

What is COVID-19 and how can I protect myself?

A new virus called coronavirus 2 (SARS-CoV-2) has been identified as the cause of a disease _____ that began in China.

The virus is a type of coronavirus — a family of viruses that can cause illnesses such as the common cold, _____, etc.

Because this virus is so new, not much is known about it yet. Public health groups, such as the World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention (CDC), are investigating.

The new coronavirus appears to be spreading from person to person. It may be _____ by respiratory droplets when someone infected with the virus coughs or sneezes. It's unclear exactly how _____ the virus is.

COVID-19 symptoms can be mild to _____ and include a fever, cough and shortness of breath. Symptoms may appear two to 14 days after exposure. A coronavirus _____ isn't currently available.

WHO and CDC recommend that you take the usual precautions for avoiding respiratory viruses:

- Wash your hands _____ with soap and water or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with your elbow or a _____ when you cough or sneeze.
- Avoid touching your eyes, nose and mouth if your hands aren't clean.
- Avoid close contact with anyone who is sick.
- _____ surfaces you often touch.
- Stay home from work, school and public areas if you're _____.

CDC doesn't recommend that healthy people wear a _____ to protect themselves from respiratory illnesses, including COVID-19. Only wear a mask if a health care provider tells you to do so.

In addition to the above, WHO recommends these steps:

- Avoid eating raw or undercooked meat or animal organs.
- If you're visiting live markets in areas that have recently had new coronavirus cases, _____ contact with live animals and surfaces they may have touched.

If you're planning to travel internationally, first check the CDC and WHO websites for updates and advice. Also look for any health advisories that may be in place where you plan to travel.

Glossary:

Cause – powód, powodować;

respiratory droplets – kropelki z układu oddechowego (droga kropelkowa);

investigate – badać, prowadzić dochodzenie;

mild – łagodny;

exposure – ujawnienie;

precautions – środki ostrożności;

Sick	Facemask	Avoid	Clean	Outbreak	Tissue
Contagious	Spread	Pneumonia	Vaccine	Severe	often