COVID Education Topics
Key: Green- Required/Beginner, Yellow- Supplemental/Intermediate, Orange- Optional/Advanced

Topic	Subtopic	Information	Links
About COVID	What is COVID and how is it spread?	COVID-19 is an illness caused by a crown-shaped virus. The virus is commonly transmitted through airborne droplets. COVID-19 causes respiratory symptoms including sneezing, coughing, congestion, and/or fever. Not everyone will experience the same symptoms. Factors such as age and pre-existing health conditions will influence how each person responds to the virus. Some people may experience symptoms like the common cold while others may need to be admitted to a hospital.	Harvard COVID-19 Fact Sheets by Topic and Language Translated Videos on What is COVID-19 and How to Stop the Spread
	COVID Information Sources	For COVID and general health information, cdc.gov, nrcrim.org, and covid19.tn.gov are some of the most trustworthy online sources. Examples of unreliable sources include Wikipedia, social media sites (except for verified and official accounts like the CDC), YouTube (except for verified and official channels like Harvard Med), blogs, sponsored content, advertisements, personal websites, and forums, among others.	CDC COVID-19 NRCRIM Translated Materials Library Information for Immigrants During Coronavirus Tennessee COVID-19 Information Hub
	Reliable vs. Unreliable Sources	Online sources can be incredibly helpful in learning about COVID, but not everything on the internet is reliable and/or accurate. **Cross-checking between sources** is an effective way to discern fact from opinion or misinformation. You should also pay close attention to the author of any information found online; **make sure the author is qualified** to be writing on the topic at hand, especially when it comes to health	Translated Videos on Spotting Fake News and Scams, COVID-19

		information. Even some news sites are unreliable when it comes to COVID and health information due to heavy political bias, so make sure to cross-check with an **unbiased source** like cdc.gov.	
COVID Testing	Finding Testing Facilities	If you think you may have been exposed to COVID-19, you can go to the Tennessee COVID-19 Hub to find a testing site near you. Although it is unlikely, it is still possible to receive false negatives or false positives. For the most accurate COVID test results, get tested **3-5 days after probable exposure.**	[COVID-19 Testing Sites in Tennessee](#)
COVID Prevention	Prevention Methods	The most effective way to protect against the virus is getting vaccinated. Vaccines have been proven to reduce the risk of getting COVID and experiencing harsh symptoms by 90% or more. Some other effective measures you can take to protect yourself against COVID include wearing facemasks, social distancing, washing your hands, and avoiding large indoor gatherings.	[Coronavirus at a Glance: Infographic](#)
	Proper Mask Wearing	Make wearing a mask a normal part of being around other people. The appropriate use, storage, and cleaning or disposal of masks are essential to make them as effective as possible. Here are the basics of how to wear a mask: ● Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time. ● Make sure it covers both your nose, mouth, and chin. ● When you take off a mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask, or dispose of a medical mask in a trash bin. ● Don't use masks with valves; they do not protect others from your germs.	[Types of Facemasks and their Effectiveness](#) [Masks Q&A - WHO](#) [Children and masks Q&A - WHO](#)
	Finding a Vaccination Site	There are several brands of COVID-19 vaccines and the best one to get is the one that is readily available to you. Some vaccines require one shot while others require two shots. Make sure to complete all the doses required for your vaccine of choice to ensure maximum effectiveness. Effectiveness of vaccines decreases slowly and slightly over time. However, **booster shots** are	[Nashville COVID Vaccine Community Sites](#)

		available for those who have already been fully vaccinated to increase immunity. You are eligible for a booster if you are: - 65 years or older - Age 18+ who live in long-term care settings - Age 18+ who have underlying medical conditions - Age 18+ who work or live in high-risk settings If you received Johnson & Johnson's vaccine, you are eligible for a booster at least 2 months after your shot. For all other vaccines you must wait at least 6 months after your second shot to get a booster. If you have COVID and are unvaccinated, you can get the vaccine as soon as you finish isolation (unless you received convalescent plasma or monoclonal antibody therapy therapy).	
	Vaccines: Myth vs. Fact	All vaccines have been clinically proven to be very effective in reducing one's likelihood to get sick even after being exposed to the virus. There are several misconceptions about the vaccine and its potential side effects. If you have questions or concerns about the vaccine, you should discuss them with your healthcare provider or reach out to a healthcare organization.	COVID-19 Myths vs. Facts Mythbusters - WHO
	Relative Risk Levels	Different environments and activities pose different levels of risk. Outdoor activities are the safest, but indoor activities can be made safer by enforcing social distancing and proper mask wearing. The linked chart shows common activities ranked from lowest risk of exposure to highest risk of exposure.	Risk Levels of Common Activities Ranked
	Evaluating Risk Factors	Along with mask wearing, considering the following factors can help us make safer decisions during this pandemic: Location, Proximity, and Duration. Outdoor spaces are always safer than indoor spaces. Gatherings with fewer people are safer so you can keep a distance of at least 1 meter apart. Keep in mind how long you will spend at a certain venue or doing a certain activity, as shorter times mean	Three factors help you make safer choices during COVID-19 - WHO

