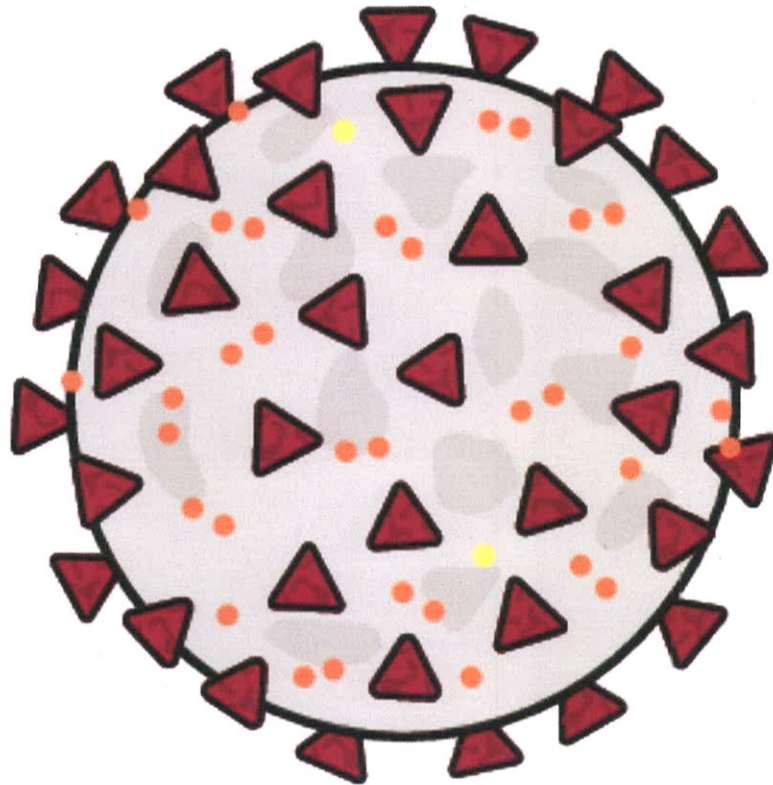


Why do I have to stay home?

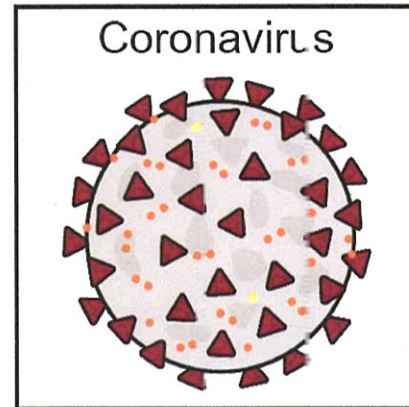
COVID-19



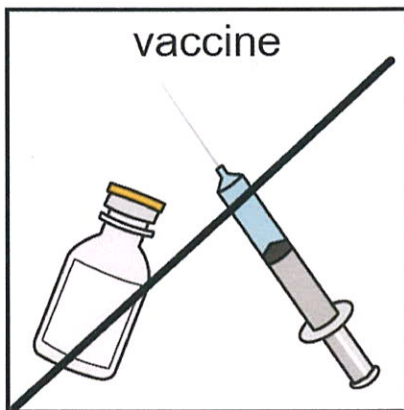
By: Lane School Team

What is Covid-19 and what makes it different?

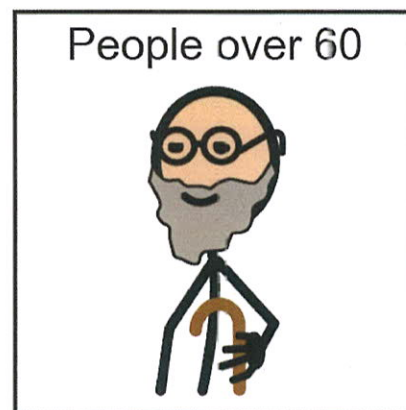
Covid-19 or coronavirus is a virus. We deal with viruses every year like the flu, but this one is different in a few ways.



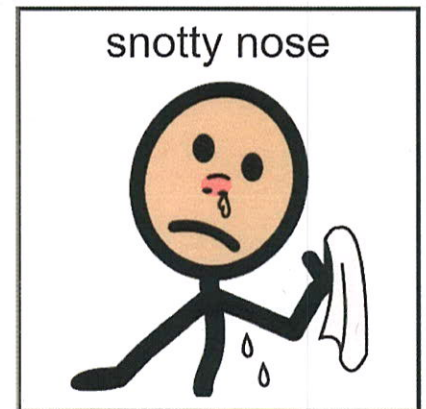
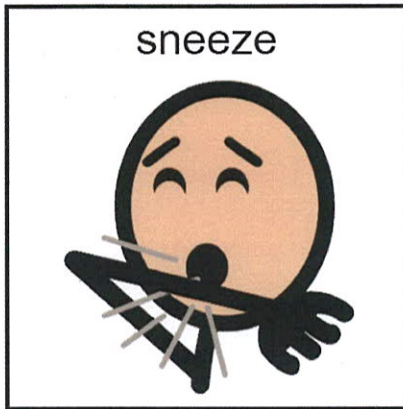
One of the ways Covid-19 is different than the flu is that we do not currently have a vaccine to help prevent the spread.



