



# THE READER

## No. 41

## CORONAVIRUS EDITION

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*Prophecy of Stephen King?*

## HOW TO DEAL WITH CORONAVIRUS

What's up in Poland  
and Radomsko?

## ! TOP TIPS !

**Netflix, yoga or books?**

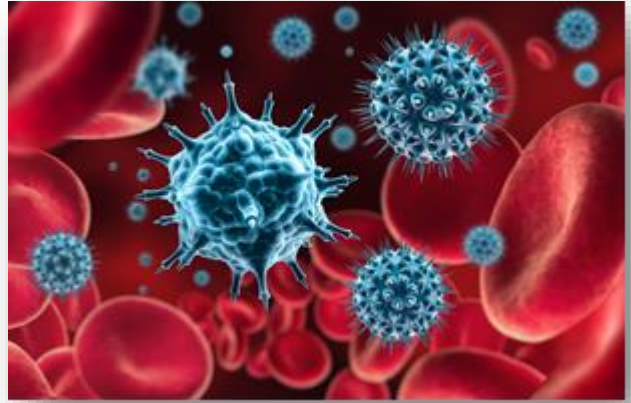
# CORONAVIRUS

## What is coronavirus?

It's Coronaviridae subfamily virus. Mammals and birds are carriers of this. It causes COVID – 19 disease. It is transferred by droplet route.

## What are the symptoms of this disease?

- high temperature
- cough
- shortness of breath
- fatigue
- muscle pain



## How to defend against a virus?

- wash your hands often with soap and water
- cover your mouth and nose with a handkerchief or a bent elbow when coughing or sneezing
- avoid close contact with anyone who has a high temperature and cough
- cook meat and eggs thoroughly
- avoid contact with the sick
- if you're coming back from the area where the coronavirus is present and you have symptoms of the disease, please notify your health department by phone

## Statistics!

Virus is in 75 countries, including Poland.  
103 people are infected in Poland.  
3 people have died.  
80 991 people are infected in Italy.  
3180 people have died.

## Helpline NFZ:

800 190 590

## Appeals:

Let's not leave the house.  
Let's take it seriously.  
Let's be responsible.

K1BG

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MARCH/ APRIL 2020



# What about COVID-19?

COVID-19 is the disease caused by the new coronavirus that emerged in China in December 2019. The coronavirus can be spread from person to person. It is diagnosed with a laboratory test and it is very worrying. The symptoms include cough, fever and shortness of breath. COVID-19 can be severe, and what is more, it causes death.

At the beginning people in Poland did not care too much about this disease because it only occurred in China, but after some time it also began to spread around Europe. Now in Poland we have an epidemic status. There have been over 400 infected people in Poland and the number is still growing. We have to remember to wash our hands regularly, disinfect surfaces and objects which people frequently touch, it is important not to leave the house and not to meet in groups. Due to the epidemiological situation in our country, many mass events have been canceled. Everyone wonders what will happen with the matura exam and the eighth-grade exams.

Let's hope that the number of cases will start to decrease and we will be able to return to our everyday lives.

Wiktoria Bielas, IIIe

## Coronavirus (COVID-19)- how to deal with the virus?

Every day we hear about new people infected with this virus. In Poland, the situation is increasingly tense and dangerous. Unfortunately, we do not have much information about how to treat yourself during infection. However, we can help to prevent the spread of the virus. I will give you a few tips.

### First of all: **WASH YOUR HANDS**

Washing our hands will not guarantee that we will not get sick. But it is one of the recommended ways to protect against potential contact with coronavirus.

Note: wash your hands properly and thoroughly with soap and water!





**Secondly: AVOID CROWDED PLACES**

Try to spend as much time at home as possible, or in places where there is not a large group of people.

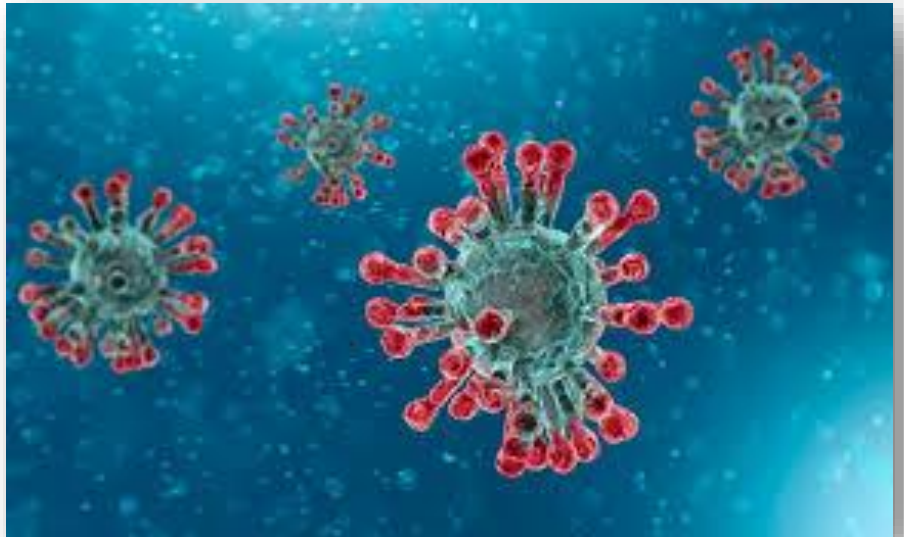
**Thirdly: COVER YOUR NOSE AND MOUTH WHEN SNEEZING OR COUGHING**

