



# WELCOME BACK

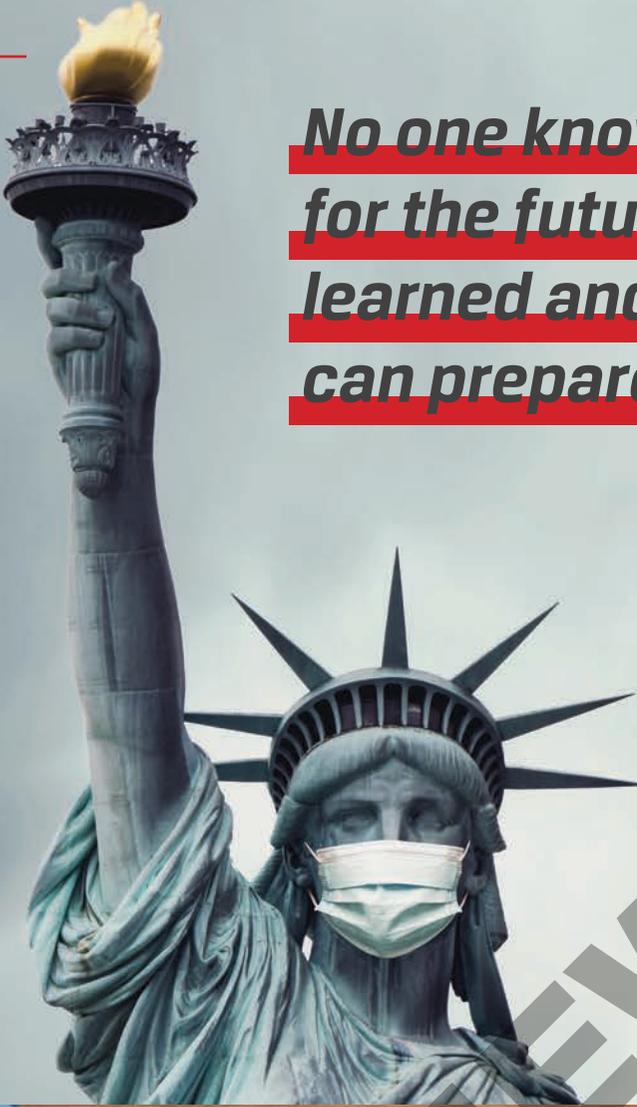


**COVID-19**, also called the Coronavirus, has impacted the world so much because it is both highly contagious and potentially deadly. Millions of people have died all over the world (more than half a million people in the US alone) and millions more have gotten the virus.

In addition to the illness, COVID was tough on young people in other ways too. There have been tons of missed opportunities and good times that just didn't happen because of the pandemic.

The good news is that with the introduction of a vaccine, the world is starting to get back to normal. For one thing, you're back in school.

**But what will this new normal look like?**



***No one knows what's in store for the future, but with lessons learned and a good attitude, we can prepare to make it better.***

This magazine will help you learn a little more about what the "new normal" might look like.

You'll likely notice a lot of changes in your routine at school, like:

- Social distancing in class
- Wearing masks
- More space around your desk



- Lots and lots of cleaning and disinfecting
- New rules on clubs and teams



It's important to understand that all of the changes and precautions are only in place to keep you, your friends, and your family safe. Remember: nothing lasts forever. We've already come a long way from the start of the pandemic and things are only going to get better and better.

