

Hogan Preparatory Academy

Middle School Learning Packet #1

Student and Parents:

You will find the work for Monday 3/23 and Tuesday 3/24 in this packet. It will be due when students return to school.

Packet #2 will be issued on March 25th

Name _____

Directions:

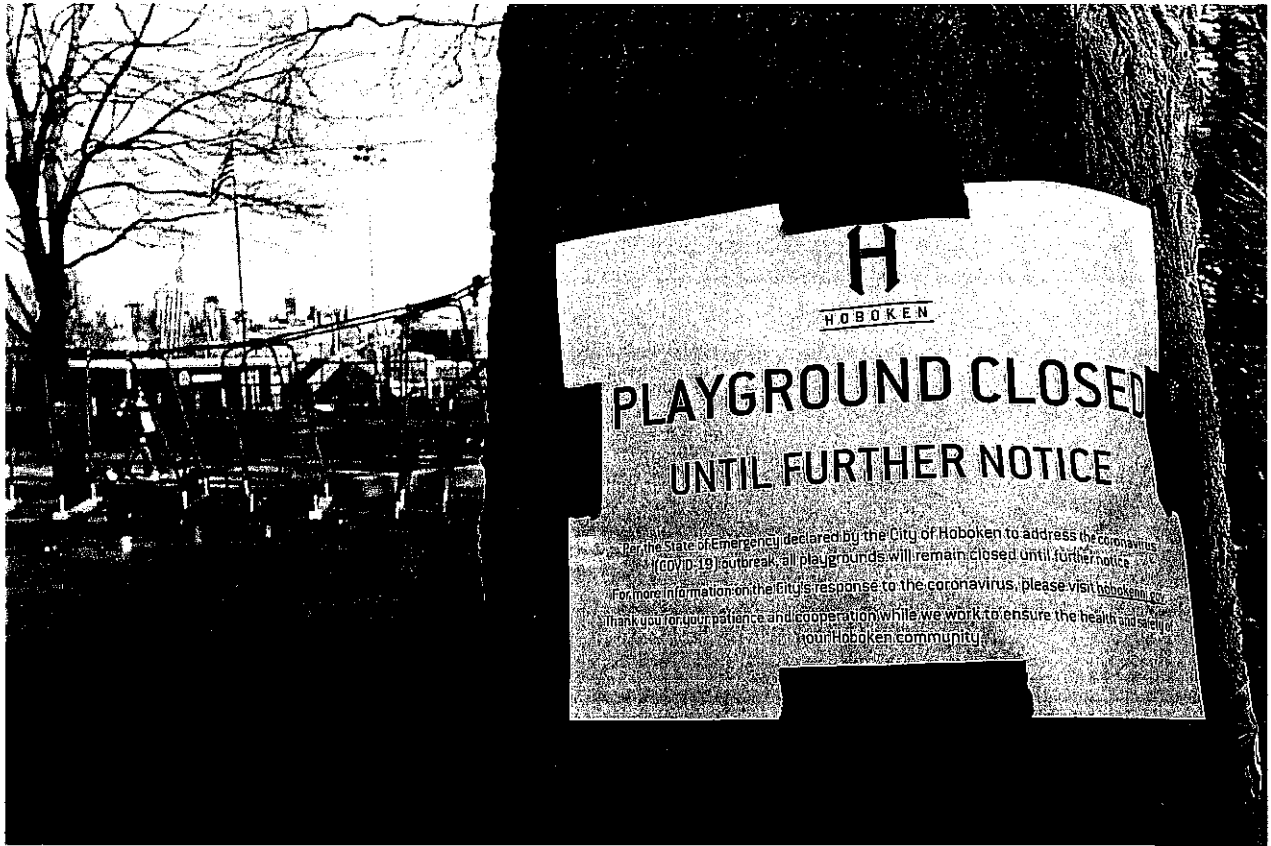
Read "Social Distancing". Then answer the questions below.

1. How does this article define "social distancing?"
2. In which situations is it easier to practice social distancing? When is it more difficult?
3. Describe two ways you can continue to socialize with friends while practicing social distancing?

Social Distancing

March 27, 2020

By Josiah Bates for TIME, adapted by TIME for Kids editors



KEEP YOUR DISTANCE Some public spaces, including this park in New Jersey, are closed to help slow the spread of COVID-19.