Coughing or sneezing, we automatically cover our mouth and nose. This is not a big mistake if we immediately go to wash our hands, but few people do it. We leave viruses and bacteria present on the hands on the surface of furniture, doors and door handles, various equipment, which accelerates their spread. If we sneeze or cough, cover your face with your elbow flexion.



#### **Fourthly: AVOID TOUCHING YOUR FACE**

Viruses and bacteria easily enter the body through the mucous membranes of the nose, eyes and mouth, so it is best not to touch your face with your hands.



I hope you will follow these rules and we will be able to overcome the virus.



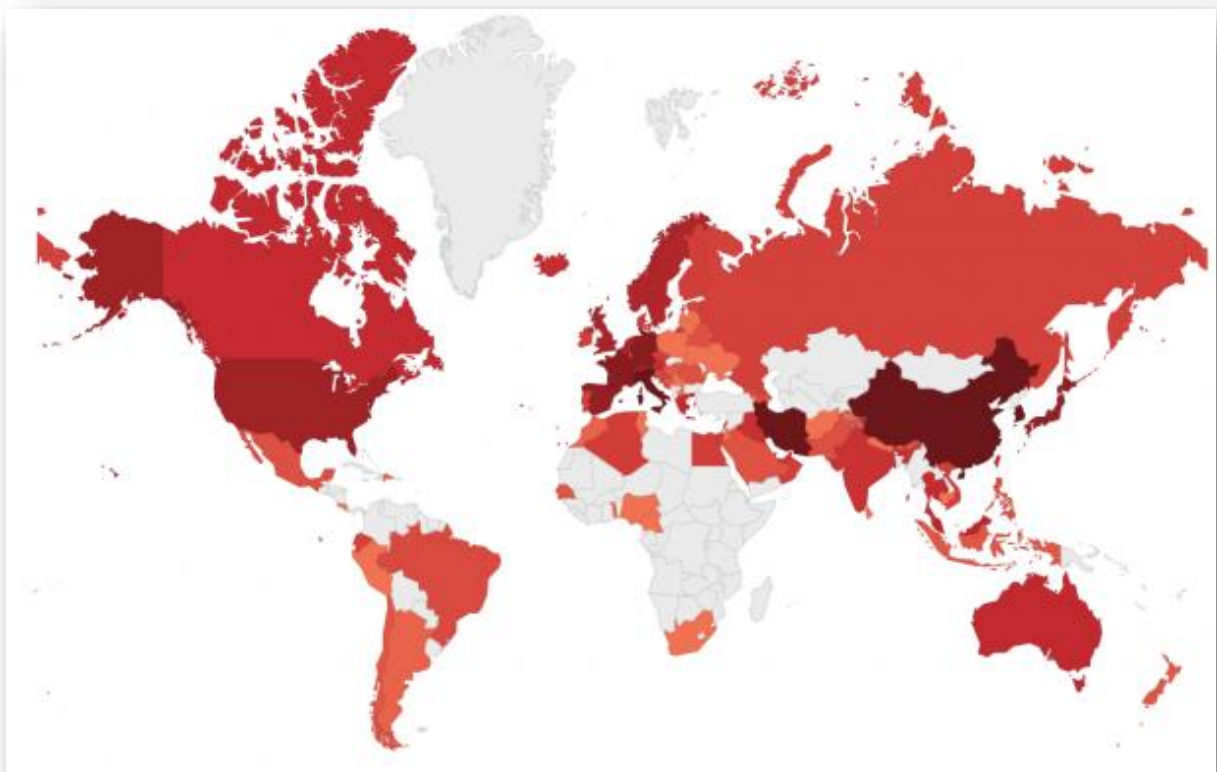
Martyna Sobieraj, IIIE

## OUR SCHOOLS ARE CLOSED! WE HAVE EPIDEMIC ALL OVER THE WORLD!

The CORONAVIRUS is very dangerous. The virus has come from China - Wuhan. This is a virus which concerns a lot of people. This epidemic is present all over the world. This is horrible. Every day innocent people die. All shops, cinemas, restaurants, hotels, swimming pools, all culture events are closed. Schools and companies are also closed. All people stay at home. This is scary.

