

Staying healthy during Covid-19

It was the end of February winter break and we were on our way back from our awesome New Zealand vacation. We had no idea that our lives would be completely different in a few weeks because of Covid-19. Covid-19 is a terrible disease caused by the Coronavirus SARS COV-2 which started in China due to bats[1]. It's symptoms include high fevers, chills, cough and sore throat. It is very infectious and if it affects one person they could give it to three other people. It also can be in the air for two hours and it can be on the ground for up to eight hours[2].

The safest protection against the Coronavirus is washing our hands with soap and water which kills the virus. In the absence of soap and water you can use hand sanitizer. But it is not better than washing your hands. You should also wear a mask any place you go in public. The reason is that masks keep germs from spreading by sneezing or coughing.

One way to limit the spread of Covid-19 is to do social distancing. Social distancing is a rule which says you should stay with your family members and if you go out you should stay six feet apart from other people. Schools and parks are closed because they are doing social distancing. In other countries, they are on strict lockdown. When I speak to my grandparents in India they tell me that they have to stay home.

Another way to stay healthy during Covid-19 is to take care of ourselves. You should get a lot of exercise during the day such as going outside and playing or going on a walk. I exercise with my brother on my mini trampoline. When it's sunny, I take the trampoline outside and when it's rainy, we bring it in. I also play on my Ninjaline. You should also maintain a nutritious diet with fruits and vegetables as they give us protection called immunity against many viruses.

This is a challenging time for all of us. It's important to listen to doctors and health experts and follow their advice. We should keep a positive attitude and take care of each other. We can also find ways to help the community by making and distributing masks.

Hopefully very soon the doctors will develop a vaccine and medicines to treat this disease[3].

Bibliography

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