



# COVID-19 Workshops

Workbook for Grades 3-5

## COVID & Vaccines

### Part I: What is COVID-19?

- COVID-19 is a disease that we have discovered, originating in Wuhan, China in Dec 2019.
  - Due to Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2).
  - It is now a pandemic.

#### The Anatomy:

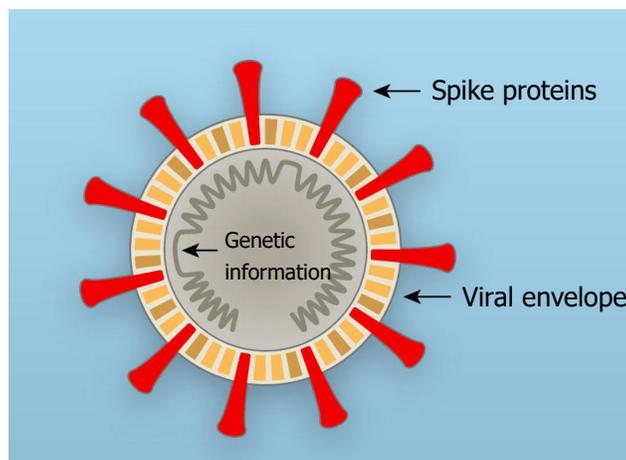


Image from: <https://www.nytimes.com/interactive/2020/03/11/science/how-coronavirus-hijacks-your-cells.html>.

- Zoonotic: A category of microbes that originate in other species, and through mutations, infect humans.
  - Examples: HIV, Flu, Ebola
- Significance: We have no natural immunity prepared to defeat the virus.

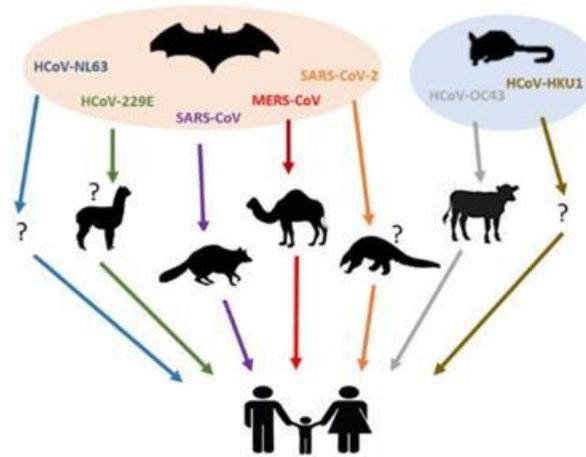


Image from: <https://www.ijbs.com/v16p1686.htm>

- Prior coronaviruses spread only when someone had symptoms (including but not limited to, cough, fever, and/or shortness of breath.)
- Contact Tracing is a core disease control measure.
  - Key message: The window to alert people who may have been in contact with the infection is small! It is important to contact people before they spread it further by spreading it to others! Meaning: We need to act fast!

## Part II: What is a vaccine?

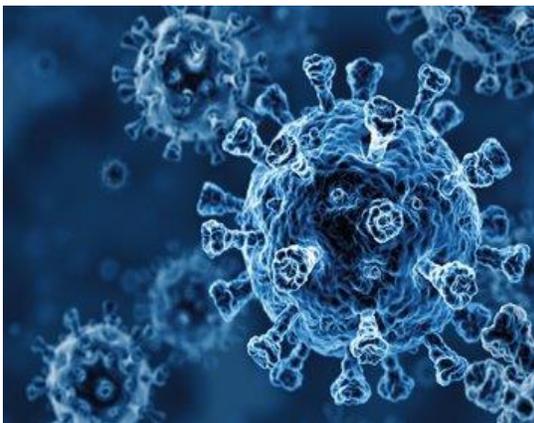
- Boosts your immune system to produce proteins (called antibodies) exactly like you would if you were exposed to the infection.
  - Result: Your body builds an immunity, like a "memory," on how to defeat the infection if your body sees it again!
- The ideal COVID-19 vaccine
  - Effective against SARS-CoV-2 after 1 or 2 doses.
  -



- Protects vulnerable populations (e.g elderly, and people with disabilities)
- Protects for a minimum of 6 months
- Prevents future infection
- Herd Immunity: If infection is unable to travel from person to person, disease will not occur.
  - To achieve herd immunity, we think 60-90% of population must be vaccinated.

