

# A Guide to

# COVID-19



# Be protected! Let's get vaccinated!



## Information from:

World Health Organization (WHO),  
Centers for Disease Control and Prevention (CDC),  
Johns Hopkins Medicine,  
and Department of Health (DOH)

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**Bestfriend natin ang mask**  
(Mask is our best friend)



**Ingatan at hugasan ang kamay**  
(Take care of and wash your hands)



ONE METER



**Dumistansya muna**  
(Keep distance for the meantime)

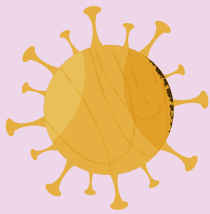


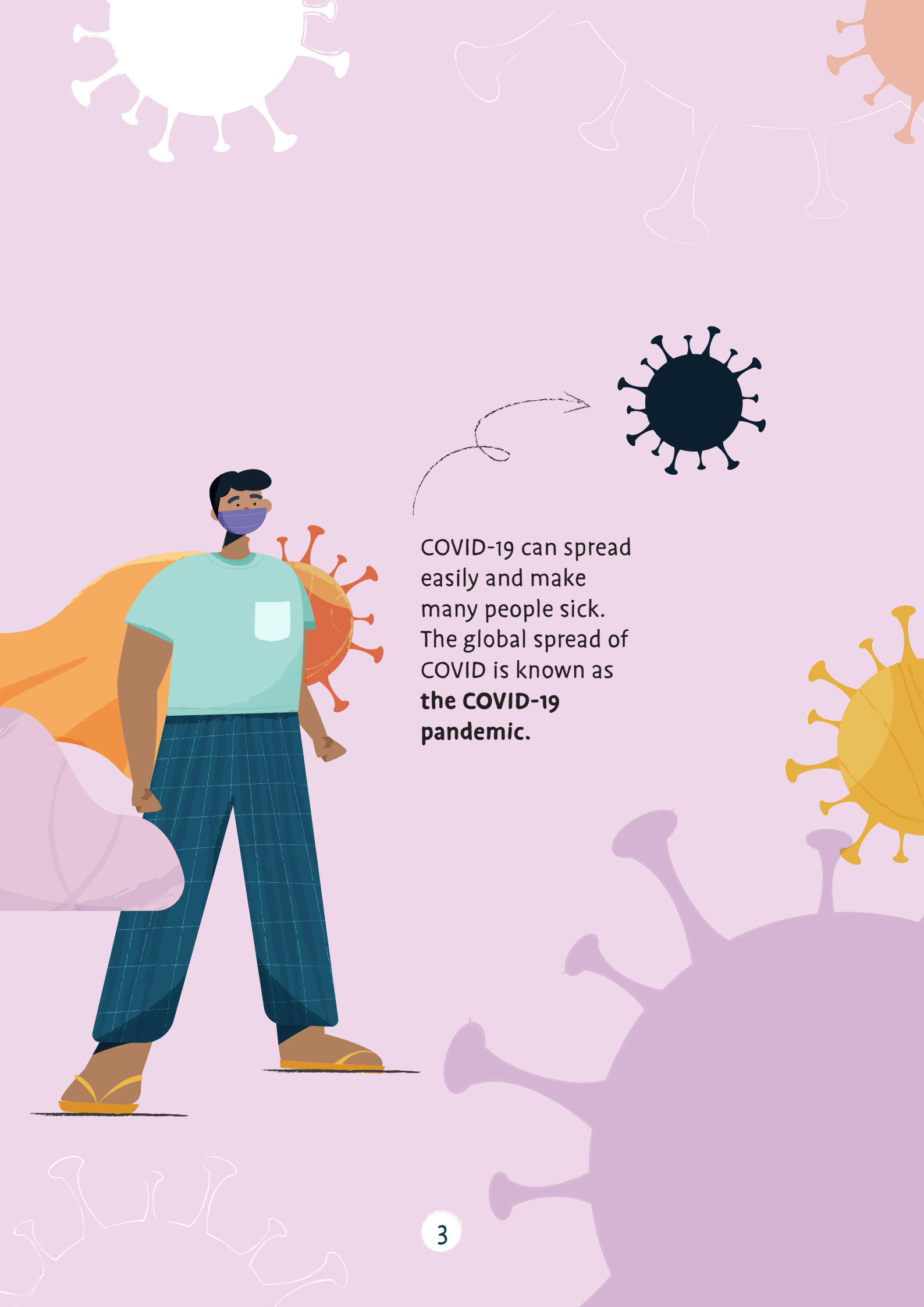
**Air flow ay panatilihin**  
(Keep a good ventilation)

