



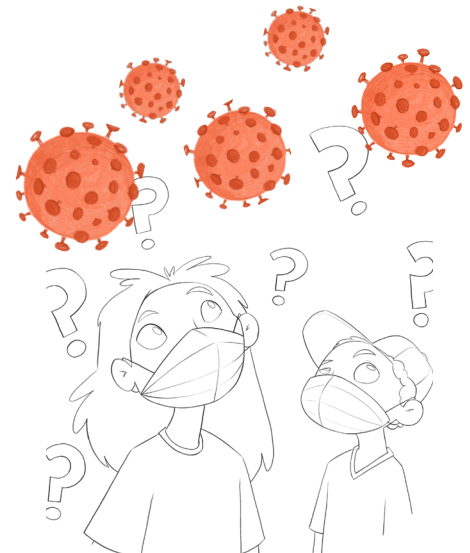
## WHAT IS COVID-19?



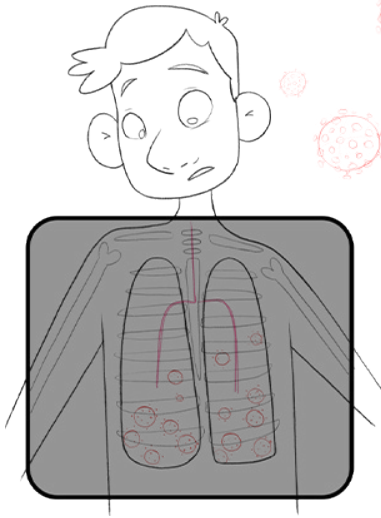
Corona viruses cause respiratory illnesses like a cold. COVID-19 (or SARS-CoV-2) was different because it was new. COVID-19 is what is known as a "novel virus" - one we haven't seen before in humans. Because we'd never seen it before, our bodies didn't know how to fight it and scientists weren't exactly 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.

## WHAT?

COVID-19 causes a variety of symptom such as coughing, fever, shortness of breath and loss of taste or smell as well as more sever symptoms like respiratory distress. Once inside a person's body, COVID-19's spikey "S" shaped proteins attach to healthy cells in the lungs and can cause many different symptoms. COVID-19 attaches much deeper in the lungs and can cause pneumonia and other serious complications.



# HOW?



COVID-19 is spread by droplets in the air when a person breathes, sneezes or coughs and has a long "incubation period" - up to 14 days initially. People can also be "asymptomatic" - meaning they carry the virus but have no symptoms so they don't feel sick. This meant that COVID-19 was easily spread resulting in 140 million people contracting the virus so far. Over 3 million people world wide have died of COVID-19.

# PANDEMIC



COVID-19 spread very quickly across the globe and hospitals became overwhelmed with people who were seriously ill.

In order to stop the spread of the virus while scientists learned more about it, many countries including the United States, issued a stay at home order in March of 2020.

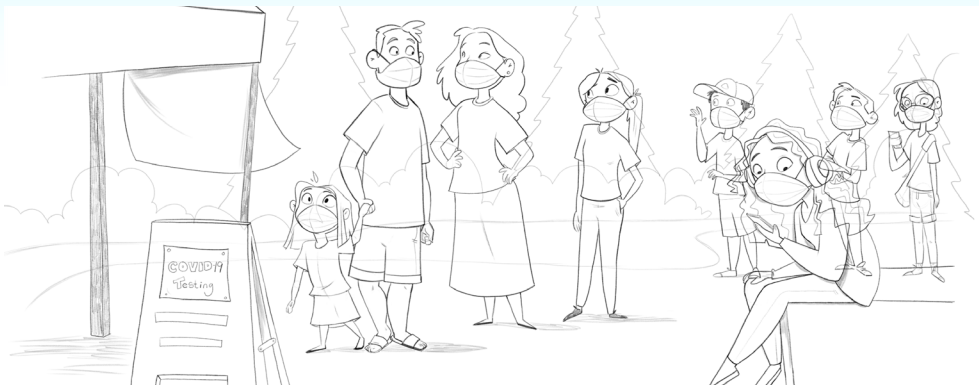
## SCHOOL

Schools were closed and students were sent home to continue to the year remotely along with parents and adults whose work could be done from home. In the US, stay at home orders lasted from March 2020 until Spring 2021.