Two weeks ago the virus came to our country - Poland. We have also closed everything. We aren't going to schools, work and backyards. We must help elderly people, because they need more of our help. The epidemic in Poland continues. Three people have died and there are a lot of infected ones. We must be careful and stay at home. I hope the coronavirus will leave us fast.

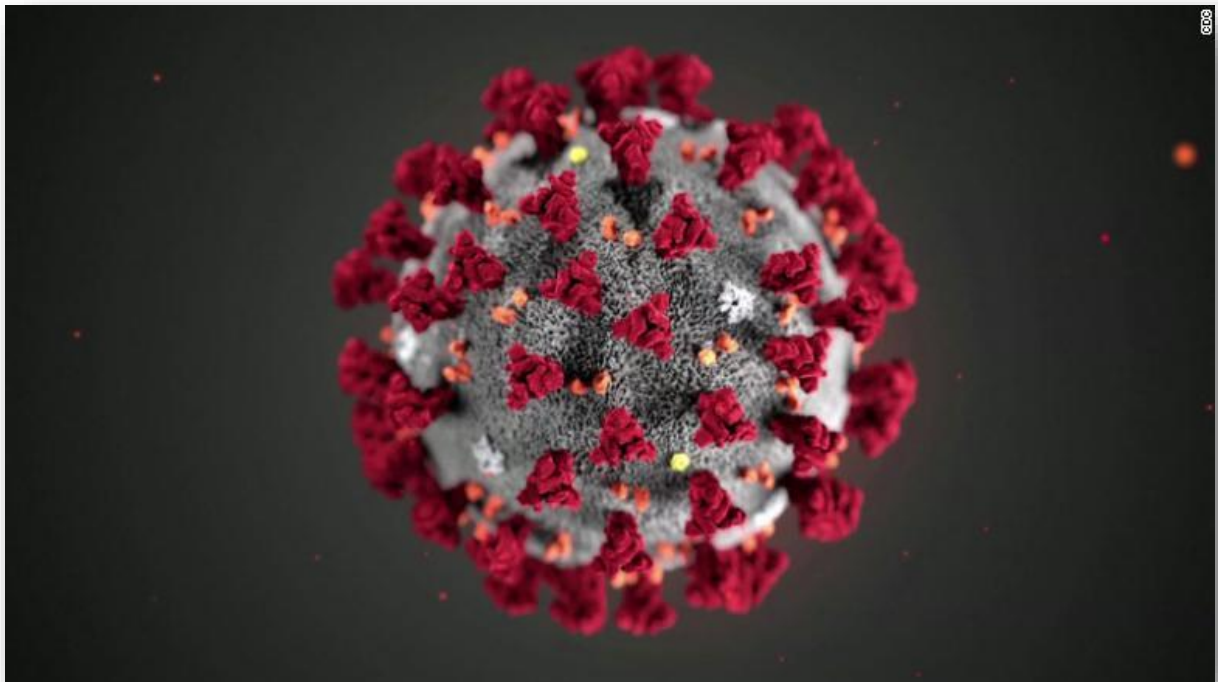
Patrycja Maks kl. III „c”



## Coronavirus in Poland

Coronavirus is a large family of viruses that causes respiratory diseases, from common cold to more serious diseases. The virus is being moved by close contact with sick people.

This virus started in China and moved to other countries. I think it is a global problem because people did not know if they had a virus and traveled to other countries. This led to the spread of the virus. We have a really big problem because this virus is dangerous. We don't have a vaccine and as a result people die every day. We have to take care of ourselves and stay at home. Maybe then we will be able to beat the virus.



Julia Gąsiorowska kl. IBg



## **5 people in Radomsko in quarantine. They are under police surveillance.**

Five people in Radomsko have come for quarantine related to danger of coming down with coronavirus. All these people are located under one address. They are under constant police surveillance.

Province governor's office informs that in Lodz county there are three another cases of infection of coronavirus, which can cause danger pneumonia-like disease named COVID-19. They are confirmed by positive laboratory tests. Confirmed results concern:

- 1.a young men who was in Germany and Netherlands.
- 2.a young woman who is a citizen of Spain and has had contact with a person from Asia.
- 3.a young man who has had contact with infected person

They are in contagious hospital in Lodz. Their condition is good.