# What is COVID-19?

COVID-19 likes to travel places and meet everyone but wait a minute, **it isn't really friendly.**

COVID-19 stands for **Coronavirus Disease 2019.** COVID-19 is a viral disease that affects the lungs and other body systems.





COVID-19 can spread easily and make many people sick. The global spread of COVID is known as **the COVID-19 pandemic.**

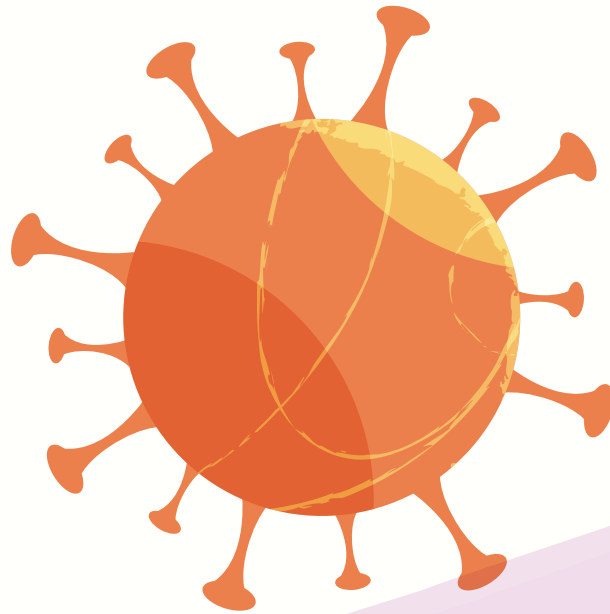
# How does COVID-19 work?

COVID-19 can enter your body **through your nose or mouth** when you get close to an infected person, inhale COVID-19 droplets in the air, or when you touch your eyes, nose, and mouth after touching contaminated surfaces.

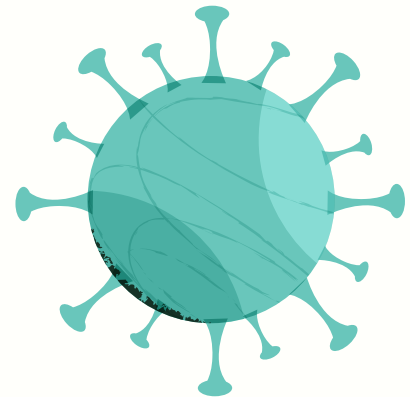
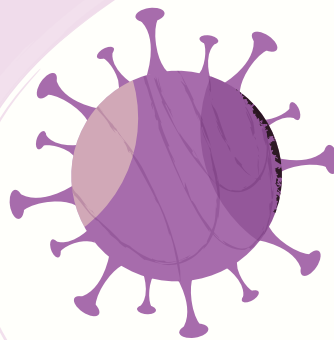
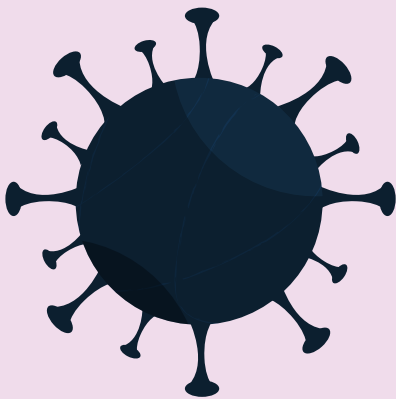
The virus has **crown-like spikes** that attach to the cells in your lungs.

