



## NEWS FROM YOUR SCHOOL NURSE

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### Information about COVID-19

#### WHAT IS A CORONAVIRUS?

It's a virus. Viruses are tiny particles, so small we cannot even see them! Even though we can't see them with our eyes, they can actually make us sick.

We can see viruses under a microscope. A microscope zooms way into tiny objects that we cannot see with our eyes alone. Almost like binoculars! When we look at different viruses under a microscope, each virus looks different. Even though they look a little different from one another, viruses have something in common. They all have little bits or pieces that stick out of them. These pieces that stick out are designed to stick to different parts of our body depending on what type of virus it is. The common cold can be caused by a type of coronavirus. The coronavirus that causes a common cold has pieces that are designed to attach to cells in your nose or throat. That can give you a stuffy nose and make you feel really miserable! Usually with the common cold, you rest for a while, drink lots of water, and maybe take some medicine that helps you feel better. The coronavirus that causes the disease, COVID-19, also has pieces that are designed to stick to the cells in our lungs. Our lungs help us breathe, so some people who are getting this new type of coronavirus are feeling stuffy in their lungs and that can make them have a hard time breathing. They can have this difficulty breathing in addition to other common symptoms like aches and pains, fever, headache, cough and a sore throat. Anyone can get or spread the virus, it doesn't matter how old you are.

#### WHAT HAPPENS IF YOU GET COVID-19?

Well, interestingly enough, it seems that almost all children and young people who get the COVID-19 virus don't get very sick because their immune system is able to fight the virus off! Almost no people under the age of 18 have had very severe symptoms. Luckily, most people who get this virus will have mild symptoms. But, some people can get very, very sick from this virus. This can include older people, like grandparents, or people who already have other problems with their health. These people are not able to fight it as well.

**Our mission is NOT to help the COVID-19 virus spread to people who may have a hard time fighting it.**

Let's imagine that we have a little coronavirus on a cup. If I touch the side of the cup, I get the virus on my hand. Even if the virus is stuck to my hand, I don't have to panic! It can't go anywhere from here! It can't get into my skin, it only wants to get into my lungs. This is why we tell you to wash your hands often, especially before you eat.

The way the virus is going to get into your lungs is when you touch your mouth, your nose, or your eyes. So rubbing your eyes because they're itching, picking your nose for boogers or putting your hands into your mouth without washing them first is what we need to avoid! This is how the virus gets into us and how we can get infected and pass it to others. So keep your hands away from your face. (That means your eyes, nose and mouth!)

You can see that washing your hands is REALLY important to stop the spread of the COVID-19!! The other way you can get it is if someone who is sick, sneezes or coughs, right on you. YUCK! What happens is their snot or spit carries the virus into your face, gross!! You might see people wearing masks right now and that is designed to keep their snot and spit inside the mask and not all over everybody else. If you are going to cough or sneeze and you don't have a tissue, cough or sneeze into your elbow. Don't sneeze into your hands. Because then anything you touch could be covered with your snot or spit. GROSS!!!

Now you hopefully understand a little bit better what COVID-19 is and how you can help stop this virus from spreading!

\* Information obtained from National Association of School Nurses website.