# #WhatIsCOVID

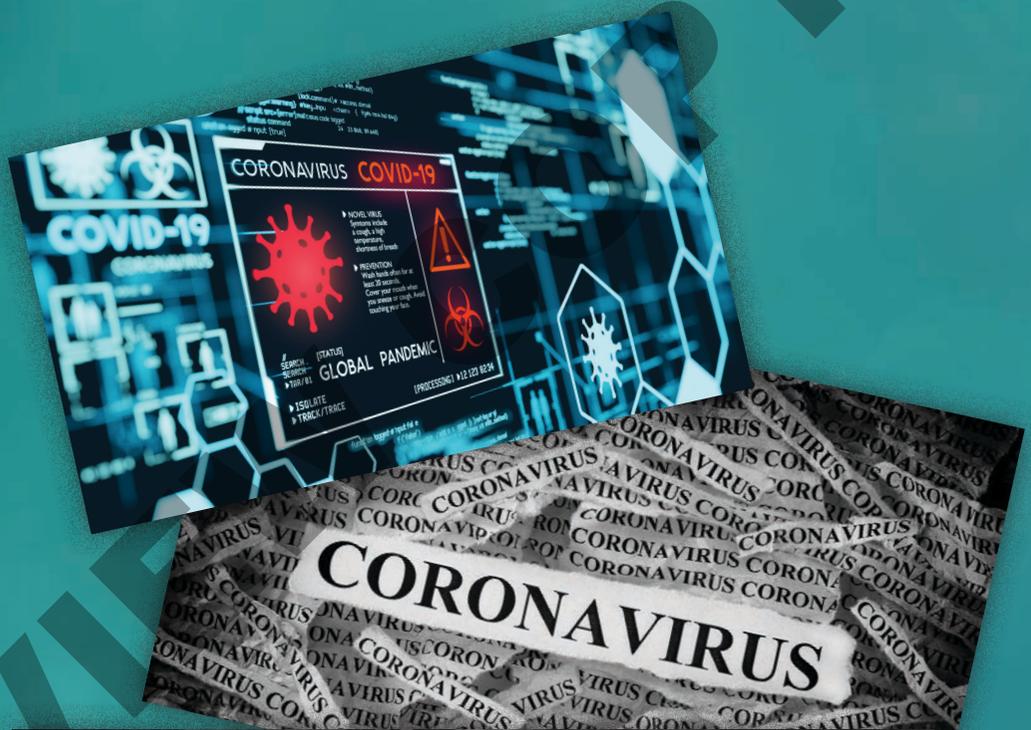
**COVID-19** is a type of coronavirus, much like the common cold, but the effects of catching COVID-19 are much more severe for some people.

Some people get it and don't know they have it. This can be dangerous because they can transmit it without even knowing.

While teens and young adults aren't considered "at risk" for the worst of the disease, young people are pretty effective carriers and can spread it to older people, like parents and grandparents.

## COVID Spreads Easily

The most common way COVID is spread is through close contact with someone who has it. When people cough, sneeze, speak, or even breathe, they exhale respiratory droplets. These droplets can spread COVID from person to person. The further the droplets have to travel, the more unlikely they are to spread to others, which is why we social distance and wear masks.



## COVID-19: Contagious and Deadly

Because the COVID-carrying respiratory droplets are airborne, the virus is very contagious. For **more than half a million people in the US alone**, it's proven to be deadly as well. People who have survived getting the virus aren't always healthy after, either. Some people will experience life-long complications from the virus, meaning that protecting yourself and others is incredibly important.

# How To Tell if You Have Covid?

## Know the Signs!

With schools, stores, restaurants, and offices reopening, it's important to remember that it is still possible to contract and pass on COVID.

If you're feeling sick and have any of these symptoms, get tested as soon as possible:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Since many COVID symptoms resemble the flu, it's important to get tested if you're showing any of these signs, particularly if you've been exposed to someone who has or has had COVID.

## #WhatToExpect - COVID Test

Need a COVID test? Here are the different kinds and what to expect:



### NASAL TEST

**How it's done:** Swabbing the inside of your nose

**What it does:** Check for the virus's genetic material

**Result time:** Results are usually ready the same day but can take up to a week



### THROAT TEST

**How it's done:** Swabbing of the back of your throat

**What it does:** Checks for viral proteins

**Result Time:** Results are typically ready between 15 and 30 minutes

**Some symptoms may be severe enough to mean a trip to the emergency room. If you or someone else have any of the following symptoms, seek immediate help:**

- Trouble breathing
- 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, depending on skin tone



# Be Kind to Your Mind

Healthy Ways You Can Cope With Stress



**School can be stressful. Add COVID on top and it can make an already tense situation worse.**

**Fortunately**, there are healthy ways of coping with stress that will make life a little easier in the "new normal." Some of these include:

- Taking care of your body by getting plenty of sleep and eating healthy meals
- Carving out time to unwind, whether it's reading or gaming, find something you enjoy doing to relax
- Staying connected to others – just because you're socially distant doesn't mean you can't call or text your friends and loved ones
- Stay active through exercise or sports

## Be More Supportive to Others

Everyone is dealing with the COVID pandemic as best they can, so why not use this time to be more supportive to others? Make new friends, explore new interests, and create a "new normal" that is better than the old one.



