

Students have to note down this write up in their Science Activity Copy

ACTIVITY 1

AWARENESS ABOUT COVID 19

Full Form of COVID 19: CO_RONA VI_RUS DI_SEASE 2019

Causal Agent: NOVEL CORONA VIRUS

The names suggested by: WHO – WORLD HEALTH ORGANISATION

A BRIEF ACCOUNT ABOUT THE DISEASE

- **Corona viruses** are a group of viruses that cause diseases in mammals and birds. In humans, these viruses cause respiratory tract infections that can range from mild to lethal.
- There are as yet no vaccines or antiviral drugs to prevent or treat human corona virus infections.
- **Corona virus** may have **originated** in bats or pangolins. The first known cases of **COVID-19** were in Wuhan, China.
- COVID 19 caused by corona virus is a contagious disease i.e. it can transmit from one infected person to another non-infected person.

Primary Symptoms

Fever, dry cough, runny nose, sore throat, nasal congestion which may lead to breathing problem

This may be accompanied with diarrhea

Not to be Panic... Be Conscious and Specific

Every cough, cold and fever doesn't mean that the person has COVID 19 it may be common cough and cold also... in that case anybody having such must take the suggestion of any expert general physician

**Most infected people (80%) develop mild to moderate illness and recover without hospitalization.

Maintenance of Personal Hygiene

- Cut your nails regularly and properly and keep your nails always clean.**
- Avoid wearing rings on your fingers or if wearing clean/sanitize them properly every day at least twice as these are shelters of billions of germs.**

- ❑ **Avoid using wrist watch or sanitize it properly after every use.**
- ❑ **Don't go outside home just without any vital cause... if going outside home must use facial mask and carry soap paper or sanitizer for frequent hand sanitization specially if it is a public place like market, railway station etc.**
- ❑ **Wash your hands with soaps properly or sanitize them properly before entering home from outside and don't forget to keep your shoes outside. Request or advice the same to anybody who are coming to your house even how much they are your near relatives or friend that doesn't matter. Do the same when you are going to anybody's home of your friends or relatives.**
- ❑ **Use Face Mask and maintain proper social distance.**
- ❑ **Wash the mask, dresses, socks, handkerchiefs etc. with water, detergent and antiseptic after 2- 3 uses. Better if we use warm water while washing.**
- ❑ **Don't use the same mask for many days and the same mask should not be used by more than one person.**
- ❑ **The senior citizens above 60 years and the children should not go outside home until there is any medical or other situational emergencies.**
 - ✓ STAY HEALTHY ... STAY SAFE
 - ✓ BE WITH YOUR STUDIES... BE WITH YOUR INDOOR GAMES
 - ✓ BE WITH YOUR STORY BOOKS AND BE WITH YOUR ALL FUNS AT HOME

_____ X _____

Pictures to be pasted: in the left white page of the Activity Copy (Laboratory Note Book)

- 1) One Picture of Face Mask
- 2) One Picture of Sanitizer
- 3) One Picture of Soap/Handwash
- 4) One Picture of Antiseptic Liquid
- 5) One Picture of Corona virus
- 6) One Picture of Social Distancing

** Students may collect these pictures of their own from any source or they can take the print out of the above said pictures attached below with this document in the next pages (Page- 3 and 4)

Contd... for pictures



Fig.1. Using of Face Mask



Fig.2 Hand Sanitizer



Fig.3. Using of hand wash



Fig.4 Social Distancing

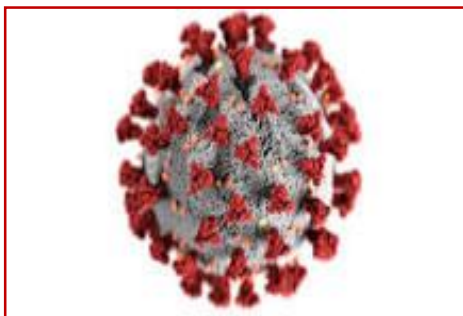


Fig. 7. Corona virus



Fig.6 Antiseptic Liquid