Once inside, it **multiplies and attacks your healthy cells**. Your body will fight back to protect you. Most of the time, younger people don't get very sick when they get COVID-19, although some still experience severe symptoms.

COVID-19 also changes over time.  
This is called a **mutation**.



You may have heard about different variants of COVID-19  
such as the **Delta, Lambda, and Omicron variants**.  
Some variants spread more easily and quickly  
than other variants.



# What are the *symptoms* of COVID-19?

Some people with COVID-19 don't feel the symptoms quickly or don't feel sick at all. They are called **asymptomatic**.



It can be hard to tell that you have the virus! **That's why it's important to keep wearing face masks and practice physical distancing.**

Most people with COVID-19 experience flu-like symptoms including:



Fever



Cough



Sore Throat



Runny Nose





Body Aches



Shortness of  
Breath



Loss of  
sense of smell



Loss of  
sense of taste

If you have a cough, colds, or fever, it doesn't always mean you have COVID-19. There are also other viruses that can make you sick. It's important to tell your parents or guardian when you don't feel okay.

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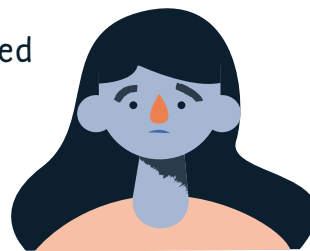
COVID-19 can also become serious. People have to go to the hospital to get special care if they experience:



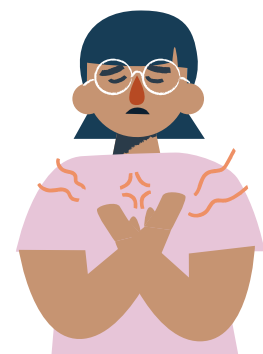
Troubled  
breathing



Feeling confused



Bluish lips or face



Constant pain or  
pressure in the  
chest

# How does it feel to have COVID-19?

Everyone's experience with the virus is different. While some people feel physically fine even when they have COVID-19, others may feel unwell for several weeks, especially older people.



Usually, those who are sick have to stay away from family members. This can make them feel sad and anxious.

*It is valid and normal to feel that way.* The support of family and friends, even online, is helpful for healing and recovery.

# How can I catch COVID-19?

You can also get COVID-19 when **you touch your mouth, nose or eyes after touching things that are contaminated with the virus.**

The coronavirus jumps from one person to another **when they come close together or when they touch.**



If a sick person **without a mask sneezes, coughs, or even talks,** they can spread droplets that carry the virus.

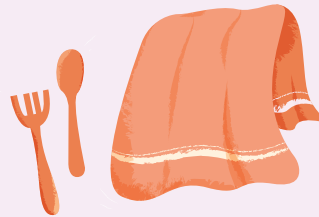
**Remember:** Even if you don't feel any symptoms, **you might have the virus and spread COVID-19.**

# What should I do if I get COVID-19?

If you think you may have COVID-19, or if you have been exposed to a confirmed positive person, you should:



Stay at home and in a separate room from your family members.



Separate your utensils and towels.



Continue to wash your hands regularly.



Get plenty of rest and drink lots of water.



Check your symptoms. If they worsen, ask your family to bring you to the nearest hospital.



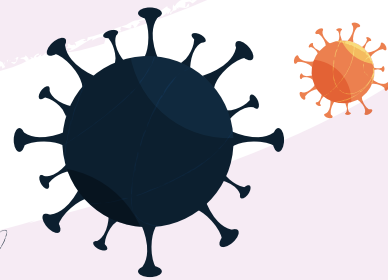
Tell anyone who you had close contact with that you have symptoms so that they can get tested.



Your parents or guardian can give you medicine for headache, sore throat, or body pain.

# How has this affected the Philippines?

2020



The first case of COVID-19 in the Philippines was reported in January 2020.

2021



Many people have gotten sick since then. To slow down the spread of the virus, **schools and businesses have closed**.

People were asked to stay at home and limit going out.

2022

OPEN

Today, COVID-19 cases are starting to decrease, and many people are getting vaccinated. The schools and public spaces have also started reopening but remember, **the virus is still out there. You still have to be careful.**

Let's find out how we can keep protecting ourselves and our families on the next page!