? HOW DID REMOTE LEARNING IMPACT YOU?



# COMMUNITY



The City of Davis, Yolo County, and UC Davis worked together to develop a program - Healthy Davis Together - to keep the community safe and allow students to return to school. This program provided wide-spread testing and prompt results for the entire community.



**Saliva or "spit" tests** were used in the testing process. Spit tests were easy and painless and results could be returned to community members in 24 hours. This process allowed Healthy Davis Together to notify anyone infected with the virus so they could isolate.

**Swab Tests** were more accurate indicators of the virus, but were also uncomfortable. Swab tests were used primarily on patients with COVID symptoms.



# HAND WASHING



Regular and thorough hand washing is a vital and easy method to prevent the spread of COVID-19.

The CDC recommends washing your hands with soap and water for at least 20-seconds (tip: sing Happy Birthday twice) after using the restroom, before preparing food or eating and drinking or after being in a community setting.

If soap and water isn't available, using an alcohol based hand sanitizer is also effective but the best method is simply washing your hands!



What song do you like to sing when you wash your hands?



# VACCINES



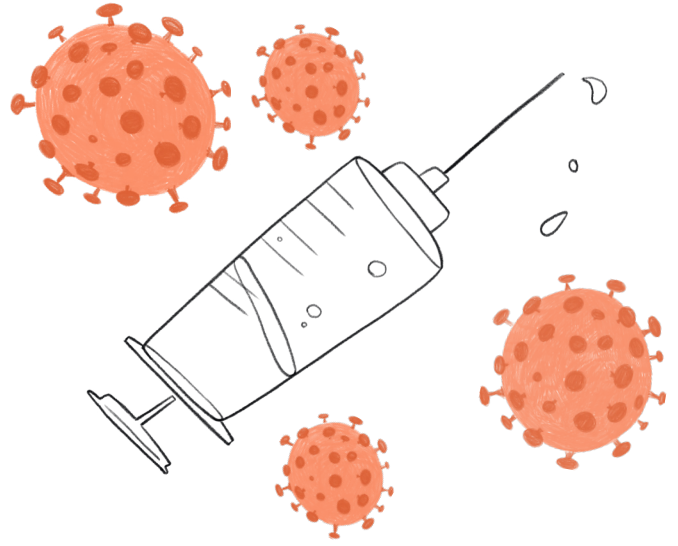
While social distancing, handwashing and testing can help slow the spread of COVID-19, vaccines are the best option for long term, widespread immunity to the virus. Vaccines help our bodies recognize and fight viruses before we get sick. Receiving a COVID-19 vaccine makes you less likely to contract the virus or become seriously ill if you do test positive.



# VACCINES...

Vaccines became available to adults in the United States in December 2020.

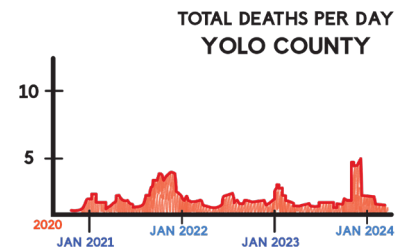
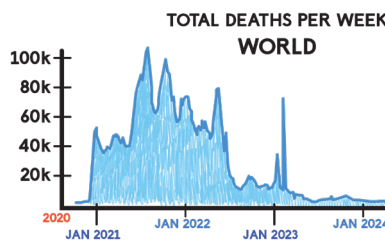
By December 2022, 82% of Yolo County residents had received at least one dose of the COVID-19 vaccine.



# LOSS

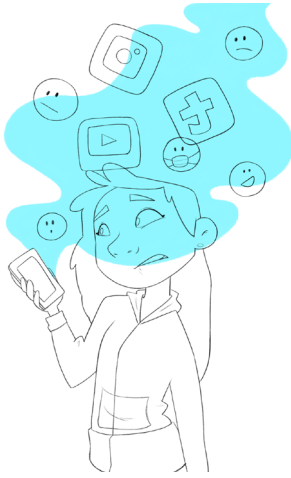
The COVID-19 pandemic left many lasting effects on our communities. Over 3 million people lost their lives to COVID-19 and many felt isolated from friends and family after nearly two years of stay at home mandates.

