

Remembering **COVID-19**
PANDEMIC



WHAT IS COVID-19?



Corona viruses cause respiratory illnesses like a cold. COVID-19 (or SARS-CoV-2) was different because it was new. COVID-19 is what is known as a “novel virus” - one we haven’t seen before in humans. Because we’d never seen it before, our bodies didn’t know how to fight it and scientists weren’t exactly sure how it was spread or how to prevent it at first and as a result the virus quickly turned from a few cases in Wuhan, China in late 2019 to into a world wide pandemic by March 2020.

COMMUNITY



LOSS



The COVID-19 pandemic left many lasting effects on our communities. Over 3 million people lost their lives to COVID-19 and many felt isolated from friends and family after nearly two years of stay at home mandates.

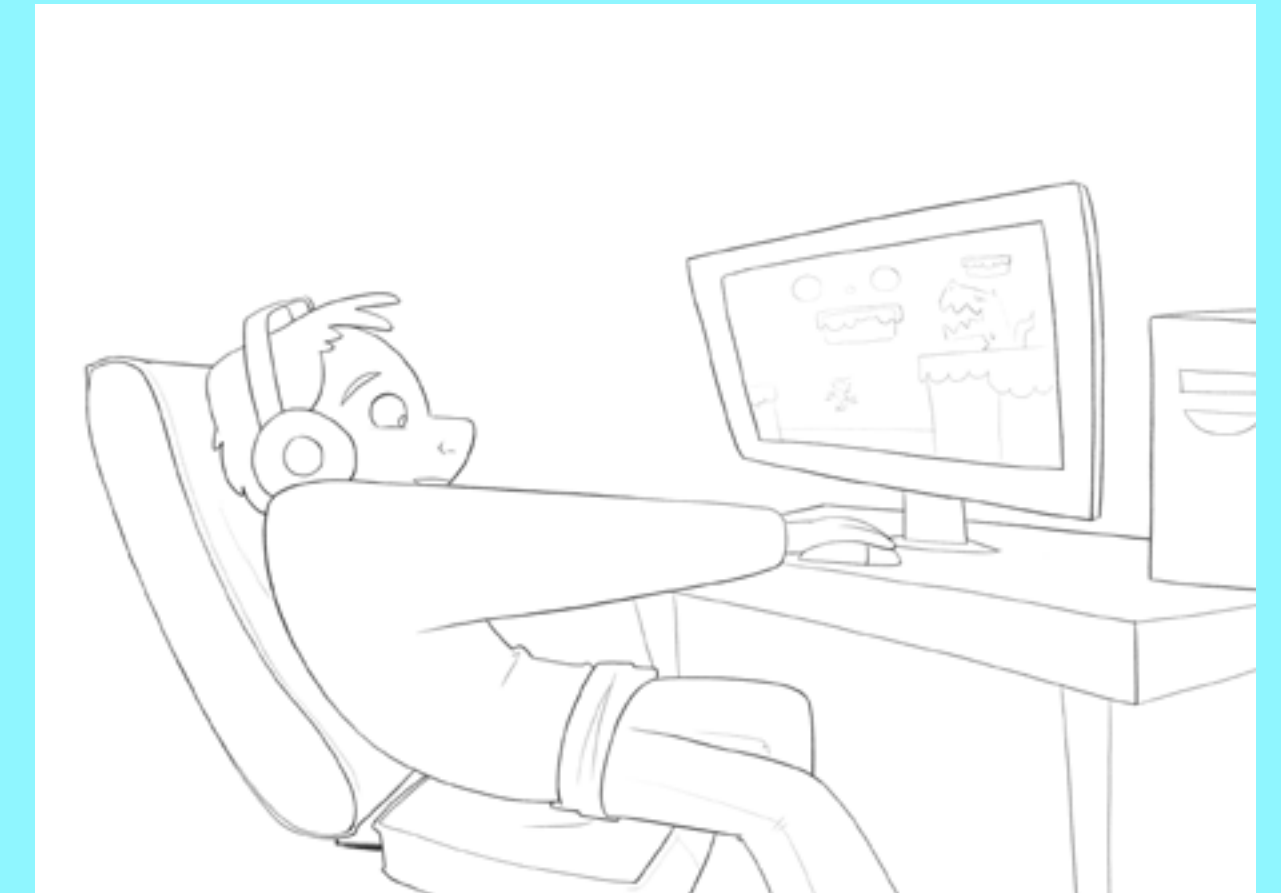
Young people spent more time alone than ever and reported nearly doubled the rates of anxiety and depression.

