

GAY PUBLIC SCHOOL KANGRA (HP)

**A COMMUNITY DEDICATED TO EXCELLENCE IN EDUCATION
WITH A SENSE OF RECTITUDE AND RESPECTABILITY.**

“AN APPEAL AGAINST COVID 19”

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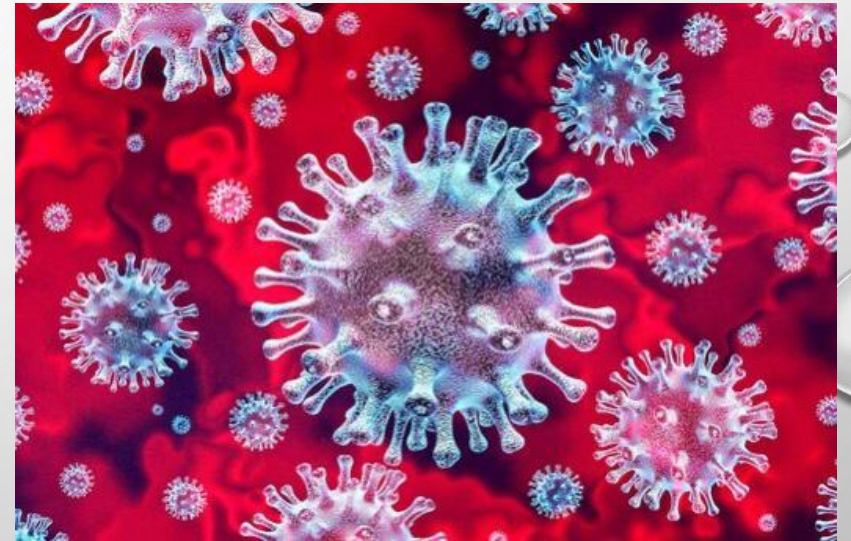
(PRINCIPAL)

WHAT IS THE 2019 CORONAVIRUS?

IN EARLY 2020, INNUMEROUS BEGIN GENERATING HEADLINES ALL OVER THE WORLD BECAUSE OF UNPRECEDENTED SPEED OF ITS TRANSMISSION.

THE DISEASE CAUSED WITH INFECTION OF CORONAVIRUS IS CALLED COVID-19 WHICH STANDS FOR CORONAVIRUS DISEASE 2019.

IT CAN AFFECT YOUR UPPER RESPIRATORY TRACT (SINUSES, NOSE AND THROAT) AND LOWER RESPIRATORY TRACT (WINDPIPE AND LUNGS).



HOW LONG WILL THE CORONAVIRUS LAST?

IT'S TOO SOON TO TELL HOW LONG THE PANDEMIC WILL CONTINUE. IT DEPENDS ON MANY THINGS INCLUDING RESEARCHERS' WORK TO LEARN MORE ABOUT THE VIRUS, THEIR SEARCH FOR THE TREATMENT AND THE VACCINE AND THE PUBLIC EFFORT TO SLOW THE SPEED.

MORE THAN HUNDRED VACCINE CANDIDATES ARE IN VARIOUS STAGES OF DEVELOPMENT AND TESTING. THIS PROCESS USUALLY TAKES YEARS. RESEARCHERS ARE SPEEDING IT UP AS MUCH AS THEY CAN BUT IT STILL MIGHT TAKE A FEW MONTHS TO FIND A VACCINE THAT WORKS AND IS SAFE.

SYMPTOMS OF COVID-19

THE MAIN SYMPTOMS INCLUDE:-

FEVER.

COUGHING

SHORTNESS OF BREATH.

TROUBLE BREATHING.

FATIGUE

CHILLS, SOMETIME WITH SHAKING

BODY ACHES

HEADACHE

SORE THROAT

LOSS OF SMELL OR TASTE

NAUSEA

DIARRHOEA

COLD VS FLU VS ALLERGIES VS COVID 19

Symptoms	Cold	Flu	Allergies	Covid-19
Fever	Rare	High, coma can last 3 to 4 days	Never	Common
Headache	Rare	Intense	Uncommon	Can be present
General aches, pains	Slight	Usual, often severe	Never	Can be present
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present
Stuffy or runny nose	Common	Sometimes	Usual	Has been reported
Sneezing	Usual	Sometimes	Usual	Has been reported
Sore throat	Common	Common	Sometimes	Has been reported
Cough	Mild-to-moderate	Common	Sometimes	Common
Diarrhoea	Never	Sometimes in children	Never	Has been reported



CAUSES OF THE NEW CORONAVIRUS

RESEARCHERS AREN'T SURE WHAT CAUSED IT. THERE'S MORE THAN ONE TYPE OF CORONAVIRUS. THEY'RE COMMON IN PEOPLE AND IN ANIMALS INCLUDING BATS, CAMELS, CATS AND CATTLES.



