

StayHome

COVID-19

SCHOOLCITY

CHILDREN'S PUBLISHING CENTRE

How often do we think about the situation, when there will be nothing but an Internet connection, when people will be forced to hide in houses and limit real communication? Sounds like the plot of a movie about the apocalypse, doesn't it?

So, guys, this is the world we live in.

SECONDARY SCHOOL#2

NOYABRSK APRIL 2020

In this issue:

- What is COVID-19?
- How to protect yourself?
- People&coronavirus
- How not to get bored at home?



WHAT IS A CORONAVIRUS?

Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) .

A novel coronavirus (CoV) is a new strain of coronavirus. The disease first identified in Wuhan, China, has been named coronavirus disease 2019 (COVID-19). In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic.

WHAT DOES A PANDEMIC MEAN?

Characterizing COVID-19 as a pandemic is not an indication that the virus has become deadlier. Rather, it's an acknowledgement of the disease's geographical spread.



#Important_information
#Know_the_enemy_by_sight

HOW DID IT APPEAR?

It seems that the new coronavirus arose in bats - 96% similarity! But this was not a direct connection, so the bat had to infect another species, which then infected people. It is believed that these are snakes from a market in Wuhan.

HOW DOES IT SPREAD?

Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.

Know the COVID-19 SYMPTOMS

A disease can go simply - you won't even notice. And it can take place in a severe form and lead to death.

Symptoms may appear 2-14 days after exposure.

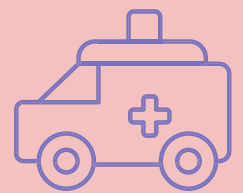
! FEVER

! SHORTNESS OF BREATH

! COUGH

Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or you have recently been in area with ongoing spread of COVID-19



How to protect yourself?

Surprisingly, some still ignore the virus and quarantine. Yes, humanity has survived many epidemics. But the danger of this virus lies in its incredibly fast spread. You can get infected simply by walking past a person! Scientists just don't know how to stop it!

But don't panic! Coronavirus is a truly unknown disease. But to protect yourself, you only need to follow certain rules.



RULES



KEEP A SAFE DISTANCE



WASH HANDS OFTEN



COVER YOUR COUGH



SICK? CALL AHEAD



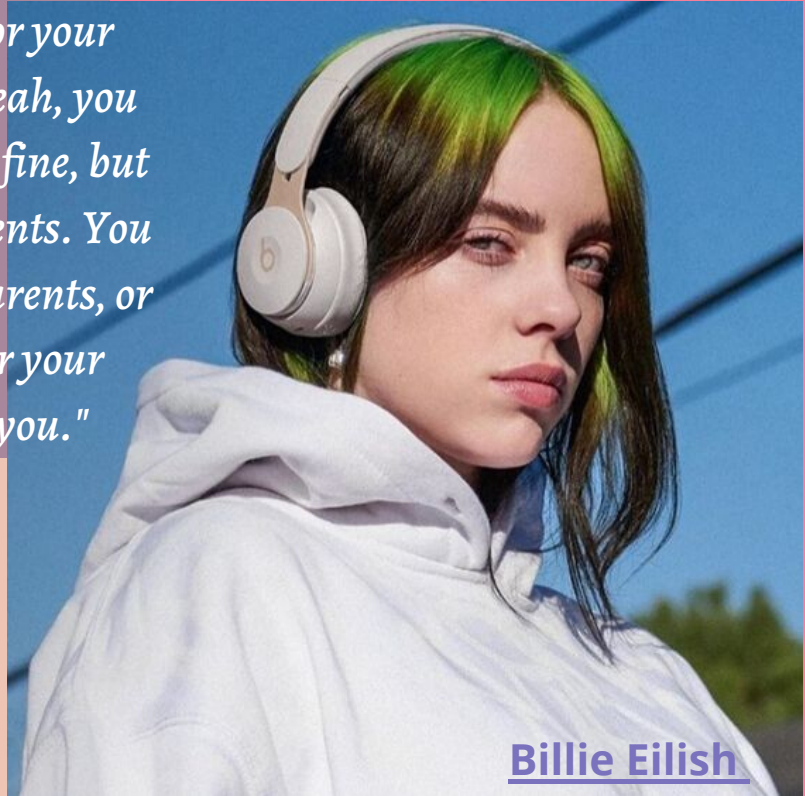
STAY HOME!



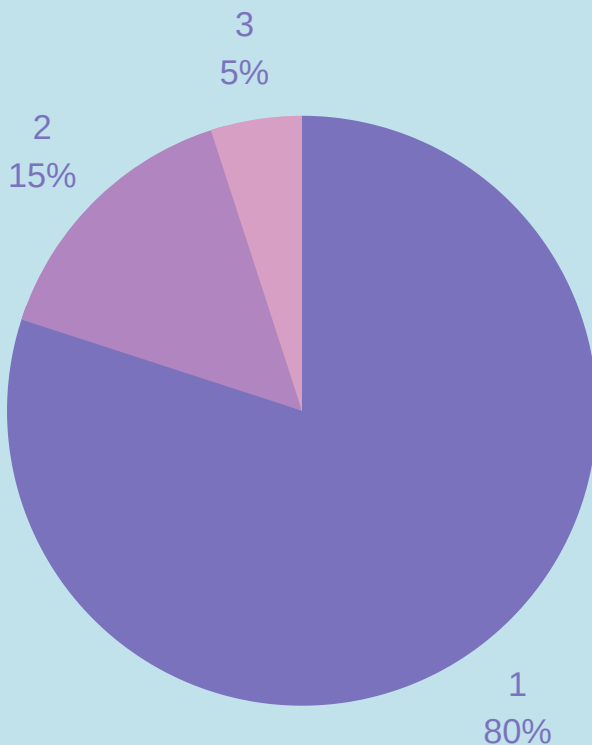
People&coronavirus

But as it turned out, it's hard for people to stay home. What is the problem? Many still don't see the point in this measure. Well, don't believe me and doctors around the world. Listen to your cult-heroes!

