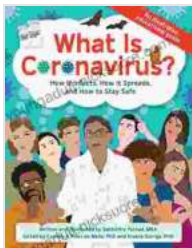


# COVID-19: How It Infects, How It Spreads, and How to Stay Safe

COVID-19 is a highly contagious respiratory illness caused by the novel coronavirus SARS-CoV-2. The virus is spread through respiratory droplets when an infected person coughs, sneezes, or talks. Symptoms of COVID-19 can range from mild to severe, and the virus can be fatal for people with underlying health conditions.



## What Is Coronavirus?: How It Infects, How It Spreads, and How to Stay Safe by Sabbithry Persad MBA

★★★★★ 5 out of 5

Language : English

File size : 74050 KB

Screen Reader: Supported

Print length : 104 pages

Lending : Enabled



## How It Infects

The SARS-CoV-2 virus enters the body through the nose, mouth, or eyes. Once inside the body, the virus attaches to cells in the respiratory system. The virus then replicates itself and spreads to other cells in the body. The immune system responds to the infection by producing antibodies. However, the virus can evade the immune system and continue to spread.

## How It Spreads

COVID-19 is spread through respiratory droplets. When an infected person coughs, sneezes, or talks, they release respiratory droplets into the air. These droplets can travel up to 6 feet and can infect people who breathe them in. COVID-19 can also be spread through contact with contaminated surfaces. If an infected person touches a surface and then touches their face, they can transfer the virus to themselves.

## **How to Stay Safe**

There are a number of steps that can be taken to prevent infection and spread of COVID-19:

- Wear a mask when you are in public.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your face.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissue or your elbow.
- Clean and disinfect frequently touched surfaces.
- Get vaccinated.

## **Symptoms of COVID-19**

The symptoms of COVID-19 can range from mild to severe. The most common symptoms include:

- Fever or chills
- Cough

- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **Treatment for COVID-19**

There is no specific treatment for COVID-19. However, there are a number of treatments that can help to relieve symptoms and improve recovery.

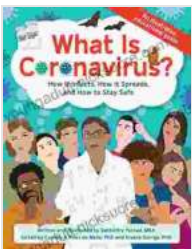
These treatments include:

- Rest
- Over-the-counter pain relievers
- Cough suppressants
- Expectorants
- Antiviral medications
- Hospitalization

### **Prevention of COVID-19**

The best way to prevent COVID-19 is to get vaccinated. Vaccines are safe and effective and they can help to protect you from infection. Other ways to prevent COVID-19 include:

- Wearing a mask when you are in public
- Washing your hands frequently with soap and water for at least 20 seconds
- Avoiding touching your face
- Staying home if you are sick
- Covering your cough or sneeze with a tissue or your elbow
- Cleaning and disinfecting frequently touched surfaces



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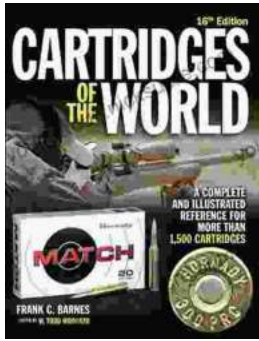
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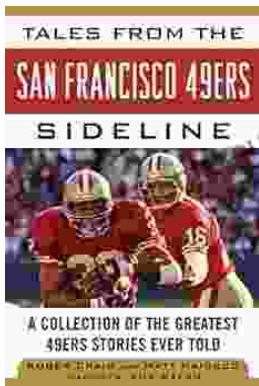
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