# How can I protect myself and my family?



Perhaps, you heard stories about how other people got COVID-19. It's normal to feel worried – many people do, too.

The good news is you can protect yourself and your family against it. It starts with you!

# What can I do to help *stop the spread of COVID-19?*

There are four important practices that you need to follow to help stop the spread of COVID-19. They are the **B-I-D-A behaviors!**



Make sure your mask covers your mouth and nose.

**B**

## **BESTFRIEND NATIN ANG MASK** (Mask is our best friend)

Remember how COVID-19 can spread by coughing, talking, or sneezing? **Masks block the virus droplets from getting into the air, and into your nose and mouth.**

When everyone wears a mask, COVID-19 has a hard time going from person to person.

**I**

## **INGATAN AT HUGASAN ANG KAMAY** (Take care of and sanitize your hands)

COVID-19 can also live on surfaces such as a table or a bus seat. **You have to avoid touching your eyes, mouth, or nose.**

Always wash your hands with soap or use alcohol and hand sanitizer, especially if you are out of the house.



To properly wash your hands, use soap and scrub your hands on all sides. **Do this for at least 20 seconds which is as long as singing 'Happy Birthday' twice!**

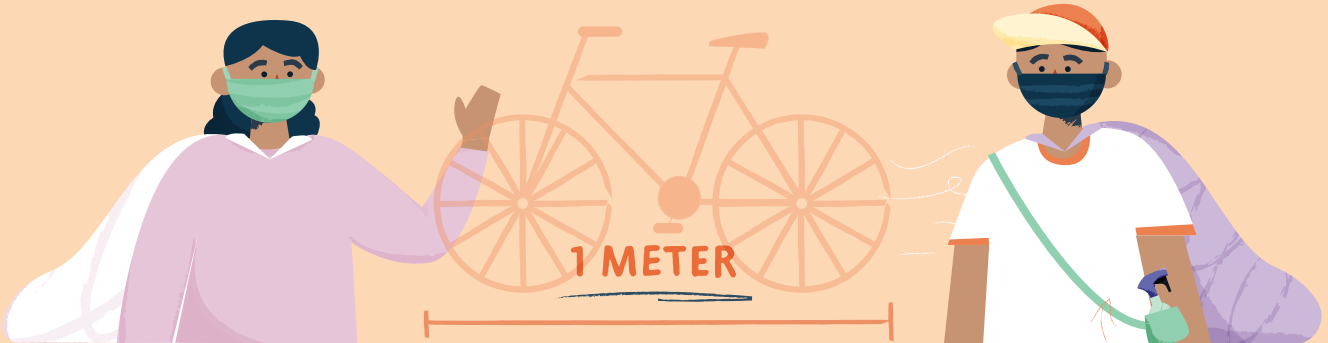


You can also use **alcohol or hand sanitizer**. To use it, pour a palmful into your hand, then rub your hands together for 20 seconds or until you no longer feel the liquid.



## DUMISTANSYA MUNA

(Keep distance for the meantime)



The rule of thumb is to stay one meter apart from another person when you are out of the house. **You can imagine a small bicycle between you and the other person!**

However, when it's not possible to stay that far from people like in jeepneys and grocery stores, make sure you always have your mask on. **You can also bring a little bottle of hand sanitizer or alcohol wherever you go.**



A

## AIR FLOW AY PANATILIHIN

(Keep a good ventilation)



**Opening the windows and staying in open spaces** can help prevent the spread of COVID-19. When air is flowing, the level of COVID-19 particles in the air will be reduced.



Knowing the right information can help you protect yourself and your family against COVID-19! If you have questions, you can talk to your parents about it.



If you are on **Facebook** or **Instagram** or another social media sites, make sure you follow people or pages that share verified information. These include **DOH, Healthy Pilipinas, and I Choose,** among others.

