

Tiger Times

Information on COVID-19

What is COVID-19 (coronavirus), and how is it spread?

It is a respiratory virus that has flu-like symptoms. The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Steps to take to prevent yourself and others from getting the virus:

- Wash your hands often
- Avoid close contact (why we are not at school right now)
- Stay home if you are sick
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces
- Watch this video for more information from the CDC's youtube channel

[6 Steps to Prevent COVID-19](#)

Why is it called COVID-19?

In early February, the World Health Organization announced an official name for the 2019 coronavirus,

COVID-19. COVID-19 is simply an abbreviated form of the 2019 coronavirus. CO for corona, VI for virus,

D for disease, and 19 for 2019 when the virus started.

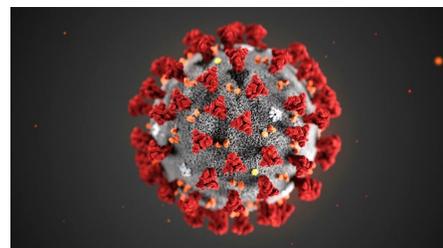
Why do we need to stay home from school?

Staying home from school is for our own safety. The school leaders wanted to keep us safe and not expose us to this deadly virus. While we are off school during this time there are suggested assignments on google classroom to keep our minds sharp and keep us in the school habit, so we do not fall behind when we go back to school.

When are we scheduled to go back to school?

The most recent updated date for us to go back to school is in the fall. Keep checking the school website if there are more updates on this.

For more information, go to <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



What should you do with all this free time?

hulu

Many kids have been asking themselves this question every day. They also ask themselves, I to The living room today.

what should

I've got answers, well for the first question, you got to pick your own clothes out :



- You could watch Netflix, Hulu, disney+, etc.
- You could exercise, or just go on a run, it's even free.
- You could cook, look up recipes or go to wilsons cooking.
- Do school work, I know it's only enrichment, but it would keep your brain alive.

- If you have any wood at home, make something. Make a wooden mobile holder, small oak table, floating shelves, etc.

- You could play soccer, football, basketball (if you have the backyard for it)

- Make Tic Tocs
- Facetime a friend
- Organize your room
- Play video games
- Do a puzzle 50 pieces, 100 pieces, 500 pieces, etc

- Sleep in till 12, if your feeling lazy 😊
- Have a picnic outside
- Order things on amazon 😊
- Dye your hair, if you are feeling crazy
- Listen to music
- Read a book
- If you have a pool go swimming

- Play with your pets
- Play with Snapchat filters

- Play a board game
- Play on your phone
- Go to the park but stay 6 feet away from other people, you don't know if they are sick
- Spend time with your family
- Watch youtube videos



Hope you enjoy doing these activities.

Cooking during a quarantine

Pantry Peanut butter pasta

Ingredients:

A half-cup of any nut butter(Peanut Butter, Almond Butter or Sunflower Butter)
2-3 tablespoons of soy sauce
1-2 tablespoons of maple syrup
A quarter teaspoon of red pepper flakes
2-3 tablespoons of any citrus juice(Orange, Lemon, Lime)
A quarter cup of water

Instructions:

1. To a medium mixing bowl add peanut butter, soy sauce, maple syrup, citrus juice, red pepper, and whisk to combine. Add water a little at a time until a thick but pourable sauce is found.
2. Taste and adjust seasonings as needed, adding more maple syrup for sweetness, red pepper for heat, citrus juice for acidity, or soy sauce for saltiness. If your sauce has become too thin, add more nut butter. If it's too thick, thin with more water.
3. Heat water until boil
4. Put in Spaghetti (or any other pasta)
5. When Spaghetti(or any other pasta) is done put on sauce
6. Top with any proteins(peanuts, tofu, chicken, or shrimp) or vegetables(broccoli, potatoes)

Our New Normal

Did you hear? School is closed for the rest of the year! It's pretty weird to go from learning at school to learning at home all of a sudden. And to not go out of the house or to hang out with friends. Make sure you check your google classroom every day for assignments. And if you have paper packets make sure to check with your teacher too. And don't forget to exercise! Our new normal isn't what we are used to but sooner or later it will be part of our daily routine.

Toilet Paper Crisis

As we all know, with everyone in self-quarantine, people are stocking up on important grocery goods. With all the consumers grabbing for anything on the store shelves we have run out of something that all people use every single day. Toilet paper! We are completely out of toilet paper in stores all around the world. So what can we do to conserve the toilet paper we have?



There are definitely some easy ways to conserve at your house like only use up to three squares of toilet paper per time you go to the bathroom. But, another thing we can do is find substitutions for toilet paper with things you use less in the household. For example, cloth. If you have old washcloths lying around, those are a perfect way to clean yourself after going to the bathroom. Just wet them, wipe, and put them into a laundry basket to be washed and reused. There are other cloth substitutions too. Like reusable diapers, terry cloth, or even old cut up t-shirts. And cloth towels aren't the only towels you can use. Paper towels, wet wipes, baby wipes, and napkins are great substitutions as well.

Another thing you might consider is a bidet. For those of you who don't know, a bidet is a squatting sink that washes your rear with spraying water. More modern bidets are built into the toilet and can be activated by the push of a button. People in Europe use it for daily hygiene. However, if purchasing a bidet is out of your price range you can always simply hop in the shower to quickly rinse your bottom.



Of course, when you're out of toilet paper the next thing you'll resort to is some other paper material. But don't wipe with regular paper. That will scratch and hurt. The best type of paper to use is the type you might already have in your bathroom because you use it for reading. Newspapers are good for soaking up moisture, and they won't hurt to use. If you don't have any newspapers lying around, you can use other paper. Just make sure you wet it first and it cannot have a glossy material.

These are a few ways to deal with the lack of toilet paper, but there is plenty more. Once you get into the habit of using one of these substitutes you may never need toilet paper again. Just remember to stick to the one rule of the bathroom. Always wash your hands after using the toilet!