# ***DON'T GET ADDICTED***

## **Substance Abuse is on the Rise**

Since the pandemic began, there has been a big increase in the number of people dealing with substance abuse issues. Pandemic related stress and anxiety, coupled with isolation, has led many to turn to drugs and alcohol to cope. Don't let stress get the best of you by turning to drugs or alcohol!

Drugs and alcohol have a negative impact on the body's immune system. This makes it easier to get sick and could make it easier for people to get COVID. Because alcohol and drug use reduces higher reasoning skills, teens and young adults might make bad decisions or take more risks with their health.

## ***All Risk And No Reward***

Even without the pandemic, substance abuse among teens and young adults is a terrible problem. During a pandemic, this issue can be even more deadly.

# ***STAYING SAFE, STAYING SANE***

***There has been a sharp rise  
in mental health issues since  
the pandemic began and this  
doesn't show signs of stopping.***

## **Prioritize your #MentalHealth**

Everyone has been worried about the effect of COVID-19 on the body's physical health, but what about your mental health? The pandemic is a heavy load on the body and the mind.



# #COVIDStress – What's your stress level?

We know that COVID has brought a ton of stress to all our lives. While stress is a natural response during the pandemic, how we handle it is important. Take our quiz to see how stressed you are. Answer each question with a number ranging from 1 to 5 according to the scale under each statement.

*I \_\_\_ feel afraid, angry, sad, worried, numb, or frustrated.*

1. Never 2. Rarely 3. Sometimes  
4. Often 5. Very Often

*I \_\_\_ have trouble concentrating or making decisions.*

1. Never 2. Rarely 3. Sometimes  
4. Often 5. Very Often

*I \_\_\_ get headaches, body pains, or stomach problems.*

1. Never 2. Rarely 3. Sometimes  
4. Often 5. Very Often

*I \_\_\_ feel changes in appetite, energy, desires, or interests.*

1. Never 2. Rarely 3. Sometimes  
4. Often 5. Very Often

*I \_\_\_ have trouble sleeping or get nightmares.*

1. Never 2. Rarely 3. Sometimes  
4. Often 5. Very Often

*I \_\_\_ feel like my mental health has gotten worse.*

1. Never 2. Rarely 3. Sometimes  
4. Often 5. Very Often

## RESULTS:

### 6-12:

Way to go! You've managed your stress levels well during this pandemic. Just remember to practice healthy coping skills if you ever feel your stress levels getting worse.

### 13-18:

You're coping, but your stress levels could still use some work. You might think "stress is just a part of life, I'll survive." Remember that you don't want to just survive though, you want to thrive!

### 19-24:

You might be letting your stress get too out of control, which could make it easier for you to get sick. The first thing to go when people get too stressed is fun, so go out and do something fun for yourself this week and see if you feel an improvement.

### 25-30:

Warning! Your stress levels are too high, and it can start to cause serious problems for you. If you have high levels of stress, it might help to talk to a counselor or your parents about ways you can bring those levels down. Remember: getting help when you need it is always a healthy decision.

# Make Healthier Choices

People deal with stressful situations in different ways. Some develop unhealthy coping skills to deal with the pain, worry, and isolation caused by COVID. It doesn't have to be this way!

- **Find** things to keep your mind focused rather than dwell on stressful things – take a walk, go for a hike, play some basketball, or turn on your favorite video game. Whatever can take your mind off things for a little while is helpful.

- **Don't** take drugs or alcohol as a way to escape the world around you.

- **Decide** to eat better and keep active.

- **Don't** let social distancing keep you isolated – reach out to friends and loved ones regularly via text and phone calls.

