

NAHID
CULTURAL INSTITUTE
MAGAZINE



No.5
CORONAVIRUS
COVID-19

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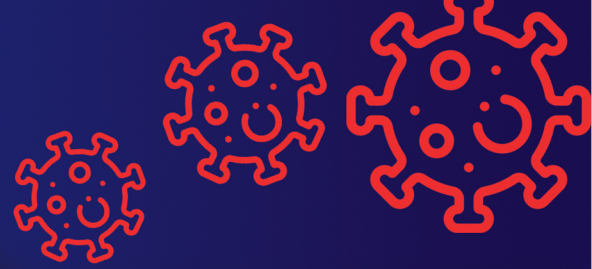
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Coronavirus: No-Panic Helpguide



**Prepare carefully,
but don't panic**

Here are the answers to the most common queries about the Novel Coronavirus based on our discussion with the various experts from the reputed institutes and analysis of the CDC, WHO, and MoHFW guidelines.

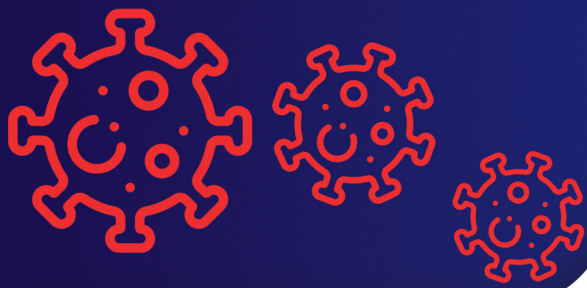


COVID-19 is an infectious condition, which means it can be spread, directly or indirectly, from one person to another

Involves your upper respiratory tract (nose, throat, airways, lungs).

Caused by the newly discovered coronavirus, called as novel coronavirus, first identified in Wuhan, China, in December 2019.





How deadly is Coronavirus?

**Coronavirus has
“high infectivity
but low mortality”**



⚙ Mortality rate ranges between 2-3%. It is significantly less severe than 2003 SARS (MR: 10%) or 2012 MERS (MR: 35%) outbreaks.

⚙ Risk of death is only higher in older people (above an age of ~60 years)

Why is there so much panic?



The lack of verified facts and floating rumours are to be blamed for this panic.

The most important thing is when a virus is new, we don't know how it may affect people.



Who is getting sick and how sick?

Older people are **twice** as likely to have serious COVID-19 illness.

Most coronavirus led illnesses are **generally mild, especially for children and young adults.**



