

# UNDERSTANDING THE CORONAVIRUS



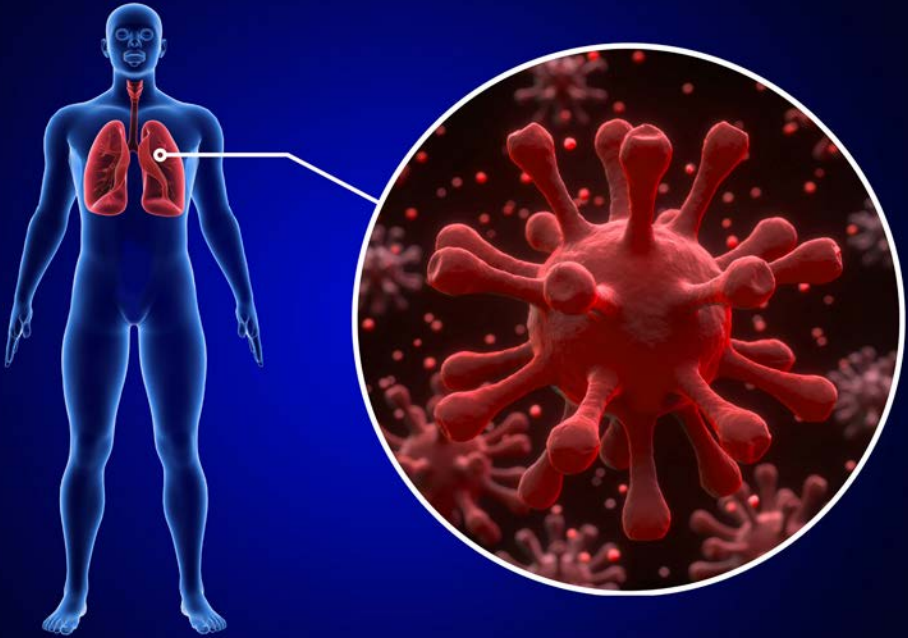
Daily life has changed across the U.S.  
Leaders have ordered people to stay at  
home.



Schools are closed. Most businesses are too. People are working from home.



Why have things changed? It is because of a new virus that spreads very quickly. A virus causes an infection in the body. It makes people sick.



## Coronavirus

This virus is a coronavirus. These kinds of viruses cause respiratory illness. That means they make it hard for people to breathe.



This coronavirus first appeared in late 2019. The illness it causes is called COVID-19. Two of the symptoms are a fever and coughing.



Most people who get sick will get better. They will likely feel very tired for several days. Many will have a high fever too.



The virus makes some people very sick. They have a hard time breathing. Then they have to go to the hospital. Many go on machines to help them breathe. Some die.





It is easy to spread this virus. One way it spreads is through coughing and sneezing. Droplets in the air carry the virus. People nearby can breathe them in. The closer people are to each other, the more easily the virus spreads.



That is why leaders want people to stay at home. People should only go out when they really need something, like food. When out, they should stay at least six feet from others. This is called social distancing.



Here is one way to practice social distancing. Think about the width of a car. That is about six feet. Stay about a car's width away from other people.



Staying at home helps everyone. It slows the spread of the virus. That gives scientists more time to come up with ways to beat the virus.



There are other things you can do to stay healthy. Washing your hands is very important. This kills the virus. Touching your face can make it easier for the virus to spread. Try to keep your hands away from your face.



If you have to cough, cover your mouth with your arm. Cover your sneezes too. This is good to do all the time. It is very important right now.



For now, our best plan is to stop the spread of the virus. Staying at home is key. It keeps you from getting the virus. And it also keeps others safe. Practicing social distancing is how we can all help each other.



Copyright © 2020 by Saddleback Educational Publishing. All rights reserved. Social Narratives are meant to be delivered electronically or printed and shared between student(s) and educator. No part of this book may be changed or sold. SADDLEBACK EDUCATIONAL PUBLISHING and any associated logos are trademarks and/or registered trademarks of Saddleback Educational Publishing.