CORONAVIRUS RISK FACTORS

ANYONE CAN GET COVID-19, AND MOST INFECTIONS ARE MILD. THE OLDER THE ONE IS THE HIGHER RISK OF SEVERE ILLNESS.

PERSONS ALSO HAVE HIGHER CHANCE OF SERIOUS ILLNESS IF ONE IS HAVING THE FOLLOWING HEALTH CONDITIONS:-

- CHRONIC KIDNEY DISEASE
- WEAK IMMUNE SYSTEM BECAUSE OF ORGAN TRANSPLANT
- OBESITY
- SERIOUS HEART CONDITION SUCH AS HEART FAILURE OR CORONARY ARTERY DISEASE
- DIABETES
- SICKLE CELL DISEASE

HOW DOES THE CORONAVIRUS SPREAD?

MOST OF THE TIME, IT SPREADS WHEN A SICK PERSON COUGH OR SNEEZE. THEY CAN SPRAY DROPLETS AS FAR AS 6 FEET AWAY. IF A HEALTHY PERSON BREATHE THEM IN OR SWALLOW THEM, THE VIRUS CAN GET INTO BODY. SOME PEOPLE WHO HAVE THE VIRUS DON'T HAVE SYMPTOMS, BUT THEY CAN STILL SPREAD THE VIRUS.

ONE CAN ALSO GET THE VIRUS FROM TOUCHING THE SURFACE OR OBJECT THE VIRUS IS ON, OR POSSIBLY EYES. MOST VIRUSES CAN LIVE FOR SEVERAL HOURS ON A SURFACE THAT THE LAND ON :-

- COPPER :- 4 HOURS
- CARDBOARD :- UPTO 24 HOURS
- PLASTIC OR STAINLESS STEEL :- 2 TO 3 DAYS

THAT'S WHY IT IS IMPORTANT TO DISINFECT SURFACES TO GET RID OF THE VIRUS.

CORONAVIRUS PREVENTION

- **WASH YOUR HANDS** OFTEN WITH SOAP AND WATER FOR CLEAN THEM WITH AN ALCOHOL BASED SANITIZER. THIS KILLS VIRUSES ON YOUR HANDS.
- **PRACTICE SOCIAL DISTANCING.** BECAUSE ONE CAN HAVE AND SPREAD THE VIRUS WITHOUT KNOWING IT, ONE SHOULD STAY HOME AS MUCH AS POSSIBLE. IF YOU HAVE TO GO OUT, STAY AT LEAST 6 FEET AWAY FROM OTHERS.
- **COVER YOUR NOSE AND MOUTH IN PUBLIC.** IF ONE HAVE COVID-19, HE CAN SPREAD IT EVEN IF HE DON'T FEEL SICK. WEAR CLOTH FACE COVERING. DON'T USE A FACE MASK MEANT FOR HEALTHCARE WORKERS. AND DON'T PUT A FACE COVERING ON ANY ONE WHO IS:-

UNDER 2 YEARS

HAVING TROUBLE BREATHING

UNCONSCIOUS OR CANNOT REMOVE THE MASK ON THEIR OWN FOR OTHER REASONS.

- **DON'T TOUCH YOUR FACE.** CORONAVIRUSES CAN LIVE ON SURFACES YOU TOUCH FOR SEVERAL HOURS. IF THEY GET ON YOUR HANDS AND YOU TOUCH YOUR EYES, NOSE, OR MOUTH, THEY CAN GET INTO THE BODY.
- **CLEAN AND DISINFECT.** YOU CAN CLEAN 1ST WITH SOAP AND WATER, BUT DISINFECT SURFACES YOU TOUCH OFTEN LIKE TABLES, DOORKNOBS, LIGHT SWITCHES, TOILETS, FAUCETS AND SINKS.

STAY SAFE, STAY HEALTHY