GARY HERSHORN—GETTY IMAGES

To limit the spread of the coronavirus that causes COVID-19, health experts say people should practice social distancing. But what does that really mean?

According to the U.S. Centers for Disease Control and Prevention, social distancing involves “avoiding **mass** gatherings” and “maintaining distance” whenever possible. Even standing six feet apart from one another, people can spread the virus through droplets from coughs and sneezes. Social distancing limits the chances of that.

Dr. Susy Hota is an infectious-disease specialist at the University of Toronto, in Canada. “Social distancing is a very general term,” she says. “There are a bunch of different types of measures that can fall under it.” For kids, these include learning from home instead of going to school and canceling playdates and sports events. “All of these measures are trying to achieve the same thing,” Hota says.

Denise Rousseau is a professor at Carnegie Mellon University, in Pittsburgh, Pennsylvania. She says social distancing is a response to the idea that many people can’t stay home all the time, even during a disease outbreak. “People have lives that they need to continue to live,” Rousseau says. By keeping space between themselves and others, people “can reduce the likelihood that the virus can be transferred,” she says (see “Flattening the Curve,” below).

Both Hota and Rousseau know it can be difficult to keep away from others in some situations, such as on public transportation or elevators. Going to the bank or grocery store can also be hard. In these cases, social distancing means simply doing the best you can.

Stop and Think! Why is it important to hear from experts during an emergency? How does information from experts help limit the spread of misinformation?

Name _____

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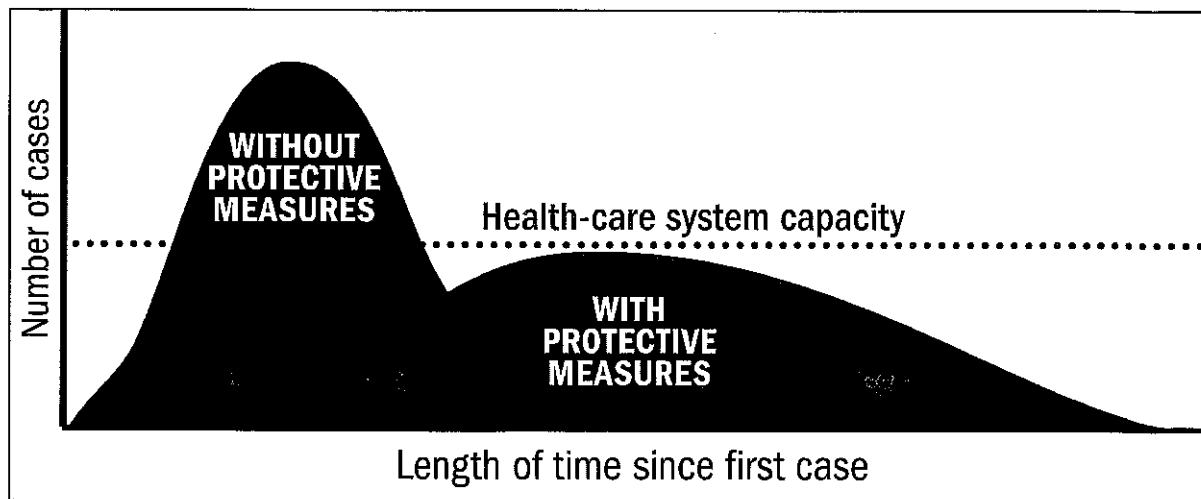
Read "Flattening the Curve". Then answer the questions below.

1. What is the graph at the top of the article illustrating?
2. What does the term "flattening the curve" mean?
3. What can you do to help "flatten the curve"?
4. On the back of this page, write a letter to the mayor. Describe the steps you think he should take to help citizens of Kansas City "flatten the curve".

Flattening the Curve

March 27, 2020

Brian S. McGrath



PICTURE IT Slowing the rate at which people get the coronavirus (blue curve) could keep hospitals from getting too busy and save lives.

CHART BY DREW WILLIS FOR TIME FOR KIDS. SOURCE: DREW HARRIS, CDC

The coronavirus continues to spread throughout the world. Experts say keeping your distance from other people during the **pandemic** could slow down the virus and save lives.

