

Personal and Social Well – being

Grade 4

Worksheet 4

What is Covid 19?

It is a new virus which causes people to get sick and spreads between people. It is now a global pandemic.

The spread of the virus happens mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza spreads.

Corona is Latin for crown because it looks like a crown with spike endings in blobs, when viewed under the microscope.

What are the symptoms?

The signs and symptoms of Covid 19 are non – specific. This means that the disease presentation or its signs and symptoms can range from asymptomatic people (no obvious signs or symptoms) to those with mild symptoms (like those associated with the common cold) as well as severe respiratory illness (such as pneumonia). Signs and symptoms of Covid 19 may appear 2 to 14 days after exposure. This time after exposure and before having symptoms is called incubation period.

Most common symptoms:

- *Fever
- *Dry cough
- *Tiredness

Less common symptoms:

- *Aches and pains
- *Sore throat
- *Diarrhoea
- *Conjunctivitis
- *Headache
- *Loss of taste or smell
- *A rash on skin or discoloration of fingers or toes

Serious symptoms:

*Difficulty breathing or shortness of breath

*Chest pain

*Loss of speech or movement

Seek medical attention if you have these symptoms. Always call before visiting your doctor or health facility.

Answer the following questions:

1. List 2 common symptoms
2. List 5 less common symptoms
3. List 2 serious symptoms
4. How long does it take for someone who is infected to show symptoms?
5. What should you do before visiting the doctor or health facility?
6. What is incubation period?