- **[facebook.com/BIDASolusyon](https://www.facebook.com/BIDASolusyon)**  
Department of Health's official campaign to fight COVID-19
- **[fb.com/MalayaAkongMaging](https://www.facebook.com/MalayaAkongMaging)**  
A Facebook page especially made for teens like you!
- **[Malayaako.ph](http://Malayaako.ph)**  
A website where you can find teen-friendly health information
- **[healthypilipinas.ph](http://healthypilipinas.ph)**  
The go-to source of credible actionable information about health for Filipinos

# How can I get tested?

If you are experiencing COVID-19 symptoms or had direct contact with a person who has COVID-19, you can go to a testing center or purchase a rapid antigen test kit to confirm if you caught the virus. There are different types of tests:



## *Swab Antigen Test*

Health workers take a sample by swabbing inside your nose or throat. Results may be released after **48-72 hours**.



## *Saliva RT-PCR Test*

You have to spit into a sterile vial. Results are released after **24-48 hours**.



## *Rapid Antigen Test*

You can do the nasal swab by yourself using a test kit. Follow the procedures carefully to get the correct result after **15 minutes**.

Antigen testing is the most accurate to take when you have symptoms.

# Vaccines

Aside from practicing the B-I-D-A behaviors, one way you can protect yourself and others is **by getting vaccinated.**

A **vaccine** is a type of medicine that teaches the body's immune system how to fight a disease.

It doesn't cure COVID-19, but **it keeps you from getting very sick from it.**



It teaches your body to fight off the COVID-19 virus.

All the available vaccines help protect you from experiencing severe symptoms or dying from COVID-19.

The more people that are vaccinated, the sooner we can go back to see our family and friends!

Take a look at **page 20** to know more about **vaccines.**

# #FriendshipGoals:

## STAYING SAFE FROM COVID

Staying at home can cause you to miss your family and friends so badly! You want to have a fun time with your besties. You can do so, but you must have a **“safety-first mindset.”**

**Find your reason for wearing a mask and washing your hands.**

It can be that you're washing your hands so we can soon eat lunch with friends or play basketball with them.



**Suggest alternative activities where you can avoid removing masks.**

If your friends want to go to a crowded mall, you can suggest an online activity like watching a movie together over a video chat. You can also go on a picnic outside where you can sit a meter apart or go for a walk.

**Remind your family and friends that we are in this together.**

Help them remember to stay safe.

# How can I take care of my **mental health?**

Being stuck inside the house and away from family and friends can be challenging. It can affect your feelings and emotions. **Remember, it's okay not to be okay, especially during this time.**

Your mental well-being is as important as your physical health. Here are some ways to take care of it:



**Take a break** from social media or reading news about COVID-19, especially if it makes you feel anxious.



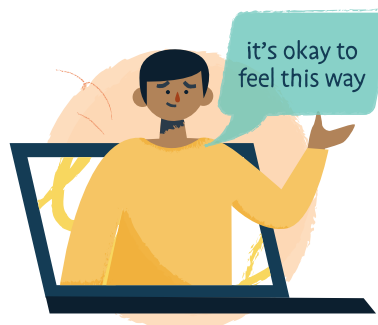
Practice some **deep breathing exercises** or do **meditation or yoga**. There are many free classes and videos online. Just follow along!



Do activities that **help you calm down** like listening to music, journaling, or doing arts and crafts.



