Covid-19

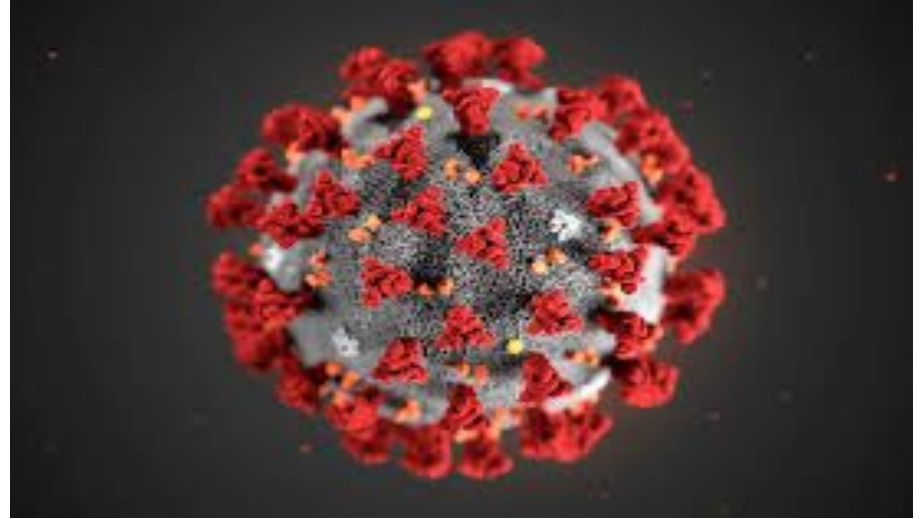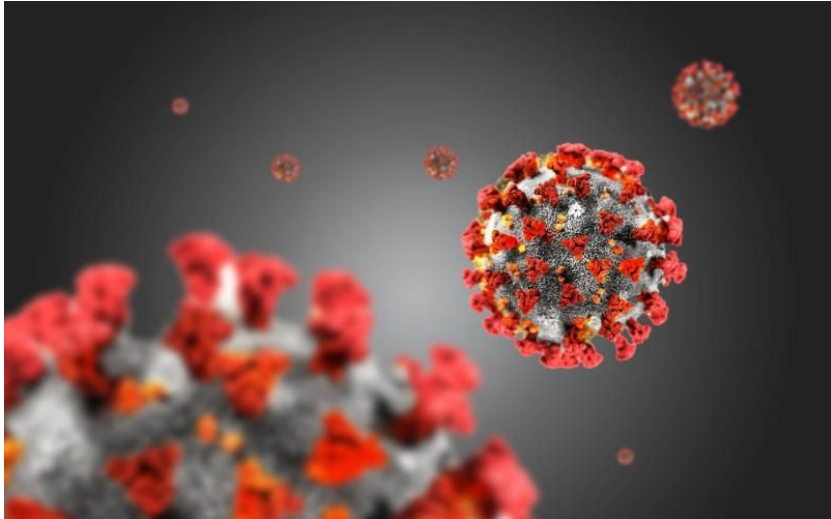**(Coronavirus)**

By Akeem Bucknor

What is Covid-19

Covid-19 or Sars-coV-2 is an infectious disease that is caused by the newly discovered coronavirus.

How covid-19 attacks the body

- The virus infects the respiratory system and causes illness.

Covid-19 latches its spiky receptors onto our healthy cells, especially those in the lungs, and kills these cells causing a cluster of pneumonia.

- Most individuals who contract the virus will experience mild to moderate attacks to the body's healthy cells which then copies itself and floods the respiratory tract.

The virus attacks the mucous membrane that runs through your mouth, eyes, and nose.

How covid-19 spreads

- Covid- 19 is spread mainly through close contact from person to person in respiratory droplets from someone who is infected.

- An Infected person with the virus can often show no signs of symptoms which causes the virus to be spread unknowingly

- It is also spread from contact with contaminated surfaces or objects. The virus lives on surfeces for hours and stays airbourne for a while.

Ways to Prevent the Spread of Covid-19

1. Avoid close contact

2. Wash your hands often and for a good 30 seconds.

3. Avoid contact with face (eyes and nose).

4. Always wear a face mask when around other people .

5. Clean and disinfect surfaces and objects.

clean hands
save lives

Coronavirus (COVID-19), cold and flu: How can you tell the difference?*†

SYMPTOMS	CORONAVIRUS	COLD	FLU
Sore throat	Sometimes	Common	Common
Cough	Common	Common	Common
Sneezing	—	Common	Sometimes
Fever	Common	—	Common
Body aches	Sometimes	Mild	Common
Tiredness	Sometimes	Mild	Common
Headache	—	—	Common
Runny/stuffy nose	—	Common	Sometimes
Nausea	—	—	Sometimes
Shortness of breath	In severe cases	—	—

*Sources: Centers for Disease Control and Prevention, World Health Organization
†Information on COVID-19, including its symptoms, is still emerging.

Cleveland Clinic

20-CCC-1804112

MTA **Safe Travels**

Everyday Actions to Prevent the Spread of Respiratory Viruses

Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth.

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

Avoid contact with sick people.

If you have recently traveled and feel sick with fever, cough or trouble breathing, or develop symptoms within weeks of traveling, you should seek medical care right away.

Department of Health   MTA

What to do if Infected with covid-19

★   Healthcare facilities are crowded and overwhelmed so it is suggested that individual who think they are infected should stay home and self isolate for at least 14 days before thinking about getting tested.

★   Individuals are advised to get a lot of rest and stay hydrated with the help of over the counter medicine or antibiotics that helps build one's immune system.

★   Infected individuals are to stay in a specific room and self quarantine until recovered before interacting with others.

★   If conditions gets worse then individuals are prompt to call health care providers for further instructions/assistance.

★   It is imperative that people who contract the coronavirus remain positive and try to stay happy.

Covid-19 Testing

How are people being tested for the coronavirus?

➢ Nasopharyngeal Swab Testing - a six inch long swab is inserted into the cavity in your nose for about 15-20 seconds while being twisted in either direction. The swab is then sent to a lab to be tested for the coronavirus.

➢ ANTIBODY TESTING - antibody testing works by the withdrawal of blood from an individual who thinks they have been infected or is showing symptoms and then the blood test is then sent to a lab to be tested.

How have we been impacted by Coivd-19 (New Norm.)

➔ Working from home becomes a norm for most people.

➔ No public gathers.

➔ No private gatherings with more than 10 people, six feet apart.

➔ All schools and education are now remote learning (online).

➔ Bills are now extended due to the lack of non-essential jobs being ordered to temporarily close.

➔ Gyms are closed.

➔ Public places require a face masks to enter.

➔ All sports and entertainment are postponed until further development or discontinued.

➔ Shortage of personal Supplies.

My thoughts on Covid-19

★ I strongly believe that this "coronavirus" outbreak is population control. I think It is a hoax and something greater is at play. I do not believe that the tests are really testing what it says it is and people are just being told they have tested positive with no real proof of the virus affecting our immune system in these ways. There are controversial stories on how and where the virus came from, there are also reports that the "coronavirus" is a cause from the new innovation of 5G technology. I was reading an article that suggested that the 5G frequency spectrum somehow transmits and spreads the virus, as if in a wireless miasma.

❏ Read more on 5G conspiracy

(https://www.vox.com/recode/2020/4/24/21231085/coronavirus-5g-conspiracy-theory-covid-facebook-youtube)

SURVIVED ANOTHER "END OF THE WORLD" SCENARIO

The End

Thank You, your time is appreciated

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