## Part III: Mutations and Variants

- A mutation becomes a variant when:
  - It is easier to spread
  - It is more lethal
  - It weakens current tools to prevent or cure the virus' disease
- Face masks, physical distancing, hand hygiene, and vaccines would really help stop the spread of the virus and prevent more mutations
- Currently, there are three vaccines that are FDA-approved for emergency usage:



- Moderna
- Pfizer-BioNTech
- Johnson & Johnson

## Part IV: Myth-Busting

- Vaccines are meant to prevent life-threatening versions of COVID-19. You may still have minor cases (like a bad “cold”) of COVID-19.
- Vaccine Timeline: 20+ years of coronavirus research and removal of common manmade barriers slowing down scientific breakthroughs.
- Side Effects: Common ones are no different than the experience of a good work-out! Serious side effects are VERY rare (1 in 16 million).
- Vaccines are free for everyone and keeps everyone from becoming very ill.



## Part V: Ways You Can Reduce Stress

It is so important to take care of your physical and mental health during these challenging times. Therefore, here are a few healthy coping strategies:

- Proper nutrition
- Physical exercise
- Rest!
- Talk to your parents/guardians/teacher about how you are feeling.

## Resources on vaccines:

[COVID-19 Vaccinations in Maryland](#)

[Find COVID-19 Vaccines Near You](#)

[Where to Get Vaccinated in Baltimore City](#)

## Local Mental Health Services

[Baltimore City Health Department's Trauma and Mental Health Resources](#)

[Baltimore Crisis Response](#)

Call 410-433-5175; Available 24 hours a day, 7 days a week

[Johns Hopkins' Center for Adolescent Health](#)

## National Mental Health Services

[Crisis Text Line](#)

Text HOME to 741741; Available 24 hours a day, 7 days a week

[National Alliance on Mental Illness \(NAMI\)](#)

Call 1-800-950-6264; Available Monday–Friday, 10am–6pm EST.

[National Suicide Prevention Lifeline](#)

Call 1-800-273-8255; Available 24 hours a day, 7 days a week

## Stay up to date with the vaccines:

*Look to your local health department, Center for Disease Control and Prevention (CDC), Food and Drug Administration (FDA), National Institutes of Health (NIH), the World Health Organization (WHO), and Johns Hopkins for up-to-date information on vaccines.*

[Health Department Directories](#)

[Center for Disease Control and Prevention COVID-19](#)

[Food and Drug Administration](#)

[National Institutes of Health COVID-19 Response](#)

[World Health Organization COVID-19 Pandemic](#)

## How can students identify trusted sources?

### Here are some questions to consider:

1. Who wrote the article?
2. Was it peer reviewed?
3. Do they tell you where they got their information and/or provide sources/citations to back up what they say?
4. Who is the target audience?
5. What is the reputation of the site/author?
6. How does the URL end?
  - .gov (government)
  - .edu (education/university)
  - .mil (military)
  - .com (commercial)
  - .org (special group/organization)

Citation: <https://sites.umgc.edu/library/libhow/credibility.cfm> and J Med Internet Res 2017;19(6):e218 doi: 10.2196/jmir.7579

## 3 Tips for Constructive Conversations

- Active listening
- Share your resources
- It's okay to disagree! Engage in conversations based on mutual respect and clear communication, and share unbiased, objective facts to support your opinion.

### **Be a peer educator. Why? Because we're all in this together!**

*Our goal is to increase health literacy across the world, so more students and families feel confident in making informed decisions about their health!*

*We want you to share what you have learned through this workshop with your community.*

*The more people understand the science behind COVID-19 and the vaccines, the more empowered they are about the decisions they make that impact their health and way of life. It is important to realize that in sharing information consistent with known scientific truths, we can all contribute to promoting health, reducing the spread of COVID-19 further, and seeing an end to the pandemic!*

