

Lesson 1

Understanding the Coronavirus and COVID – 19

Beginning

- Today's lesson is "Understanding the Coronavirus and COVID – 19". What do you know about the coronavirus and COVID-19?
- Why is this an important topic?
- Today we're going to talk about the virus, symptoms, and how to protect yourself. Let's begin by discussing some important information.

Important Information

Viruses are very common and can be found around the world. They can infect people as well as many species of animals. When people catch viruses, they can become sick. Examples include the common cold and the flu.

Every so often a new virus appears and this occurred late in 2019. The novel coronavirus was first identified in China and has now spread around the world, including the United States. Large numbers of people have become sick from this virus, and many people have died from it. The disease caused by the novel coronavirus is called COVID-19.

Symptoms

Not all people who are infected with COVID-19 have the same symptoms, but according to the Centers for Disease Control and Prevention, the common symptoms include:

- Fever
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Headache
- New loss of taste or smell

How does COVID-19 spread?

Scientists believe that COVID-19 spreads from person to person, often through coughing or sneezing. Liquid droplets pass from the infected person to others and these droplets can carry the virus and infect these other people. This is more likely to happen when people are close to each other, especially closer than six feet.

It is also possible that people can catch the virus by touching an object that has the virus on it and then touching their own face – especially nose, mouth and eyes. Although this may be possible, scientists currently do not think that it is the main way that people catch this virus.

What can you do to protect yourself?

Experts recommend that for now, we practice “social or physical distancing”, which means staying six feet or more from others when possible. This is why many mental health programs, schools and many businesses are now closed or reducing the hours that they are open. As we learn more about this virus and see fewer people infected with it, these restrictions will be reduced.

There are other things that you can do too, when possible:

- Wash your hands with soap and water for at least 20 seconds often, especially after being in a public space or coughing or sneezing
- If you don’t have soap and water, you can use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your face with unwashed hands
- Especially avoid close contact with people who are sick
- Cover your mouth and nose with a mask or face cover when around others
- Cover coughs and sneezes

What to do if you think that you are sick

- Talk to your counselors, care managers, or prescribers as soon as you can
- If you are sick, or thought to be sick with COVID-19, you will be asked to separate yourself from other people for a while (this is called a quarantine). You may be given some medicine to help with the symptoms. If the symptoms become very severe, you may be taken to a hospital for care.

How to learn more about this important topic:

It’s important to have up-to-date information, and there are many ways that you can learn more:

- Talking to your counselors and care managers
- Talking to your prescribers, physicians and nurses
- Websites (such as <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>) and other online resources
- Television
- Newspapers

Let’s Get Personal

How are you currently learning about COVID-19 and how would you like to learn more in the future (starting today!)? Please check the boxes that apply to you.

STRATEGY	USING NOW	WILL USE STARTING TODAY
Talking to your counselors and care managers		
Talking to your prescribers, physicians and nurses		

Websites and other online resources		
Television		
Newspapers		
Other		

Action Step

Choose a strategy to learn more about COVID-19 starting today.

Strategy: _____

What will be your first step? _____

When? _____

Where? _____

How will you remind yourself to do it? _____

Who could help you complete your Action Step? _____

What might get in the way of completing your Action Step and how can you deal with this?

Ending

- What were the main points of this lesson?
- How do you feel about what we have covered today?
- Consider using this affirmation, or one of your own choosing:

AFFIRMATION: You might find it helpful to affirm (state out loud) your ability and motivation to apply what you have learned to improve your health and wellbeing.

I have the information, knowledge and determination to use what I learned about Covid-19 to make smart decisions to stay safe and healthy. I can use this knowledge to support my decisions and help others make smart decisions. I am a worthwhile person who deserves to have the information I need to stay safe and healthy!