CORONAVIRUS PREVENTION



DO NOT SNEEZE IN THE PALM OF YOUR HAND



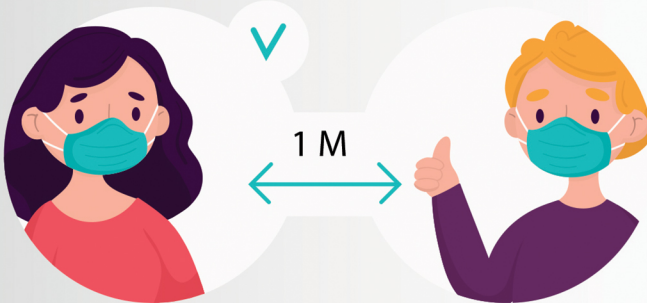
SNEEZE INTO YOUR FOREARM OR ELBOW



DO NOT TOUCH YOUR FACE WITH HANDS



WEARING MASK AND GLOVES



KEEP THE DISTANCE WITH OTHER PEOPLE

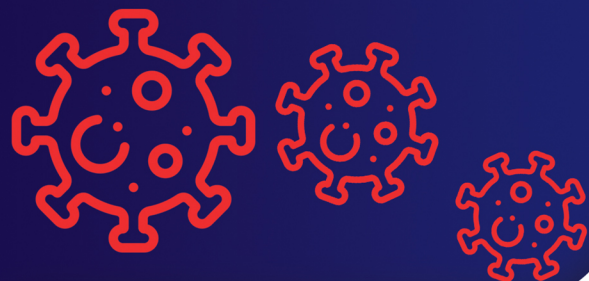


WASH YOUR HANDS FREQUENTLY



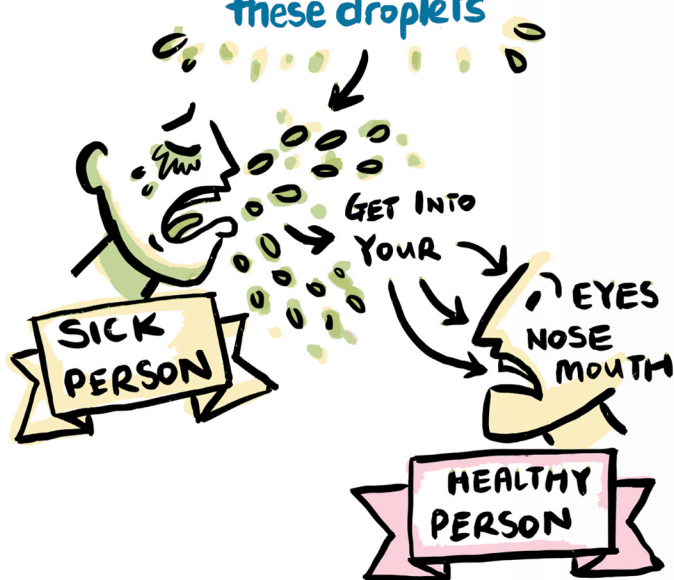
STAY AT HOME



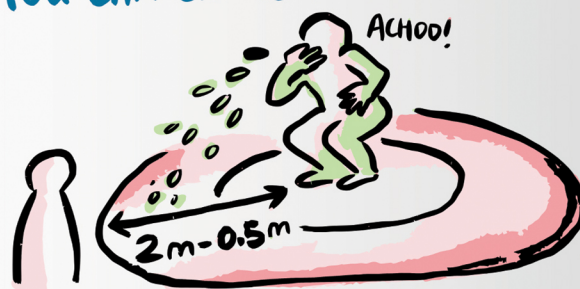


How exactly does

THE VIRUS SPREADS WHEN
these droplets



SO IF YOU SEE SOMEONE WHO IS
VISIBLY COUGHING/SNEEZING/SICK,
YOU CAN CHOOSE TO:



- ① KEEP YOUR DISTANCE.
2m to 0.5m will keep you safe
from large droplets.

OR,

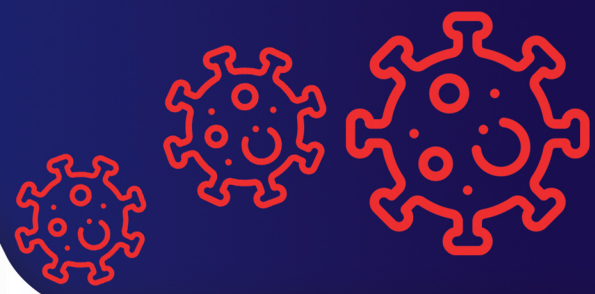


- ② GIVE THEM A MASK.
THEY CAN COUGH / SNEEZE INTO IT
AND PROTECT EVERYONE ELSE NEARBY

AND IN GENERAL, IT'S A GOOD
IDEA TO AVOID CROWDS, BECAUSE
YOU DON'T KNOW WHO MIGHT BE
SICK.



the covid-19 spread?



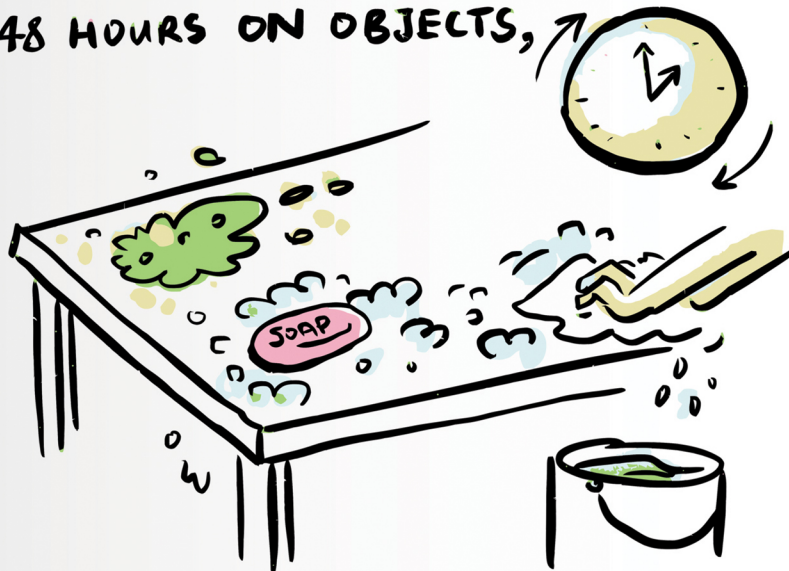
HOWEVER, SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS...



AND IF YOU TOUCH ANY OF THESE THINGS BY ACCIDENT, AND THEN TOUCH YOUR FACE,

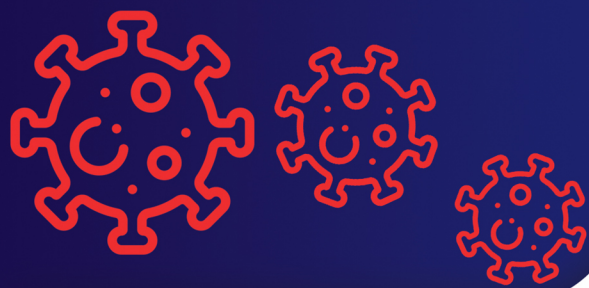


VIRUSES CAN LAST FOR UP TO 48 HOURS ON OBJECTS,



AND THE ONLY EFFECTIVE WAY TO GET RID OF THEM IS TO WASH THEM OFF WITH SOAP.





