

Answers

Week 1

1. Fever
Cough
Tiredness
Aches and pains
Sore throat
Diarrhea
Headache
Loss of taste or smell
Chest pain
Loss of speech or movement

2. Social distancing
Wear a mask in public places
Wash your hands often with soap and water
Avoid going to crowded places

3. 20 seconds

4. Fresh fruit and vegetables
Foods with zinc – lean meat, milk, lean grains, seeds, beans and nuts
Foods with vitamin C – broccoli, kale, oranges and strawberry
Foods with iron – lentils, spinach, tofu and white beans
Foods with vitamin D- cereals, fatty fish and sunflower seeds.

5. Limiting face to face contact with others is the best way to reduce the spread of covid 19
Social distancing also called physical distancing means keeping space between yourself and other people outside of your home.