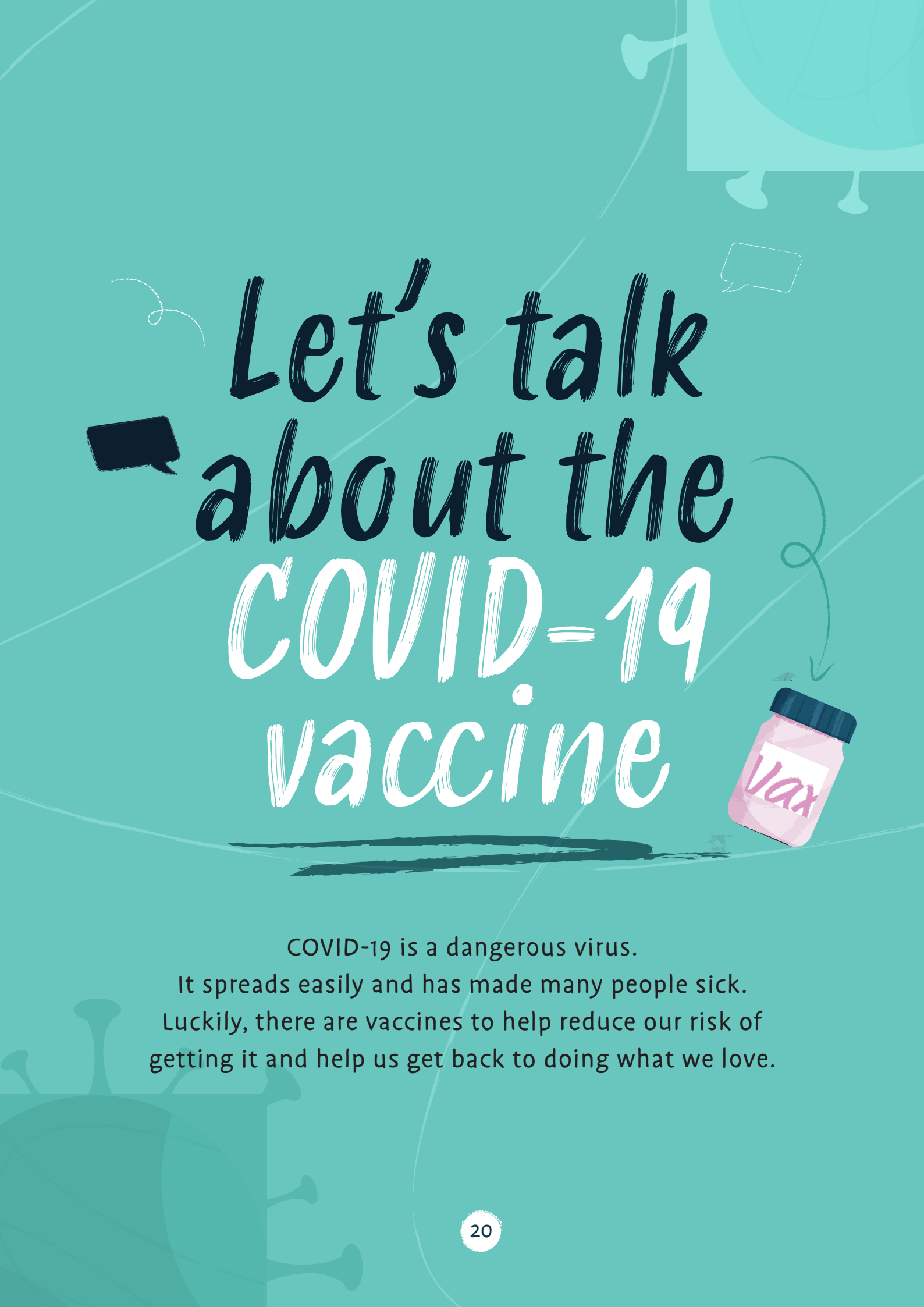
**Tell your family and friends about how you feel.** You might not be able to meet in person but hanging out online or a simple chat can make you feel less alone.



If you continue to feel overwhelmed or are unable to calm yourself down, it is best to **seek help from a counselor.**



For more mental health and self-care tips, download the **Lusog Isip mobile app!** Visit [lusog-isip.doh.gov.ph](https://lusog-isip.doh.gov.ph)



# Let's talk about the COVID-19 vaccine



COVID-19 is a dangerous virus.  
It spreads easily and has made many people sick.  
Luckily, there are vaccines to help reduce our risk of  
getting it and help us get back to doing what we love.