"Please take responsibility for your endurance of this, because yeah, you could get it and you could be fine, but you could give it to your parents. You could give it to your grandparents, or your aunts, or your uncles, or your friend's mom. It's not about you."



Billie Eilish



1. Boring, nothing to do
2. Great, a lot of work!
3. Ignore quarantine

I asked my peers why it's so hard to stay home. as you can see from the diagram, most of them don't know what to do at home!

If anger is still boiling over you due to coronavirus losses, LastWeekTonight host John Oliver suggested an interesting way to calm down - spend 30 seconds to scream all resentment



Online to help!

Well, in modern society it is rather strange to hear this problem. What about using the Internet? In quarantine, many online sites have improved their performance!



Culture

- A virtual visit to the greatest museum of Russia - the **Hermitage!**

<https://www.hermitagemuseum.org>

- What about visiting the **Sydney Opera House?**

<https://www.sydneyoperahouse.com>

- **The Wiener Staatsoper** is closed, but continues to play daily online

<https://www.wienerstaatsoper.at>

Education&hobbies

- **Coursera** has opened access to its courses for universities and students. So far, free access is open until 07/31

<https://www.coursera.org/>

- **300 free** online courses from the world's leading universities in English:

<https://qz.com/m/1263050/>

- Self-quarantine is time to **learn Korean** with BTS!

<https://www.teenvogue.com>

Entertainment

- Watch your favorite serials on **Netflix** remotely with your friends!

<https://www.netflixparty.com/#landing>

- Not so long ago, a global musical concert "**One World: Together At Home**" was organized, where many singers took part!

<https://www.globalcitizen.org>

- What about cartoons? The cartoon "Forward" by **Disney** was released much earlier than planned!

<https://disney.ru>

What can we do at home?

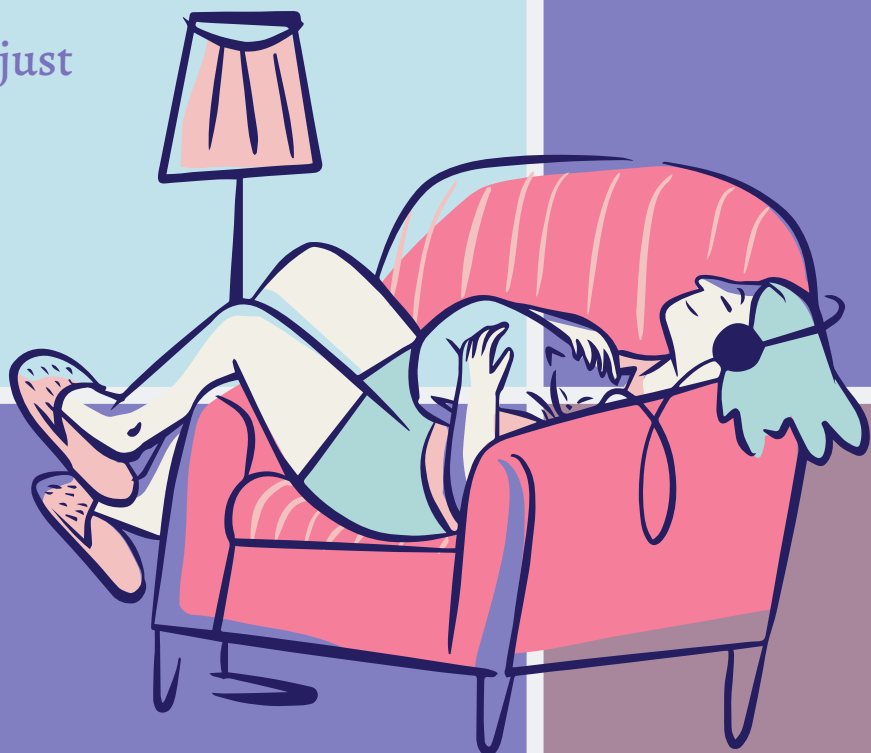


Just take note from "Tangled" star Rapunzel, who has an entire song about how she's spent her days alone in a castle! We have a lot of opportunities like:

- Write a book with your family. Pick a character and each member writes a chapter about their adventures. Read aloud to each other.
- Go viral in the good way by making a quarantine-themed TikTok.
- Play board games with the family.
- Try on all your clothes and determine whether they “spark joy” à la Marie Kondo.
- Use Skype, FaceTime, Google Hangouts or Marco Polo to video chat with your long-distance friends.
- What about various social flash mob?
It's fun!
- Do sports or yoga. You can even just dance!
- Learn how to cook new recipes.

**You can find even more interesting activities here:*

- <https://www.travelandleisure.com>
- <https://www.dailycal.org>
- <https://thehoneycombers.com>



All in all, I hope now you don't going to be bored at home.

But what is more, I hope you have understood why quarantine is necessary now. No one is protected, everyone can get sick, and no matter how you suffer from the disease, because you can become a carrier and infect weaker people close to you.



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Sources

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