, what is this?” and your immune system starts fighting the virus until you are better—in the meantime, you and your brother share an x-box controller—he gets the virus on his hands and then picks his nose—Bam! The virus spreads again.