# FOLLOW SCHOOL RULES

Every school will have different rules on how to operate as they reopen. To help keep everyone safe and get back to normal life, find out what your school rules are and follow them.

## Staggered Schedules

Keeping socially distanced in crowded hallways is going to be a challenge. While every school is different, some schools may institute staggered schedules for things like arrivals, breaks, lunches, and even times to go to your locker. This will help keep things less crowded for everyone.

## Working in Cohorts

A cohort model means creating small groups of students and teachers who stay together throughout the day. This means less mixing between groups, which could help stop the spread of COVID in your school.

## Hybrid and Alternating Schedules

If your school institutes a cohort model, they may also go to a hybrid of in-person and online schooling to help keep different cohorts from coming into contact with other groups. This could look like certain days of the week spent in a classroom, and others completing lessons online. Only your school will know what works best, so staying flexible and open is key to making this "new normal" work.

**Your school might implement all of these, or none at all, so make sure you know what's correct where you are.**



# What About Sports & Clubs?

## What will things like extracurriculars and organized sports look like with schools reopening?

The truth is that we just don't know yet, and there is not a blanket answer that will fit every school's needs. As with new classroom rules, know what your school expects and follow those rules.

### Old Sports, New Games

If your school decides to resume sports, it will likely look different than you're used to. For vigorous and physically demanding sports, like football, the CDC still recommends using masks.

