

English Video Transcript for [Info on COVID-19 in Different Languages](#)

Welcome, in this video, I would like to provide you with a little information about a circulating virus.

The virus is called COVID-19, also known as Corona virus and is sweeping Burlington VT, our country AND the world. It is a virus which you cannot see.

The virus can take up to 14 days before you get sick.

You can spread it not knowing that you are sick.

We need to slow the virus down by washing hands, not touching face, mouth, nose or eyes.

The virus makes the elderly very sick and people who have other medical conditions.

The hospitals are already very busy, and they are going to get even more busy. Preventative measures are a must!

Everybody must wash hands! Young children need to be encouraged to wash their hands if they come in from outside.

Wash your hands when you come home from the grocery store.

Do not touch your eyes, nose and mouth. The virus will get into your body through your eyes, nose and mouth.

If you are sick. Stay home. Do not go to work. Do not go to the grocery store. Do not go see a friend. The hospitals will be full, let's limit the spread.

Here are the symptoms that should make you concerned: a fever, cough, headache, shortness of breath.

If you have a fever, a cough or shortness of breath, seek assistance.

Stay calm, but also be responsible and safe. If we all do our part, we will be safe and healthy.