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

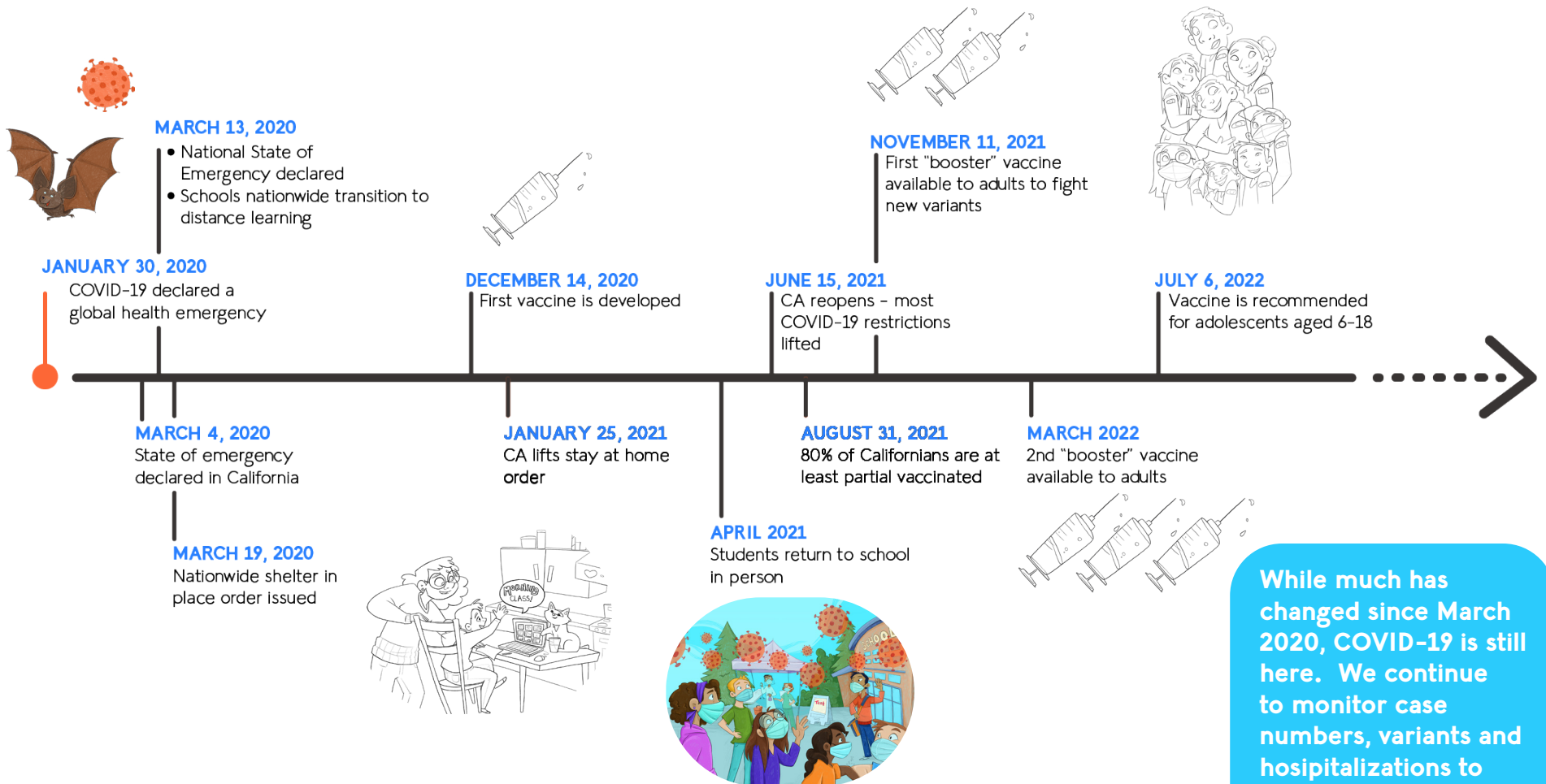
As we look towards the future and continue to struggle with the stress and isolation of a world wide pandemic we can still look towards the future with hope.

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



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.