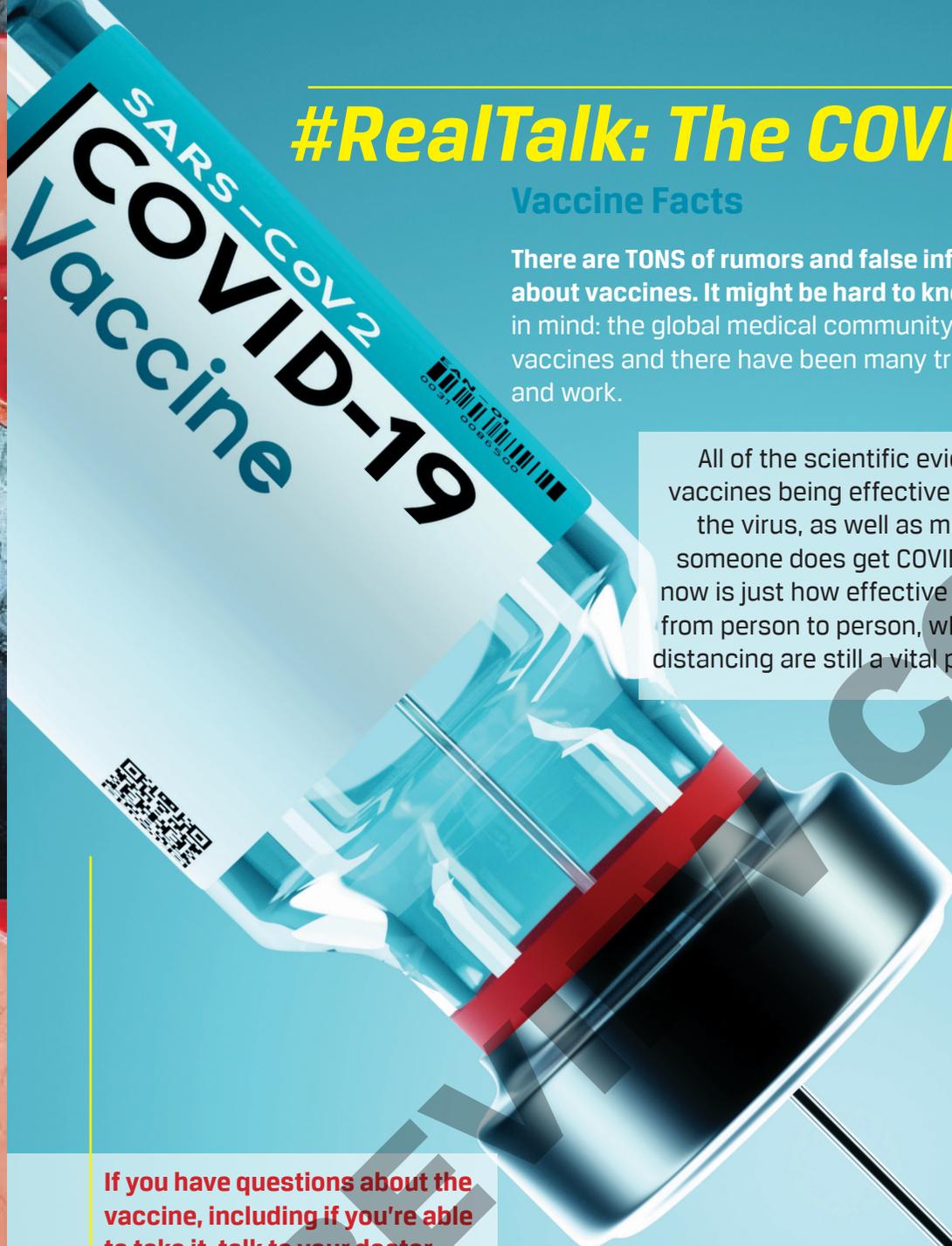
### Limited Visitors

In order to minimize the spread of COVID, your school may limit outside visitors from coming in. While this may mean few, if any, guest speakers or people like college and job recruiters, your school may decide to hold those types of events virtually.

### Modified Clubs and Organizations

Some schools may prioritize classroom time and limit all other gatherings. Clubs and organizations may need to get creative when coming up with ways to meet. This could look like virtual after-school meetings, or even using large spaces (cafeterias, auditoriums, etc.) where students can still practice social distancing.





# #RealTalk: The COVID Vaccine

## Vaccine Facts

There are TONS of rumors and false information floating around about vaccines. It might be hard to know what's real. But keep this in mind: the global medical community has been developing these vaccines and there have been many trials that prove they are safe and work.

All of the scientific evidence points to the COVID vaccines being effective at preventing infection from the virus, as well as minimizing the symptoms if someone does get COVID. What we don't know right now is just how effective it is at preventing the spread from person to person, which is why masks and social distancing are still a vital part of keeping everyone safe.

**If you have questions about the vaccine, including if you're able to take it, talk to your doctor.**

## The Unknown

Despite undergoing thorough testing, there are still some unknowns about the vaccine:

- How long it will protect people from COVID?
- How effective it will be at fighting off new strains?

***While we will get answers to these questions in time, following your doctor's advice is the best idea.***

# Covid Vaccine:

## What to Expect

### Side Effects

Some people do not have any side effects from getting the vaccine, and those that do usually only have a few mild ones. Common side effects include:

- Pain, redness, and swelling where you got the shot
- Nausea
- Chills
- Fever
- Fatigue
- Head and body aches

**The good news? Most side effects are temporary and go away after a few days.**

### I Got the Vaccine, Now What?

Before you go back to normal, make sure you ask your doctor when you're considered fully protected. Typically, people are considered fully vaccinated two weeks after receiving their last shot. This will obviously be different if you took a single-dose or multiple-dose vaccine so make sure you follow your doctor's advice. While you are waiting to be considered fully vaccinated, continue to wear a mask and practice social distancing since you could still be able to get COVID during the two-week window.

# EMERGING FROM COVID

## The Future Looks Bright!

After spending so much time in a state of lockdown, with schools, businesses, and restaurants closed, it's easy to feel like this could go on forever. But it won't!

It's also easy to feel like the pandemic is completely over. But it's not!

The only way we're going to move forward from Covid is if we all do our part to wipe the disease out. That means wearing masks when you're asked to, keeping your distance, washing your hands, getting vaccinated (if you can) and following your school's health and safety guidelines.

There's plenty of reasons to be positive about the future. Things are getting better, people are getting vaccinated, and life is improving all around us.

**Since we're not out of the woods just yet, though, it's important to keep following the rules.**



**LET'S GET BACK TO NORMAL**



**FOLLOW GUIDELINES  
PROTECT YOURSELF AND OTHERS**

PREVIEW

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