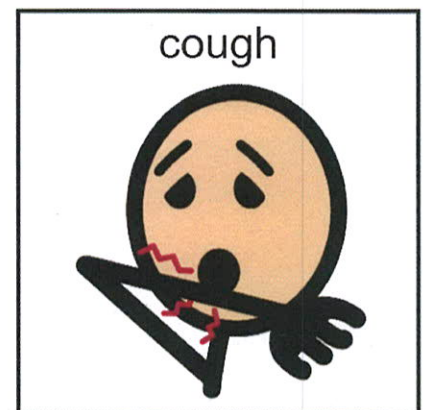
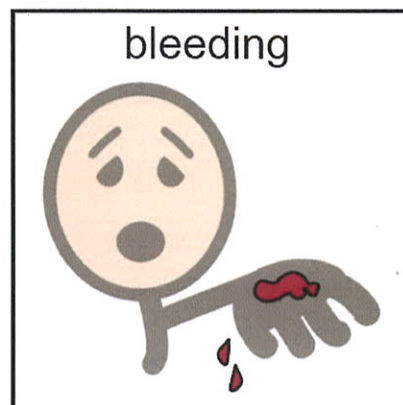
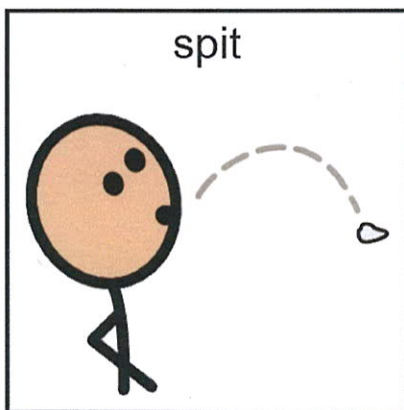
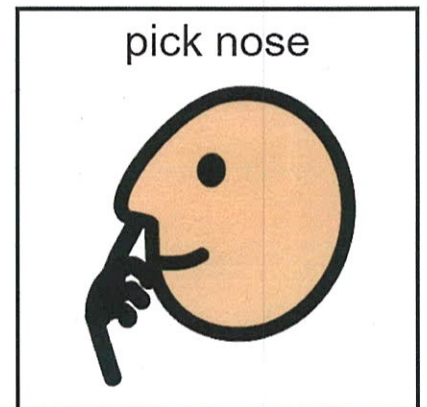
Another way Covid-19 is different is that it is more dangerous to people than the flu. Especially people who are older or have other health issues.



What are germs?

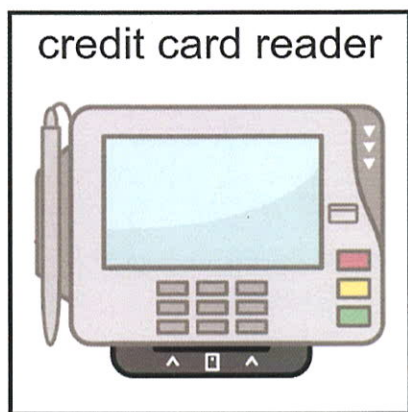
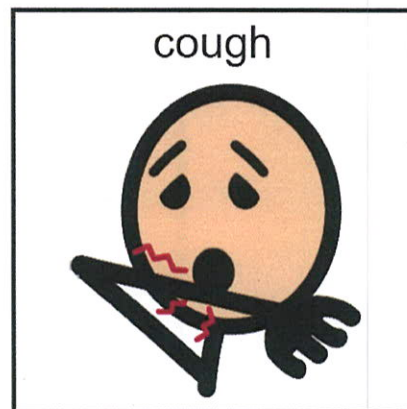


Germs are super tiny bits that come out of people when they sneeze, cough, spit, lick, bleed, or other things that cause body fluids to spread.



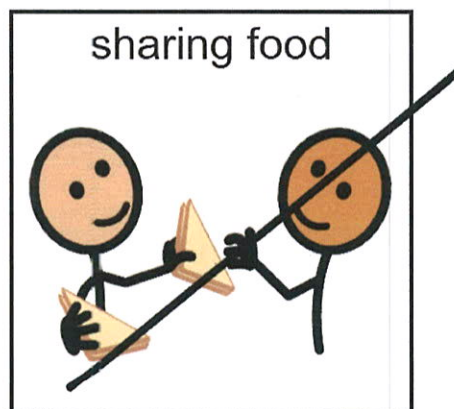
How does it move from person to person?

Covid-19 is moved from person to person through the air. This is why we need to stay 6 feet away from people outside of your family.



Covid-19 is also moved from person to person on the things we all touch. Such as phones, door handles, & card readers at the store

Covid-19 is also moved from person to person through sharing food and drinks. Only drink out of your cup and if you drop your fork get a new one.