A simple chart, shown above, tells us how. It shows two **scenarios**. One is what could happen if nothing were done to stop the spread of the virus and the disease it causes, COVID-19. Many cases of the disease would appear quickly. The other is what could happen if everyone did their part

to help others, including following social-distancing guidelines.

“There’s an opportunity here to take power over this virus,” Drew Harris told *TIME for Kids*. Harris is a population health researcher at Thomas Jefferson University, in Philadelphia, Pennsylvania. He based the chart on one by the U.S. Centers for Disease Control and Prevention. The original showed how an outbreak could be controlled. Harris added the dotted line. It represents how many people the health-care system can care for at a time.

Taking Control

When health experts like Harris talk about slowing the coronavirus, they speak about “flattening the curve.” The chart includes two curves. The red one with a steep peak represents a **surge** of COVID-19 cases all at once. Such an increase happens if no protective measures are taken. The blue curve has a flatter slope. This represents a slower rate of infection over a longer period.

And that’s the goal: to spread out infections over time and flatten the curve. This gives hospitals time to care for patients before more people get sick. It ensures that there are beds and medical equipment for people who need them.

Harris offers a comparison: Imagine everyone in your family got the flu on the same day. You couldn’t properly take care of one another because everyone is sick.

“Wouldn’t it be better if everyone took turns getting the

flu so there is always somebody healthy to care for others?” he says. “That’s what we want to do in our society.”

To slow the spread of COVID-19, health officials have advised some schools and businesses to close. Many events that attract large crowds have been canceled. This may make people feel disconnected. But the chart suggests that when we practice social distancing to stop the virus, we are not really alone. “We are connected in many more ways than just being near each other physically,” Harris says. “All of us, young and old, have a responsibility to take care of each other.”

Name _____

Directions:

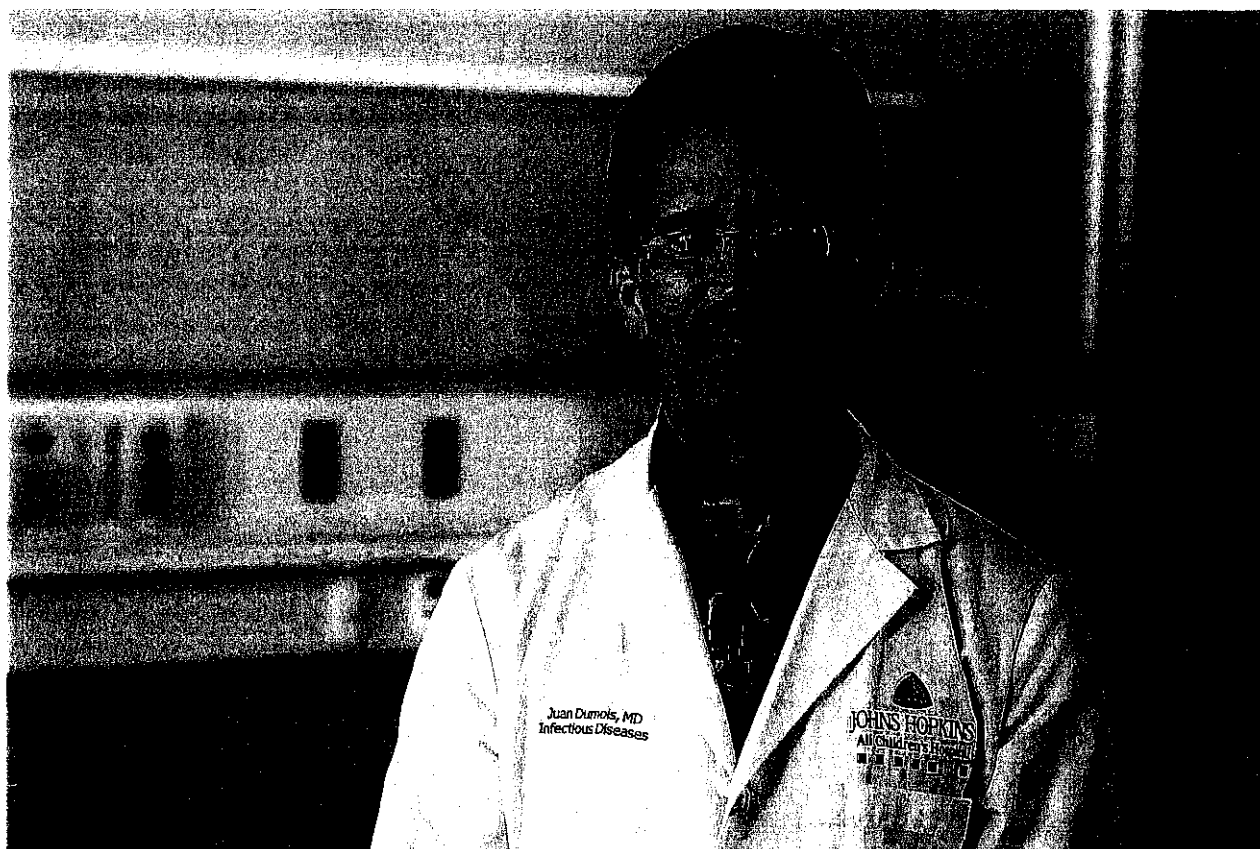
Read "Coronavirus Questions?". Then answer the questions below.