SOCIAL MEDIA & LONELINESS

Young people spent over 42% of their awake time alone and reported nearly doubled the rates of anxiety and depression.



Teen girls saw largest increase in social media usage.



Teen boys saw largest increase in gaming.

HOPE

As we look towards the future and continue to struggle with the stress and isolation of a world wide pandemic we can still look towards the future with hope. We carry the scientific and medical advancements, social services and new learnings understandings about viruses and people to work together and better prepare and contain future pandemics.



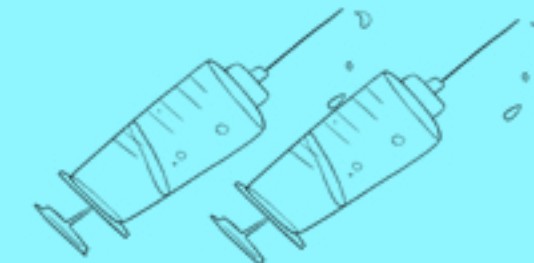
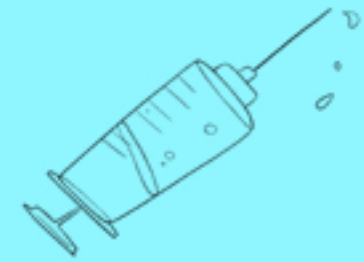
WHAT IS SOMETHING YOU'VE LEARNED FROM THE COVID-19 PANDEMIC?

TIMELINE



MARCH 13, 2020

- National State of Emergency declared
- Schools nationwide transition to distance learning



NOVEMBER 11, 2021

First "booster" vaccine available to adults to fight new variants



JANUARY 30, 2020

COVID-19 declared a global health emergency

DECEMBER 14, 2020

First vaccine is developed

JUNE 15, 2021

CA reopens - most COVID-19 restrictions lifted

JULY 6, 2022

Vaccine is recommended for adolescents aged 6-18

MARCH 4, 2020

State of emergency declared in California

JANUARY 25, 2021

CA lifts stay at home order

AUGUST 31, 2021

80% of Californians are at least partial vaccinated

MARCH 2022

2nd "booster" vaccine available to adults

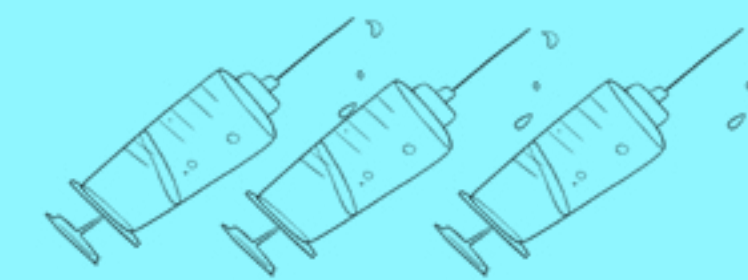
MARCH 19, 2020

Nationwide shelter in place order issued



APRIL 2021

Students return to school in person



While much has changed since March 2020, COVID-19 is still here. We continue to monitor case numbers, variants and hospitalizations to keep our communities safe.

SOURCES

CLICK THE LINKS BELOW
FOR FURTHER INFO

HOME

WHAT IS COVID?

California Pandemic Key Points

How Corona Viruses Affect the Body

How Conora Viruses Work

What is A Corona Virus - Video

Bridging the Digital Divide

Distance Learning - Sacramento Bee

Yolo County Return to School

National Geographics

LOSS

Impact on adolsecents

Teen Mental Health During COVID-19

COVID-19 Deaths by Region

COVID-19 Cumulative Cases

COMMUNITY

COVID-19 Vaccines History

Hand Washing

Healthy Davis Together

