

# Health: COVID-19

Student's name: \_\_\_\_\_

In these crazy times that we are living, we have to be aware of the symptoms in order to protect the ones we love. What are the symptoms of COVID-19 and ? Write YES / NO in the symptoms column and write severe or mild according to what you know about the topic:



Symptom?	Seriousness



Symptom?	Seriousness



Symptom?	Seriousness



Symptom?	Seriousness



Symptom?	Seriousness



Symptom?	Seriousness

## Question time!

Do you feel identified with Cosima?

What is your opinion about what happened to her?

### My experience with COVID-19

Hello guys and gals! My name is Cosima Herrera, I am 12 years old and I want to tell you my experience with the virus. Back in March, 2020, I thought the virus was only in the news and it would not affect my family, my city or my country in any ways. Suddenly, the schools started to close, people were pushed to stay home, and many parents lost their jobs, including mine. I felt very sad to see my parents so worried about the future. After that, even though we were in quarantine, my dad had to find a way to provide for my 3 siblings, grandma, mom, himself and me. He started selling fruits and vegetables in a place near the house. One day he did not feel very well: he had body ache, was coughing, had some fever and on the second day had difficulties to breath and could not smell or taste anything. Those were the symptoms of COVID-19. We needed to take care of grandma because she had high blood pressure and diabetes, so we decided to leave my dad in a separate room while the danger passed. My mom then took over the selling fruits business and my siblings and I divided our time in taking care of grandma and the house chores. We overcame the difficult situation but it was scary. The risk is still there but we are now more conscious about the responsibility we have with ourselves and the people around. So, wear a mask, keep social distance, and please wash your hands regularly!

### Family time!

With your family, take some time to talk about how this pandemic has affected the world. Ask your parents How difficult situations challenge people to take the best out of them. Share some stories you have heard or reflect about your own experience as a family!