Why should we stay home?

How does COVID-19 spread from one person to another?

- When infected people cough, sneeze, or talk, their droplets contain viruses.
- Droplets and the viruses in them can spread around and land anywhere.
 - Even people who do not show symptoms of COVID-19 can still spread the coronavirus without knowing.
- If you touch a surface with the virus and then touch your face, you may catch it.

Why should people help slow down the spread of the virus?

- Most people who catch the virus develop only mild symptoms.
- However, some people (especially those who are older or who have existing health problems) may get very sick or even die.
- Hospitals can treat the people who are very sick with COVID-19, but they will get overloaded if too many people get sick at the same time. There won't be enough doctors, nurses, equipment, and medications for everyone.



• Our goal is <u>not</u> to have too many people get sick at the same time. That is why we need to slow down the spread of the virus, or "flatten the curve".

How does staying home slow down the spread of the virus?

- You may have COVID-19 and still feel fine. However, you can still spread the virus to other people without knowing.
- Those people in turn spread the virus to more people, and the spread continues.
- If all of us stay home as much as we can, we can cut off the spreading of the virus significantly. (See this <u>BBC video</u> for an illustration.)
- "By keeping apart, we keep others safe." Queen Elizbeth II, April 12, 2020
- For some people, it can be a matter of life or death!

The International 22q11.2 Foundation Inc.

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