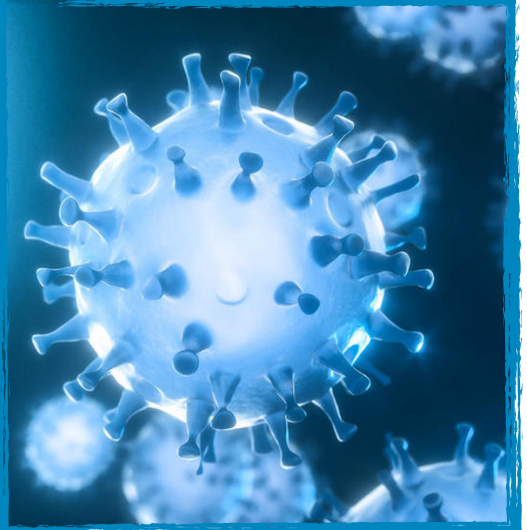


Coronavirus

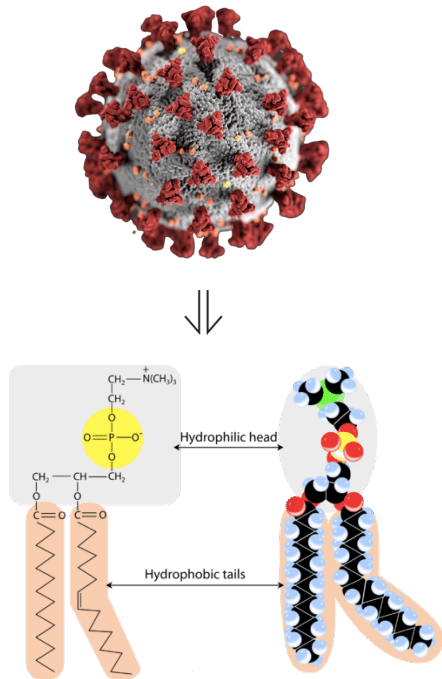
SARS-CoV 2 (Severe Acute Respiratory Syndrome Coronavirus 2)

What is *Corona*?

- Full name; **SARS-COV2**
Severe Acute Respiratory Syndrome Coronavirus 2
- An *infectious* viral disease
- Spreads throughout the body through *droplets of saliva* or discharge *from the nose* of the infected person when he or her *sneezes*
- On average it takes *5-6 days* from the moment of infection to when



The coronavirus



Phospholipid membrane

Viruses have outer layers of so-called *phospholipids* which basically are fat. Like, greasy dishes, they reject water if not dish soap is added. Soap has the ability to gather between oil (fat) and water. It then captures the oil in a bubble called *micelle*. When you wash your hands, the soap breaks down and carries the phospholipids lipids away. Viruses can survive alcohol-based hand sanitizer but soap and water most definitely, kills them.

Symptoms

Most common

- Fever
- Dry cough
- Tiredness

Less common

- Aches and pain
- Headache
- Lack of smell or taste

Serious symptoms

- Breathing difficulty
- Chest pains
- Loss of speech

Stay inside!

Why?

- To protect yourself and others
- You may be sick without knowing it
- To break the exponential chain of infection
- If many are infected the hospital will be overwhelmed
- Currently, we do not have a cure or vaccine for COVID-19

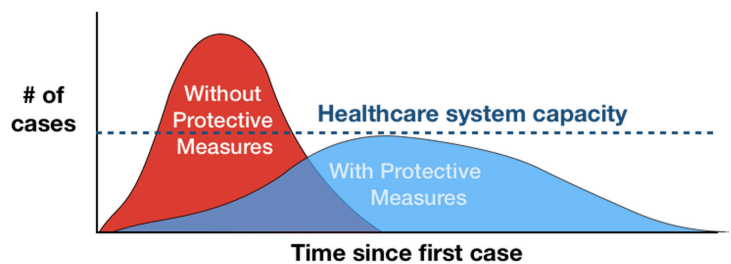


When?

- If the government calls a lockdown
- If you are in the risk groups
 - immunodeficiency, cardiovascular diseases, older than 60
- If you have any of the symptoms
 - fever, a dry cough, mild breathing difficulties etcetera

Preventive measures:

- Wash your hands with soap and water
- Avoid touching your face
- Stay home if ill
- Keep social distancing



Adapted from CDC / The Economist



What can you do while in quarantine??



Productive

Exercise

- Do yoga!
- Take classes!

Read a good book!

Study or work outside!

Write

- your own short story!
- poetry!
- journal!
- start a blog!
- a CV and apply for a job!
- a (corona)song!
- to a new penpal!

Lay down and just think!

- deep subjects

Treat yo'self

- do a facemask!
- spa time with footbath!

Organize

- your room; rearrange!
- the kitchen/the pantry!
→ put spices in alphabetical order

Get...

- lots of sleep!
- a virtual tour (google earth!)
→ cities
→ museums
→ national parks

Plan

- your friends' birthdays in
beforehand!
→ do cards and buy presents

Learn something

New languages!

- download Duolingo
- find a new, abroad-living friend

Do things with your nondominant hand!

- brushing teeth or write

Watch a tutorial/Wikihow for...!

- calligraphy
- beatboxing
- shuffle cards like a poker player
- heimlich Maneuver
- juggle
- a new dance style
→ moon walk

Toungue twister!

Wolf whistling!

Play a new instrument!

- glass bottles with water
- a comb covered with plastic foil
(homemade harmonica)

Improve your writing speed!

- test how many words per minute
you can write

Teach your pet some trick!



TAKE CARE IN QUARANTINE <3 DO NOT FORGET TO WASH YOUR HANDS!

Fun

Play

- Video games!
- domino!
- puzzles!
- crosswords!
- board games with your family
- games you played when you were little!
 - DSI
 - Wii sports, Mario Kart
- with lego!
- online!
 - i.o.-games
 - cards online
 - "[Bored button](#)"

Call loved and missed ones!

- old friends
- grandparents
- a sibling that lives far away

Eat!

Watch

- TED-talks!
- Old photos, essays or emails!
- movies/series
 - have a *Netflix party* with friends!
 - binge Harry Potter or Star Wars!

Knit/crochet

- a scarf!
- a potholder!

Listen to...

- new music!
- podcasts!
- karaoke videos and sing along!

Have a photoshoot

- do your makeup!
- put on a nice outfit!

Draw

- doodles!
- a self portrait!
- in colouring books!
- your parents/friends!

Cook food/bake

- raw food!
- only vegan!
- a meal from another country!
- without sugar!

Make...

- a photobook of your meaningful memories!
- a bucket list!
- a scavenger hunt for a younger sibling/yourself!
- a card house!
- a tie-dyed shirt!
- your own podcast!
- TikTok-videos!
- new routines (and keep the normal)!
- mother's day-presents!

