

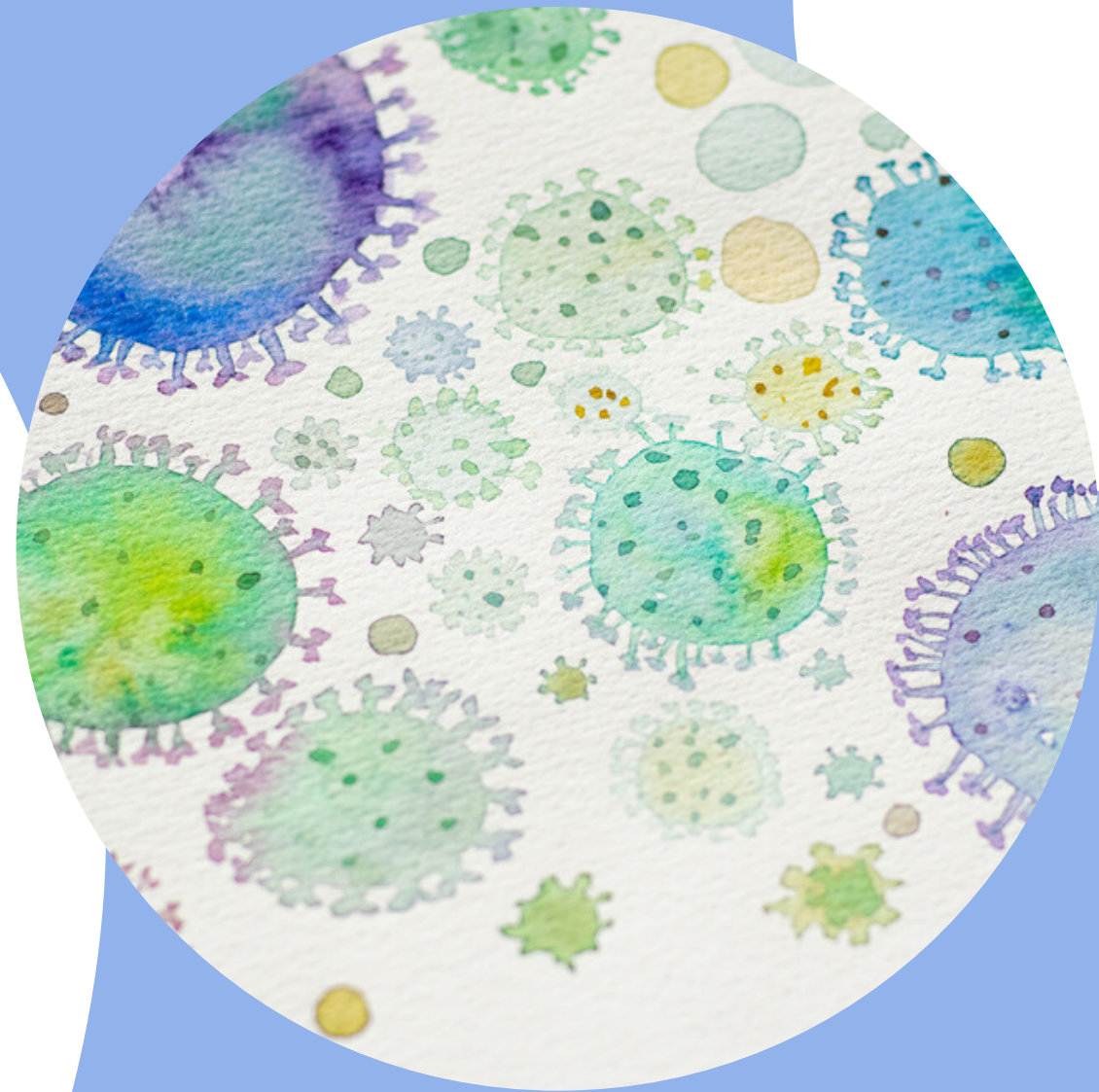
A Guide for Secondary School Students

COVID-19



Dalian American International School

What is COVID-19?



What you need to know

COVID-19 is the disease caused by the new coronavirus that emerged in China in December 2019.

Symptoms

COVID-19 symptoms include fever, dry cough, and in severe cases, difficulty breathing. They can also include sore throat, fatigue, body aches, runny nose, diarrhea and/or nausea.


Prevention

The new coronavirus can be spread from person to person. There is no coronavirus vaccine yet. Prevention involves frequent hand-washing, coughing into the bend of your elbow, staying home when you are sick and wearing a cloth face covering if you can't practice social distancing.



FAQ

More information can be found here:

- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus>
 - <https://youtu.be/FVIGhz3uwuQ>
- 

How to keep yourself and those around you safe

- **Wash hands**
- **Sneeze and cough properly and use a tissue**
- **Clean your device**
- **Ensure social distance**
- **Use mask properly**
- **Boost your immune system**

Wash your hands!

It kills germs and viruses



- <https://youtu.be/-LKVUarhtvE>
- <https://youtu.be/3wPKBpk7wUY>

Do you know?

How to wash your hands properly

- <https://youtu.be/3PmVJQUCm4E>
- https://youtu.be/nEzJ_QKjT14



How to sneeze and cough properly

Use a tissue, please

- <https://covid19.govt.nz/covid-19/how-were-uniting/cough-or-sneeze-into-your-elbow/>
- <https://youtu.be/8wmKArVuLal>



A short guide how to

Clean your devices

• <https://youtu.be/7WwDdzO5yd4>



Importance of Social Distancing

Stay away from others

• https://youtu.be/4ex4H6n_s7w



No hugging



No touching



1.5 meters
distance



Working
from home

Handle your mask properly

• <https://youtu.be/PwYapjQUVmo>

CLEAN YOUR HANDS
before putting it on

PINCH WIRE
for better fit

HOOK ELASTICS
to ensure there are no gaps

THROW AWAY IN A CLOSED BIN
and wash hands afterwards

Stay Healthy

Boost your immune system

• <https://www.mdlinx.com/internal-medicine/article/6688>



Be active

Exercise improves the immune system

Eat right

Eating healthy foods leads to a healthy microbiome

Get enough sleep

Sleep reboots your immune system

Preventing stigma during the outbreak

What can you do to fight stigma associated with COVID-19?

- <https://youtu.be/vinh0lIG1p0>

Mental Health

How you can protect your mental health during COVID-19?

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>



A video from Nanjing International School

https://resources.finalsite.net/videos/t_video_mp4_480/v1585811272/nanjing/ryf5hzbmjxuctsf4u1b/NIS.mp4

NIS returned to school earlier this month. They have shared a time lapse video from their first day of on-site classes. This will give you an idea of what to expect when you return to DAIS.



TOGETHER IS BETTER

Stay healthy and be
informed!

Dalian American
International School