		lower chances of COVID-19 exposure.	
COVID Care	What to do if you get COVID	If you are diagnosed with COVID-19 or receive a positive test result, you have done nothing wrong. Anyone can contract COVID-19 regardless of age, race, gender, or income. Remember that we are all in this together. The most important things to remember and follow are: 1. Stay home except to get medical care. Please call ahead to notify your health care provider that you have COVID-19 before arriving at the facility. 2. Monitor your symptoms carefully. Watch for emergency signs and know who to contact if symptoms worsen. 3. Get rest and stay hydrated. Take over-the-counter medicines like acetaminophen as needed.	[Managing COVID-19 symptoms at home - CDC](#) [What to do if you get COVID (Available in Multiple Languages)](#)
	COVID-19 Symptoms and Emergency Warning Signs	Most people have mild symptoms and can recover at home, but if you experience concerning symptoms or an emergency warning sign you should seek medical care immediately or call 911. Typical COVID-19 Symptoms: • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle/body aches • Headache • New loss of taste smell • Sore throat • Congestion, runny nose • Nausea or vomiting • Diarrhea Emergency warning signs: • Trouble breathing (at rest) • Persistent pain or pressure in the chest • New confusion • Inability to wake or stay awake • Pale, gray, or blue-colored skin, lips, or nail beds	[Symptoms of COVID-19 - CDC](#)
	Quarantine vs. Isolation	Unvaccinated people who think they may have been exposed to COVID-19 should quarantine	[Quarantine vs. Isolation -](#)

		for 7-14 days. People (vaccinated or unvaccinated) who <u>test positive</u> for COVID-19 should <u>self-isolate for 10 days</u>. If you have a fever, cough, or other symptoms, you might have COVID-19 and should get tested. You should quarantine until you get your COVID test results back. If you test positive for COVID-19, you should self-isolate for at least 10 days, starting from when symptoms first appeared <u>and</u> until your symptoms begin improving (at least 24 hours with no fever without the use of fever-reducing medications). Self-isolation includes staying away from, or at the least wearing a mask around, family members, roommates, and pets.	[CDC Infographic](#) [Isolation & Quarantine Guidelines - TDH](#)
	After isolation/ quarantine	You do not need to get tested again after successfully completing isolation. If you have been exposed to or infected by COVID, you are cleared to return to work as soon as you complete your isolation/quarantine requirements which include the following: **Isolation (Positive Test Result)** - Improving symptoms - No fever for 24 hours without the use of fever-reducing medicines - 10 days have passed (since symptoms first appeared <u>OR</u> if asymptomatic, 10 days from the test date) Retesting after a COVID infection may result in "persistent positive" results, but this is to be expected for some people. It does not indicate that additional isolation is needed if the criteria above have been met. **Quarantine (Exposed Unvaccinated Individuals)** - 14 days recommended - 10 days (since exposure) without testing <u>and</u> remains asymptomatic - 7 days with a negative test result (test must occur on day 5 or later) <u>and</u> remains asymptomatic - Watch for symptoms until 14 days after exposure	

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		- Continue wearing a mask for 14 days since exposure.	
	Caring for someone with COVID	If you or someone else in your household has COVID, those who are sick should use a separate bathroom and try to isolate themselves in one room. Those who have contact with the sick person should also watch for symptoms and quarantine if possible. High-touch surfaces should also be cleaned more frequently to prevent transmission of the virus.	**What to do if someone in your household is sick info- WHO**
COVID After Effects	Effects on Health	Most people make a full recovery within two to three weeks of getting sick with COVID-19. Senses of smell and taste may take a little longer to return to normal but that is typically not a cause for concern. 5-20% of people diagnosed with COVID-19 suffer symptoms for more than four weeks. This is known as having **long COVID**. Most symptoms that persist are milder (i.e., fatigue, brain fog, cough, loss of smell/taste), but that can vary on a case-by-case basis. If you think you may have long COVID, the best thing to do is discuss it with your health care provider and continue to carefully monitor your symptoms.	**What are the symptoms of long COVID, how long does it last, and how many people have it?** **Post-COVID Conditions**
	Parenting during COVID	Parenting during a pandemic can be very difficult. Kids can experience some stress or anxiety related to the pandemic. As a parent, it is important to be able to recognize signs of stress and anxiety so you can support them. **COVID-19 Parental Resources Kit - Mental Health** With schools returning to in-person learning, it is now more important to encourage kids to wear masks and wash hands frequently. If your child does happen to get sick, follow the typical protocol for quarantine and/or isolation. Children typically have milder symptoms, but still make sure to contact their health care provider and make an appointment if necessary. Carefully monitor their symptoms. Contact their health care provider if they have difficulty breathing or experience worsening symptoms.	**The following infographics can be used to explain COVID:** **For 3–5-year-olds** **For 6–12-year-olds** **For 13–18-year-olds** **Coronavirus (COVID-19) guide for parents - UNICEF**

		When to Seek Care for COVID-19 Symptoms | Cincinnati Children's	
	Coping with Different Types of Stress	The COVID-19 pandemic has affected individuals and their families in many ways. It is common to experience different types of stress including career/academic, financial, emotional/mental, and family stress, among others. Seeing a therapist or other mental health professional can help cope with this. There are several online resources available to help manage the forms of stress detailed below. Coping with Job Stress Where can I find emergency financial resources to help with COVID-19 hardships? | Knowledge base Welcome to the Red Cross Virtual Family Assistance Center Translated Videos - Managing Stress and Anxiety (COVID-19)	NAMI NATIONAL HELPLINE RESOURCE DIRECTORY COVID Resources for Immigrants Tangible Support for Immigrant Communities During COVID-19
Resources for CHWs and Volunteer Instructors		COVID-19 in Newly Resettled Refugee Populations Refugee Resettlement During COVID-19 Pandemic Q&A A Round-Up of Multilingual Resources on COVID-19 2019-nCoV Education and Communication Information for Immigrants During Coronavirus NRC-RIM Translated Materials Library	

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