What is COVID-19?

- COVID-19 is an illness caused by a coronavirus called “SARS-CoV2”.
- Common symptoms: fever, cough, and shortness of breath.
- Some people become infected but don’t develop any symptoms.
- About 80% of the people who have COVID-19 recover without needing special treatment.
- People who are older or who have existing health problems are more likely to have severe pneumonia or even die.

What happens when the coronavirus gets inside us?

- The virus gets into our nose, eyes, and throat.
- Our bodies are made of tiny units called cells. The virus can go into a cell, borrows the equipment there and makes many copies of itself.
- The new viruses burst out of the first cell and infect other cells.
- When infected people cough, sneeze, or talk, their droplets (which contain the viruses) spread around them.

How can we avoid catching the coronavirus?

- Stay at least 6 feet (3 big steps) away from people
- Stay home
- Wash your hands properly and frequently with soap and water OR use an alcohol-based sanitizer
- Don’t touch your face

The mission of the International 22q11.2 Foundation is to improve the quality of life for individuals affected by chromosome 22q11.2 differences through family and professional partnerships. This information is brought to you by the Foundation for educational purposes only. It is not intended to be taken as medical advice. If you have concerns, please talk to your healthcare provider.