

**Coronavirus**

**We don't panic**

**We protect ourselves**

**Knowledge is our shield**



**How to protect ourselves  
from the coronavirus**

**Instructions adapted  
to Easy to Read method**



**INSTITUTE OF  
EDUCATIONAL  
POLICY**

## CONTRIBUTORS

Contributing writers	<b>Maria Gelastopoulou</b> A' IEP Consultant
	<b>Eri Papamichalopoulou (MEd)</b> Special Educator
Illustrator	<b>Christina Avdikou</b>
Graphic designer	<b>Demetra Komninou</b>
Translator	<b>Helen Papamichalopoulou</b> English teacher

---

The Social Story created by Institute of Educational Policy  
in cooperation with the Greek Ministry of Education and Religious Affairs  
so everyone can have access to information regarding coronavirus  
according to the guidelines of the General Secretariat for Civil Protection.

---



### INSTITUTE OF EDUCATIONAL POLICY

John Antoniou

President of the Institute of Educational Policy

36 An. Tsocha pc 115 21 Athens

phone number 213 1335 100

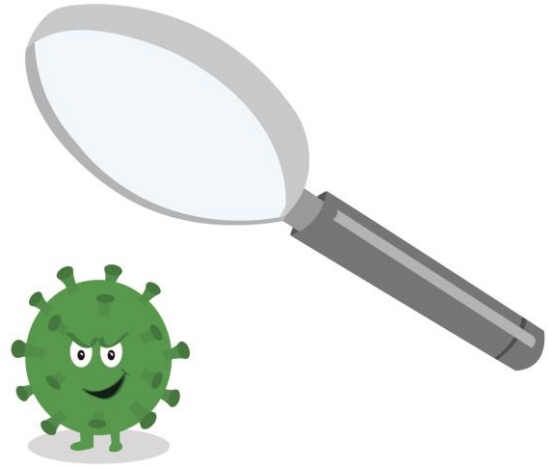
e-mail: [info@iep.edu.gr](mailto:info@iep.edu.gr)

## 1. What is the Coronavirus?

A virus is a tiny invisible infective agent entering our bodies.

When spreading in the human body it **infects**<sup>1</sup> as many cells as it can making us sick

There are many kinds of viruses. One of them is called Coronavirus.



## 2. What is a pandemic?

When a person is exposed to this virus and infected, he can **pass it on**<sup>2</sup> to somebody else and he, in turn, to many others. When lots of persons are infected by the virus we have a pandemic which is hazardous.



---

<sup>1</sup> **infect**: to affect a person with germs

<sup>2</sup> **pass on**: give someone a disease

### 3. How can the coronavirus spread<sup>3</sup>?

Coronavirus is passed on from one person to another easily and quickly if the infected person:

- approaches somebody else



- sneezes or coughs without covering his mouth or nose



- **touches**<sup>4</sup> somebody else and comes very close to him



---

<sup>3</sup> **spread**: to extend in length and breadth

<sup>4</sup> **touch**: body contact

Coronavirus is not transferred by pets (dogs, cats).



#### 4. What are the Symptoms<sup>5</sup> of someone infected by the coronavirus?

When someone gets infected by the Coronavirus, he can:

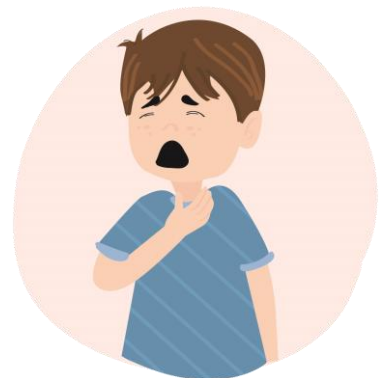
- have a fever



- have a cough



- have a sore throat



---

<sup>5</sup> **symptoms:** perceptible change in the appearance or function of the body indicating disease (signs)

- have difficulty in breathing



- have body aches such as joint pain



## 5. How hazardous is the coronavirus?

Coronavirus can cause serious illness which can be treated at hospital.

The infection of coronavirus can be more dangerous for certain people that:

- have illnesses which can cause difficulties in breathing or other serious diseases
- are elders, for example grandparents.

For that reason we must all be very careful..





## 6. How do we protect ourselves?

Here are some tips for self-protection:

- Stay away from crowded places such as playgrounds, restaurants, movie theaters, sports facilities (stadiums, swimming pools).



- When sneezing, **cover**<sup>6</sup> your mouth or nose with your elbow or a disposable tissue and wash your hands **meticulously**<sup>7</sup> afterwards.



- Wash your hands using soap and water **often**<sup>8</sup> and for at least **20 seconds**<sup>9</sup> each time.



<sup>6</sup> **cover**: overspread with something

<sup>7</sup> **meticulously**: very carefully

<sup>8</sup> **often**: frequently

<sup>9</sup> **20 seconds**: count to 20

- If washing your hands is not possible, use **antiseptics**<sup>10</sup> or **disposable**<sup>11</sup> alcohol saturated tissues.



- Never drink water directly from the tap by touching it with your mouth.



- Avoid **touching**<sup>12</sup> your nose, mouth or eyes; if you really have to, wash your hands immediately afterwards.



---

<sup>10</sup> **antiseptic:** liquid killing germs

<sup>11</sup> **disposable:** for one use only

<sup>12</sup> **touching:** putting the hands on

- Do not approach those who look sick, sneeze or cough.



- Stay at home if you are feeling ill.



- Never share pens, pencils or markers.



- Clean your desk, computer mouse or personal belongings and **common use**<sup>13</sup> items with **antiseptic**<sup>14</sup>.



- Before entering the house, remove your shoes, wash your hands, leave your **overdress** out of the wardrobe and change clothes.



- Wear a face mask when having any of these symptoms so as to protect yourself from infection.



---

<sup>13</sup> **common use**: used by many people

<sup>14</sup> **antiseptic**: liquid killing germs



If we all follow the directions above  
we will be safe.