

COVID-19 Teaching plan

COVID-19 is a virus that started from animal to human transfer and is spread human to human via droplet and human contact. The virus has a incubation period of 1-14 days. This virus is also easily spread. The main symptoms are fever, cough, and headache. More serious symptoms such as pneumonia could occur. People that at risk are the elderly population and people with underlying medical conditions such as cardiovascular issues, hypertension, and diabetes. As of now there is no defiant treatment for the virus. Some ways to prevent the spread is by social distancing, washing hands, cleaning everyday objects before and after touching, and staying inside. Social distancing is staying 6 feet away from another individual; doing this should limit the spread of the virus. It is important when you are washing your hands to get everywhere, the back of the hand, the thumb, under fingernails and the top of the wrist. Doing this should also limit the spread. Remember to wash your hands, not touch your face and stay away from large groups of people.