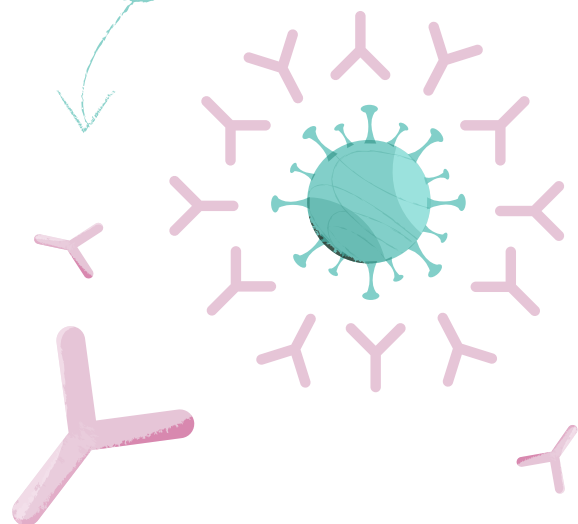
# How does the COVID-19 vaccine work?

A vaccine contains a part of the germ that causes COVID-19. Other vaccines contain a harmless version of a virus unrelated to the virus that causes COVID-19. **These won't make you sick.**



Instead, this part of the germ helps your body create cells that fight the COVID-19 virus.

There are several types of COVID-19 vaccines but they all work by **triggering your body to create antibodies** that will fight the virus when it gets into your body.



These antibodies attach to viruses and attack them so your chances of getting sick will be much lower.

# Is it safe? Yes!

All brands of the COVID-19 vaccine are safe and they all protect you from getting very sick or dying from the virus.



Each was thoroughly tested in clinical trials with thousands of people.

**Millions of people around the world have received the vaccine with no problem.**

Health experts developed these vaccines by following scientific standards for safety, effectiveness, and quality.





# Why should I get the vaccine?

Getting the vaccine will help protect you against a serious COVID-19 infection. Think about it this way:

It's raining outside and you have an umbrella.

**You may still get a little wet but not as much if you did not use an umbrella.**

The vaccine is like an umbrella and COVID-19 is like the rain – you may still get COVID-19 but with a vaccine, it won't be that bad.

COVID-19 vaccines for teens come in two (2) doses. Now, boosters are available for more protection! Some people get side effects, most don't. Don't worry. They generally only last for a day or two and are not serious or life-threatening, just uncomfortable. They include:



Redness, swelling, or pain on the area of your arm where you got the shot



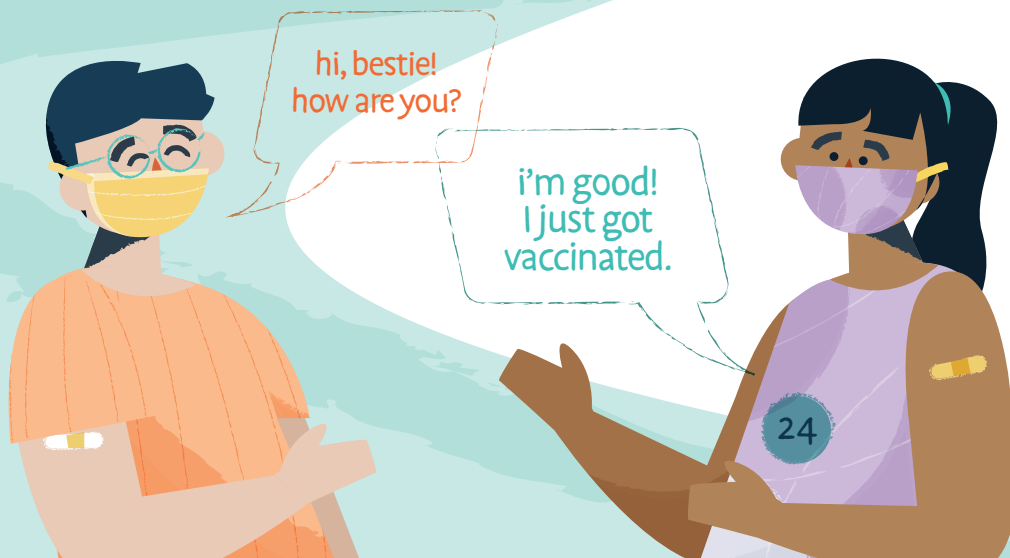
Tiredness or muscle pain throughout your body



Headache, fever, or nausea for a few hours or days

Getting the vaccine is also important for the health of your community! When enough people are vaccinated, COVID-19 can't spread easily. People are less likely to get sick or hospitalized.

