



# COVID-19: What Every Middle-Schooler Needs to Know

This information is a product of collaboration between the UNR School of Medicine and the Washoe County School District. All information has been reviewed and approved by a board-certified physician.

Here's what you need to know about COVID-19 (also called Coronavirus Disease 2019):

## What is COVID-19?



COVID-19 is a virus that can make you sick.

Most people who become infected with COVID-19 get better in a few weeks.

Some people may get very sick and have to go to the hospital.

Scientists are making vaccines to protect against COVID-19, but there is no cure for it.

## Symptoms:



Fever

Cough

Feeling like you can't breathe

## Practice Social Distancing:



Stay home as much as possible.

Stay 6 feet (2 arms' length) away from others that you do not live with (even with your mask on!)

Do not go over to friends' houses or meet your friends anywhere (FaceTime instead!)

## How is it spread?



It spreads from person to person.

The virus can remain on surfaces and may spread if you touch an object that someone infected has touched.

Coughing, sneezing, and talking can allow the virus to travel through the air and infect someone else.

You can become infected by getting into close contact (less than 6ft) from a person with COVID-19.

## How do I protect myself & others?



Wash hands often with soap and water for 20 seconds.

Use hand sanitizer if you do not have soap and water near.

Cover your cough or sneeze with a tissue or your elbow.

Try not to touch your mouth, eyes, or nose.

Wear a face mask or covering when around others that you do not live with.



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**Many people feel different emotions when they think about COVID-19. No matter what you are feeling or thinking, others are going through the same thing and those feelings are normal! What are some ways of coping with the stress and the changes that have occurred because of COVID-19?**

- It's normal to feel sad, uneasy, or frustrated about this situation. The COVID-19 pandemic has caused a huge disruption to our daily lives, and many of us have missed out on big milestones because of it.
- Talk it out— find a friend or family member you trust and let them know how you're feeling. Why do you think you feel that way? Can you brainstorm some ways to work through these feelings?
- Take up a new hobby! Try journaling, baking, yoga/ meditation, or practicing your soccer skills in the backyard! It might also be helpful to take a break from social media and technology for a while.
- Focus on the good! How have the changes that occurred been positive? Maybe you get to spend more time with your brothers and sisters or pets at home or maybe you have more time to sleep in or exercise.
- Reach out to your school counselor to talk. You can reach out to your teacher to find out how to reach the counselor.

Notice the feelings you may be experiencing and try these tricks to manage them:



### Where can I learn more about COVID-19?

- There can be a lot of misinformation out there! Here are some trusted sources you can consult for info:
  - The Centers for Disease Control (CDC); [www.cdc.gov](http://www.cdc.gov)
  - The American Academy of Family Physicians (AAFP); [www.aafp.org](http://www.aafp.org)
  - The American Academy of Pediatrics (AAP); [www.aap.org](http://www.aap.org)
  - Healthychildren.org created by the AAP; [www.healthychildren.org](http://www.healthychildren.org)
  - World Health Organization (WHO); [www.who.int](http://www.who.int)

## Zoom with us!

We can talk about other ways to keep your spirits up and talk about how COVID-19 affects you. Tell your parents if you would like to join us!

- UNR Med-sponsored Zoom sessions are being offered to students and families in Washoe County for emotional support during COVID-19.
- Your parent can **click the link below to sign you up** for a Zoom session:  
<https://bit.ly/35W66c8>