

## Covid-19 Essay

Covid-19 is a deadly virus which originated from China. Now it has spread to all continents in this world. Nowadays New Zealand has the least no. of cases in the world. India and United States of America (U.S.A.) are topped in fresh Covid-19 cases. It affects our Immune System. Covid-19 causes death mostly with the help of failing in-respirability.

Covid-19 guidelines given by World Health Organization (WHO)

Wash your hands frequently with soap and water.

(ii) Avoid social gathering.

(iii) Instead of doing handshakes say Namaste.

(iv) If you have fever, immediately consult the doctor.

(v) Use paper tissues to wipe your nose while having nasal discharge.

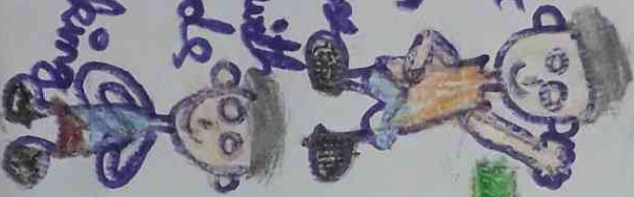
(vi) Maintain social distancing, at least 6 feet. It's mandatory to use face mask.

# How to protect my family during Corona

Wash your hands often



Don't touch you eyes, ears, nose and mouth with your hands



Avoid handshaking instead say 'Hi mate'



Maintain social distancing



Use masks when you get out of the house

If you sneeze or cough use paper towels to cover your mouth and nose



Buy Avoid CHEM

## Symptoms of Covid-19

- (i) Nausea
- (ii) High fever
- (iii) Diarrhoea
- (iv) Throat pain
- (v) Breathing difficulty
- (vi) Loss of smell and taste
- (vii) Unconsciousness

These are major Covid-19 symptoms.

Many countries are trying to insulate vaccine. Some countries are claiming that they have found vaccine. India, USA and United Kingdom (UK) are working hard to find vaccine.

Due to Covid-19, I am not attending physical school, I am missing my friends and teachers. Though this is a scenario, it has got some positives too. Because of this lockdown we have lunch together, as a family.

We use to take microbreaks and chat-chat and  
sometimes we have epiphany.

EAT HEALTHY

STAY SAFE

STAY FIT

PREVENT CORONA.

by

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