What is the Coronavirus?

Coronaviruses can make people sick with a cold or cough. There is a new type of coronavirus making people sick. The illness it causes is called COVID-19. COVID-19 is an illness caused by a virus that can spread from person to person and causes a fever, cough, and trouble breathing. It’s a bit like what you would have with a cold or the flu. This virus can be more serious in some people, especially if they are sick or have other health issues.

You can get COVID-19 from others who have the virus. Most often this happens when an infected person sneezes or coughs, sending tiny droplets into the air. These can land in the nose, mouth, or eyes of someone nearby, or be breathed in. Less often, people can get infected if they touch something with the virus on it and then touch their own nose, mouth, or eyes.

For many people, COVID-19 just feels like a mild cold or flu. But for a small number of people, it can make them very sick and need to go to the hospital. That is why it is important to try and not get the virus at all.

How to prevent COVID-19.

- Practice social distancing;
- Wear a face mask/shield cover in public;
- Avoid touching eyes, nose and mouth;
- Cover coughs and sneezes;
- Clean and disinfect “high-touch” surfaces; and
- Stay home if you are sick, except to get medical care.
Social Distancing 101

It might seem mean to say don’t get too near to people. But germs like to travel from person to person. Have you noticed how people in the same place sometimes get sick at the same time? If lots of people stay home, wear face masks/shields and stay 6 feet apart for a while, it will be hard for the germs to travel to new people.

If you wear a face mask/shield and keep at 6 feet from other people and stay away from people that are already sick, it will be easier for your to stay healthy. So this means for now, to stop giving hugs, handshakes, high fives, or other ways we usually touch other people.

Coronabingo

Mark all the things you have done

<table>
<thead>
<tr>
<th>Worked from Home</th>
<th>Ordered Food Delivery</th>
<th>Used Zoom</th>
<th>Took A Midday Nap</th>
<th>Read A Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Bread</td>
<td>Shared a Quarantine Meal</td>
<td>Shopped On-line</td>
<td>Cleaned Cleaned</td>
<td>Started A Garden</td>
</tr>
<tr>
<td>Cut Your Own Hair</td>
<td>Tried A New Hobby</td>
<td>FREE SPACE</td>
<td>Tried TikTok</td>
<td>Exercised More</td>
</tr>
<tr>
<td>Went Into A Grocery Store</td>
<td>Went For A Walk</td>
<td>Listened To A Podcast</td>
<td>Baked Cookies</td>
<td>Found Toilet Paper</td>
</tr>
<tr>
<td>Cooked Lunch/Dinner</td>
<td>Forgot What Day It Was</td>
<td>Slept In Late</td>
<td>Used Google</td>
<td>Binge Watch TV/Movies</td>
</tr>
</tbody>
</table>
**Staying Healthy**

Good sleeping habits help to fight off germs, so try to get enough sleep so that you feel refreshed when you wake up. It is recommended by the SleepFoundation.org that most healthy adults between the ages of 18 –64 need between 7 to 9 hours of sleep per night to function at their best.

Another way to stay healthy is to eat a healthy diet. Try to eat foods that are good for you, including plenty of vegetables and fruits. Also, drink enough water because it helps your body to stay fit and be able to better fight germs.

Go for a walk or exercise at home. This keeps your body fit and better able to fight off illnesses.

Keeping Happy

Keeping yourself happy is important, especially if you are unable to be with the people your are used to seeing. Try not to be bored. Try doing a craft or a do-it-yourself project around the house, writing a short story or poem or busting out your art supplies to draw or paint. Not sure where to start? Search for inspiration and tutorials online.

Diving into a project can help keep your hands – and mind – busy. Do the hobbies that you enjoy, call your friends on the phone, use video chat (i.e., FaceTime), or watch a movie. It’s safe to go outside for a walk, jog or hike. In fact, getting outside and spending time in nature can help boost your mood and reduce stress. Just remember to social distance.

It is very tempting to binge-watch your favorite movies and TV shows all day, getting a workout in can also help boost your mood and reduce stress and anxiety. Your favorite local gym or studio’s closed? No problem. While closed, many gyms and studios are streaming classes online to help keep people active and connected. There are also plenty of fitness apps offering free workouts right now. **YouTube** is another great source for streaming a variety of workouts.

Not into traditional workouts? Throw on your favorite album or playlist and have a dance party!


**Employment during COVID-19**

The COVID-19 virus has spread to so many people, that some businesses have had to close ending jobs. Hopefully this will not last long and people will be going back to work with businesses opening.

Many states and local governments are restricting access to in-dining restaurants, theaters, concert halls, some retail stores and other non-essential businesses where large groups of people risk coming into close contact with one another.

The COVID-19 outbreak is rapidly changing the workplace. Millions of Americans are moving their work spaces to their homes, having flexible work arrangements.

**Feeling Sick?**

Symptoms of COVID-19 are fever, cough, shortness of breath, chills, repeated shaking with chills, headache, sore throat, new loss of taste or smell, or muscle pain, congestion / runny nose, diarrhea, nausea or vomiting. Symptoms may appear 2-14 days after exposure.
Important Dates

- August 19, 2020  Fall Semester begins
- September 7, 2020  Holiday, No School
- Labor Day
- To Be Determined  Parent/Guardian Meeting via Zoom
- To Be Determined  Individual STAR meetings via Zoom
- October 24, 2020  Pioneer 5K Run/Walk
- November 11, 2020  Holiday, No School
- Veterans Day
- November 25—27, 2020  Holiday, No School
- Thanksgiving
- December 8, 2020  End of Fall Semester
- January 6, 2021  Spring Semester begins
- January 18, 2021  Holiday, No School
- Martin Luther King, Jr. Day

“What I, as a person with special needs, longed for was to be taught what role, what purpose, I could have in society, and how to attain a level of independence.”

- Naoki Higashida

Project STAGE

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