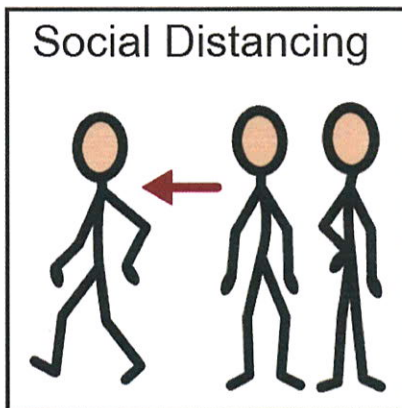


What Should I do to keep myself healthy

Wash your hands when you:

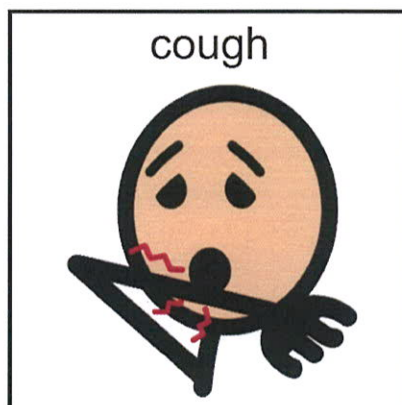
- Go to the bathroom
- Before you eat
- Before bed

Use hot water and scrub your hands for 20 seconds.



give the people you see outside of your house a big amount of space. 6 feet or 3 arms lengths away.

- Don't put things like toys in your mouth.
- Try not to touch your face
- Avoid putting your hands in your mouth and nose



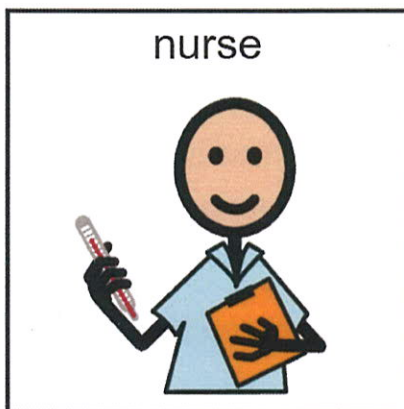
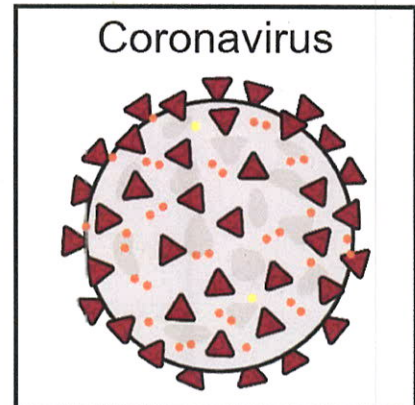
When you cough and/or sneeze use your shirt or elbow to cover it.

This help keep germs from spreading

What should people do if they get sick?

Covid-19 or Coronavirus Symptoms

- Fever of 100.4 or higher
- Cough/upper respiratory issues
- Shortness of breath



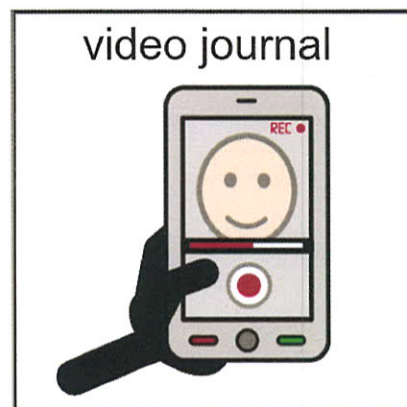
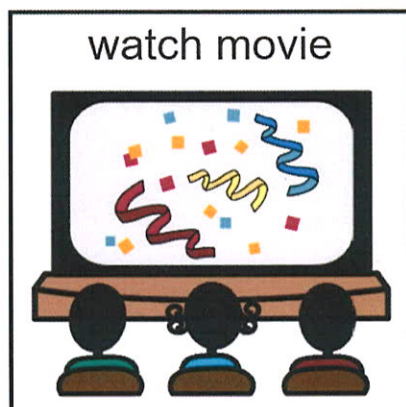
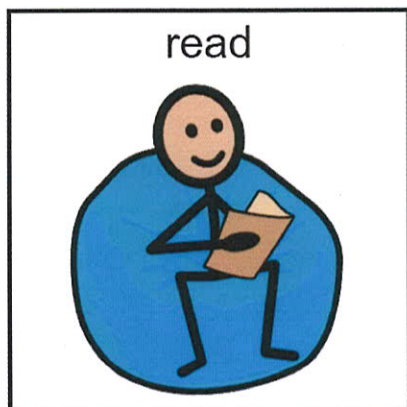
If you don't feel good and you have the symptoms listed above you should call your doctors office, talk to a nurse and follow their directions.

If a doctor tells you that you have the corona-virus, you should:

- Stay away from others
- let people you have been around know



But I'm not sick, what does that mean for me?



People should not gather in

groups bigger than 10.

School, restaurants, public

places may be closed for a

while. So it is best to stay

home and do some of these

things.

