
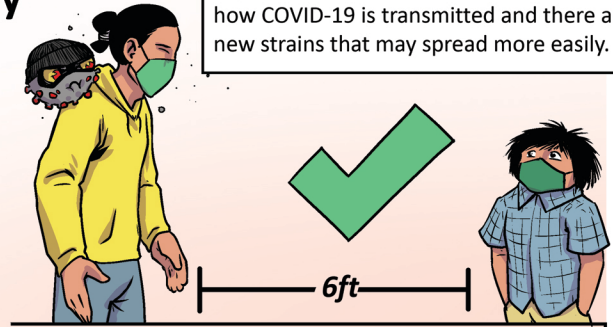


# The Coronavirus Travels Quickly And Lightly

Experts continue to learn more about how COVID-19 is transmitted and there are new strains that may spread more easily. 

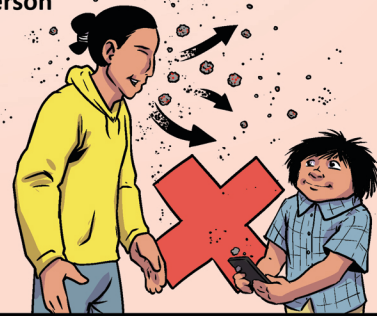



Ever wonder how precautions like social distancing, face masks, and frequent handwashing help protect you from the virus?



## 1. How COVID-19 travels from a person

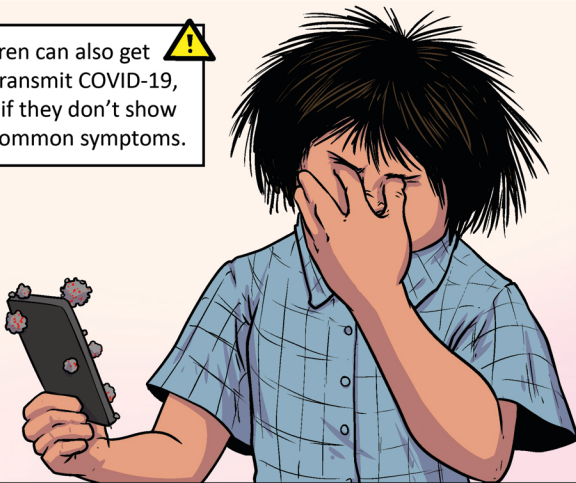
The virus is expelled by a person infected with COVID-19 by exhaling, talking, laughing, and especially coughing or sneezing. This person may or may not show symptoms of the virus.



Children can also get and transmit COVID-19, even if they don't show any common symptoms. 

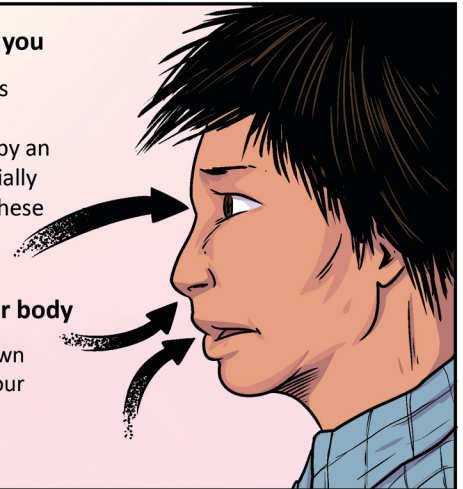
## 2. How COVID-19 travels to you

It is believed that the virus is mostly transmitted by the droplets in the air expelled by an infected person, but potentially also through surfaces that these droplets rest upon.



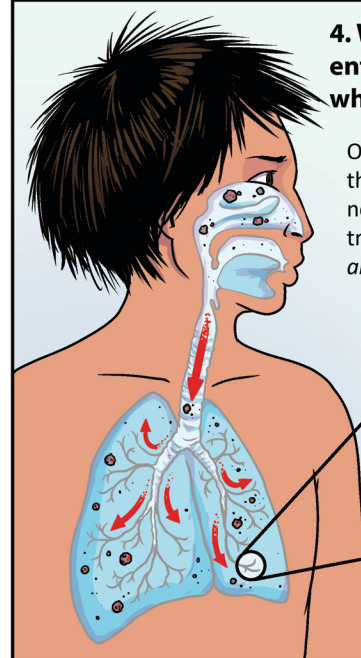
## 3. How COVID-19 enters your body

The infected droplets are known to enter your body through your nose, mouth, or eyes.



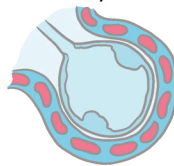
## 4. What happens when it enters your body (and why it's so dangerous)

Once the virus enters the body through the nose, mouth, or eyes, it travels down into the *alveoli*\* in the lungs.

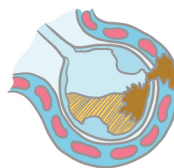


\*alveoli = where the lungs and the blood exchange oxygen and carbon dioxide during the process of breathing in and out.

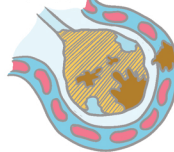
Healthy alveoli




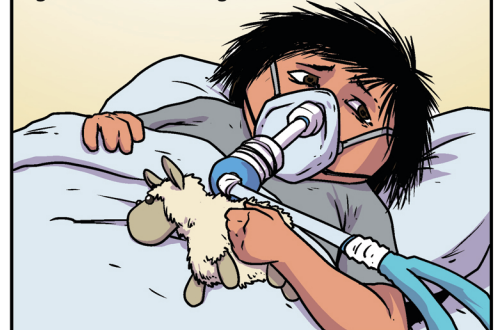
Affected alveoli



Greatly affected alveoli



While kids might not experience as severe symptoms, they are still at risk of developing illness and long-term complications. One such illness potentially associated with children and COVID-19 is Multisystem Inflammatory Syndrome in Children (MIS-C), a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. 



Content is **not** intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

COVID-19 relief support: 1.833.956.1554 or [navajohopisolidarity.org](http://navajohopisolidarity.org)  
More info on COVID-19: [CDC.gov/coronavirus](http://CDC.gov/coronavirus)

Created: February 2021 | Sources: CDC and WHO

CHILDREN'S HOSPITAL OF PHOENIX

CATAPULT DESIGN



NAVAJO & HOPI FAMILIES COVID-19 RELIEF FUND