Essay

COVID-19 pandemic

What are coronaviruses?

Coronaviruses were discovered in the 1960s. They are a group of viruses that cause diseases in mammals and birds. In humans, coronaviruses cause respiratory tract infections that are typically mild, such as the common cold.

The name "coronavirus" is derived from the Latin corona, meaning crown or halo. The name refers to the characteristic appearance of the infective form of the virus, which is reminiscent of a crown or a solar corona.

The new coronavirus

At the end of 2019, a new type of coronavirus started spreading in China. This type of coronavirus is often called 2019-nCoV, novel coronavirus, or COVID-19. It is believed that the virus was transmitted from animals to humans. Some of the first cases were diagnosed in people who had visited a market selling live seafood and animals. Unfortunately, when viruses are transmitted from animals to people, it can take scientists a lot of time before they can develop a vaccine or medicines to cure it.

The symptoms of the new coronavirus

Some of the symptoms of the coronavirus are fever, cough, runny nose, sore throat, headache, and trouble breathing. These symptoms are very much like those people have with a cold or the flu. The virus can be more serious in some people, especially if they are sick or have health problems.

While it is early to have a definite picture of the disease because scientists are still collecting the data, some patterns have already emerged. Some early reports reveal that children seem to be getting coronavirus at much lower rates than adults. Even if they get infected, the symptoms are milder. However, most people who get severely infected are those with a weak immune system, like the elderly. Coronavirus may be life-threatening for these people. They may develop more serious respiratory tract illnesses that may be fatal.

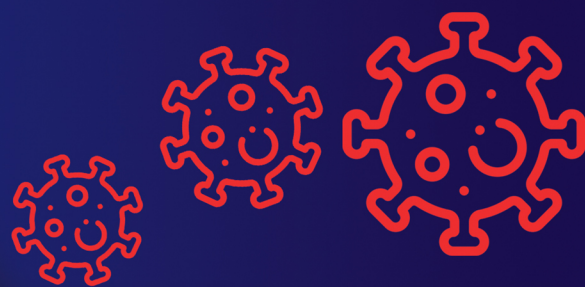
Treatment

There is no specific vaccine or medication to cure the disease, but generally, symptoms will go away on their own. However, experts recommend seeking medical care early if symptoms feel worse than a standard cold. Doctors can relieve symptoms by prescribing pain or fever medication. As far as antibiotics are concerned, they are useless to treat coronavirus.

People who think they may have been exposed to the virus should contact their healthcare provider immediately. A set of preventive measures are usually followed in case someone gets infected. This includes keeping infected people in quarantine for a certain period, generally fourteen days.



Children Level Grammar Questions



1

How many sisters and brothers do you have?

I have ...

11

What are you good at?

I'm good at ...ing

2

What does your father do?

He works at a...

12

What are you wearing?

What are you wearing?

3

What's your mother's job?

She is a ...

13

Where were you yesterday?

I was at...

4

What does your father look like?

He has short hair.

14

What was she doing in the morning?

She was...ing

5

What time do you get up?

I get up at...

15

Where did you go last vacation?

6

How do you go to school?

I go by ...

16

Have you ever been to India?

7

What does the cook do?

The cook makes food.

17

Has she ever been to Italy?

8

When does your father go to work?

He goes to work at...

18

What have you been doing all day?

9

Whose pen is this?

It's my /your pen.

19

Who is taller you or your brother?

10

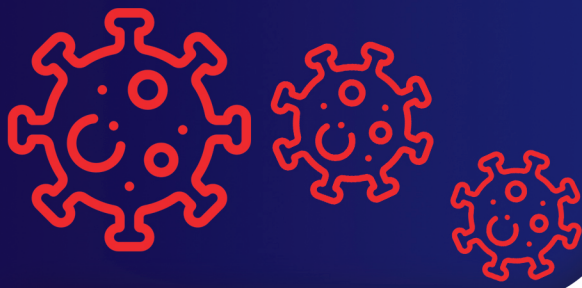
What's your mother's job?

She is a ...

20

Tell me some body parts?





Manager Speech



I hope you're all fine and Corona free.

To break the chain of Coronavirus transmission, people are advised to stay in doors. and avoid forming crowds. To comply with this very important piece of advice, just like all other schools and universities across the country, Nahid Cultural Institute stopped its routine activities as well, however, education never stops.

Thanks to internet communication technology, now we can easily run our online classes.

I'm sure corona virus epidemic doesn't take long and soon you will again sit next to your friends in your classrooms.

Online learning we'll definitely be a new and wonderful experience to most of you therefore I ask you to attend the classes regularly and punctually.

I hope you enjoy to the most from your online classes.

Thank you

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- to improve and expand vocabulary

- to improve listening comprehension



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