1. What do you think are the three most important things middle school students need to know about Coronavirus?
2. What are some common myths about Coronavirus?
3. What other questions would you like to see answered by this article?

Coronavirus Questions?

March 20, 2020

Rebecca Mordechai



JOHNS HOPKINS ALL CHILDREN'S HOSPITAL

The coronavirus **pandemic** is a public health emergency. Coronaviruses are a group of viruses that can infect animals and people. Some cause mild illness, like the common cold, while others can lead to serious illness. The type causing the current pandemic is new to scientists.

The new coronavirus was first identified in China in December. On February 11, the illness was officially named COVID-19. It spread quickly around the world. Scientists and doctors from many countries are working together to stop the spread and find a cure.

To answer kids' questions about COVID-19, *TIME for Kids* writer Rebecca Mordechai spoke with Dr. Juan Dumois. He's an infectious-diseases specialist at Johns Hopkins All Children's Hospital, in Florida. Here's what he had to say.

1. The coronavirus causes an illness called COVID-19.

What are the symptoms of COVID-19?

Symptoms include fever, coughing, and shortness of breath. These symptoms are the same as the flu. You can't distinguish the new coronavirus from flu because they overlap too much.

2. What should I do if I have these symptoms?

If you're sick, tell a trusted adult. Symptoms can be treated with cold or fever medicine. It may take a few days to a week to feel better.

3. How does the virus spread?

The virus can spread in two ways. If you're near someone who coughs or sneezes, you can get the virus by inhaling it. If someone who is infected coughs or sneezes on a surface, like a doorknob, you can pick up the virus by touching that surface.

4. How dangerous is the virus to kids?

Children seem to be less affected by it than adults. If kids do get sick, they're less likely to have severe symptoms.

5. What can I do to stay healthy?

Wash your hands for 20 seconds — that’s “Happy Birthday” two times — with soap and running water, or use hand sanitizer, before touching your face. There are also things you can do to strengthen your immune system. That’s what helps our body fight off infections. Your **immune system** can be made stronger if you eat a healthy diet or take a multivitamin each day. Getting enough sleep is also important. Chronic sleep deprivation can weaken the immune system’s ability to fight off viruses.

6. What should I do if I’m feeling anxious about COVID-19?

Don’t be shy about talking to a parent, teacher, or another trusted adult about it. Feeling out of control can also make you feel anxious. But you can actually have some level of control by following safety and health guidelines.

7. What are some common myths about the virus?

One myth is that wearing a mask is all you need to protect yourself from COVID-19. Washing your hands properly and frequently is actually more helpful. Most of the time, a mask isn’t going to help, unless you’re a health care worker who is in close contact with ill patients.

8. What can schools do to protect students?

Schools should make hand sanitizer available and teach kids how to use it. That’s really important. Hand sanitizer needs to be rubbed on both hands, and it should take at least 15 seconds for the hand sanitizer to dry. Doorknobs

and desks should also be wiped down at least once a day, ideally after each class.

Responses have been edited for length and clarity.

This story appears in the March 20, 2020, print edition of TIME for Kids. It was published online on the afternoon of March 12. It has not been updated.