*Go, bestie!  
Get your vaccine now!*



hi, bestie!  
how are you?

i'm good!  
I just got  
vaccinated.

# Okay, so *how* do I get the vaccine?

Vaccination for teens 12+ has already started! Here are the steps you can take to get a vaccine:



Ask your parents or guardians when you can register for your first dose. Get an appointment date and time.



Wear your mask and bring alcohol or hand sanitizer. Bring water, too, in case you get thirsty.

At least one parent or guardian needs to go with you to your appointment. You need to bring your ID or a birth certificate to prove your relationship.



Check your vaccination card and make sure you go for your second dose.

Share your vaccine journey on social media to encourage others to get vaccinated, too! Use the hashtags

**#IChooseToBeVaccinated,**  
**#resbakuna, and #BIDATeen**



*Encourage your family and friends to get the shot when it's their turn!*

# How do I talk to others about vaccines?

Here are some ideas to start the conversation about getting vaccinated:

*"I saw that some of our friends are already vaccinated. Are you planning on getting it, too?"*

*"I've heard a lot about this vaccine, what do you think about it?"*

?

*"Wow, have you seen this celebrity that got vaccinated? They didn't experience any side effects."*

*"What's the first thing you're going to do when everyone is vaccinated?"*

**When talking to someone about vaccines, it's important to:**

- Be patient and cool
- Don't interrupt them
- Respect their worries
- Talk about the facts and benefits of the vaccine
- Don't get discouraged

# Busting Vaccine Myths

Some people believe that COVID-19 vaccines can do more harm than good. Here are some ways on how you can respond to people who don't like getting vaccinated.



***“Vaccines can make you sick.”***

You might have side effects from the vaccine but this is not the same as having COVID-19 or other serious diseases.



***“If everyone around me is vaccinated, then I don't need to get one.”***

You can still spread COVID-19 if you are not vaccinated.



***“I already had COVID-19. I don't need the vaccine anymore. I'm already immune!”***

Having COVID-19 doesn't mean you won't catch it again. Vaccines can provide you better immunity from being sick with COVID-19 again.



***“Vaccines contain a microchip to track people.”***

It doesn't. It cannot track you or collect your personal information.

# Quick facts about COVID-19

## COVID-19

It stands for Coronavirus Disease 2019 which affects the lungs and other body systems. It can spread easily and make many people sick.

## COVID-19 symptoms

People with COVID-19 usually experience flu-like symptoms such as:

- Fever
- Cough
- Body aches
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell
- Loss of sense of taste

## COVID-19 testing

Get tested if you feel any symptoms or have direct contact with a person with COVID-19. You can choose an antigen test or a saliva RT-PCR. Antigen testing is the most accurate when you have symptoms.

## B-I-D-A behaviors

**B** - Bestfriend natin ang mask  
(Mask is our bestfriend)  
**I** - Ingatan at hugasan ang kamay  
(Take care of and sanitize your hands)  
**D** - Dumistansya muna  
(Keep distance for the meantime)  
**A** - Air flow ay panatilihin  
(Keep a good ventilation)

## COVID-19 Vaccines

Vaccines are safe and effective to fight COVID-19. It triggers the body to create antibodies that will fight the virus.



Now that you understand what  
COVID-19 is and how it spreads,  
encourage your family and friends to  
**GET VACCINATED**  
for a healthier future together!

If you are experiencing COVID-19 symptoms,  
get tested at:

\_\_\_\_\_

(nearest COVID-19 testing facility)

\_\_\_\_\_

(contact details of the COVID-19 testing facility)

Protect yourself from COVID-19!  
Get vaccinated at:

\_\_\_\_\_

(nearest COVID-19 vaccination site)

first dose: \_\_\_\_\_  
DATE

second dose: \_\_\_\_\_  
DATE

booster: \_\_\_\_\_  
DATE

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Pilipinas



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