There we have epidemiological situation in Lodz county on 13 March 2020:

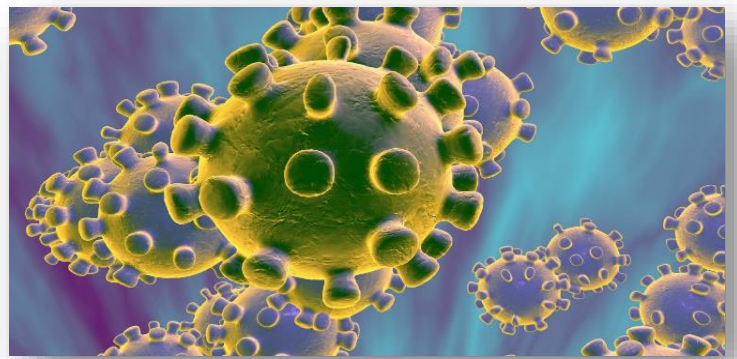
- I. 5 people with confirmed infection
- II. 27 people inpatient
- III. 124 people under quarantine
- IV. 1057 people under epidemiological control

Mateusz Ociepa kl.IIIC

## HARD LIFE OF FANS

Spring warming usually pushes us outside. We use fresh air, the benefits of cultural institutions and sporting events. But now it's different.

The coronavirus has taken all this away from us. Most of Europe is cancelling football matches, concerts and closing great places to spend time. There are people who bought tickets much earlier. We have a similar situation in Radomsko.



The 3rd football league has been suspended. Library, museum and culture centre have cancelled their events. So what about a walk or eating outside? Unfortunately, we must sit at home for our own good.

So what can a fan of culture or sport do? How to live a passion at home?

The Internet is full of legal retransmissions from concerts or theatre performances. Sport fans can temporarily choose e-sport. We can't forget about traditional forms of spending time. Books, board games or creation can still help us well.

Hard time has come for fans and sociable people, but we have to manage. The problems always go away.

Roch Rochowski, 2e



#1 BESTSELLER

## CORONAVIRUS ALTERNATIVE

Today we have a problem with the global pandemic. Hardly anyone expected it, but are you sure?

In 1990 an American writer Stephen King predicted a similar situation in his novel called "Bastion".

A terrifying vision of the world, after the apocalypse. Biological weapon is the reason for this. Without unnecessary violence, humanity dies spontaneously. The earth becomes a grave for the sick. Only a small number of people are immune to the virus and they can live. But is it a happy life and for how long?

"A MASTER STORYTELLER"  
—LOS ANGELES TIMES

**Stay at home! If you have time, you are not sick yet and you want to know what can happen to us, read "Bastion" and stay tuned!**

Mateusz Depta IIF

# THE STAND

COMPLETE AND UNCUT EDITION





## ***How not to be bored?***

Because of coronavirus we have a break from school and this goes with having a lot of free time but we can't go outside or meet with friends so what should we do not to be bored?

- ***For starters, of course, learning.***

I can bet that all of us have something to do for school like improve a failed test, get better grades or study for the next lesson.

- ***Take a look at you.***

I think that this is a great time to pay attention to things we don't have time to do when we have go to school. I mean, watch some movies and serials, draw something, play with a pet, take a long bath, play computer games, read interesting books and maybe tidy up the room.

***To wrap up, there are a lot of things to do at home and not be bored. I wrote only a few but I hope that could be helpful.***

Aleksandra Gajzler I AC

STOP BEING  
BORED

# Ways to stay at home

The coronavirus is spreading around the world and I am worried. It's a serious thing, so we should act rationally. Please, stay at home and if you have to leave, don't touch the door handles, don't give your hand as a greeting and after coming back home, wash your hands PROPERLY! It's not a good time to hang out with friends. We have to restrict the spread of the virus. I've prepared some things for you to do not to be bored at home.

## Ways to stay at home:

1. Beginning spring cleaning in your flat
2. Arranging the clothes in your wardrobe (maybe by the color?)
3. Matura exam repetition/learning
4. Jigsaw puzzles
5. Yoga at home
6. Developing culinary skills
7. Learning a new language
8. Sorting cosmetics
9. Writing poems or a story - it's very developing
10. Watching films or serials
11. Painting and drawing
12. Baking cookies
13. Home spa
14. Meditation
15. Calling grandparents
16. Cooking recipes that you didn't have time for
17. Board games, chess
18. Stretching from YouTube
19. Learning to paint with watercolors
20. Courses on SKILLSHARE

I hope that these ideas will help you to fight boredom. Good luck and a lot of health!

- crazygirl, lbg



## Three series that you have to watch on Netflix

Lately, I had some free time so I decided to watch something. I've been spending hours watching series so I want to recommend you some.

### 1. Cable Girls

The plot is set in Madrid in the 20s and 30s. During this time a telecommunication company was set up. Four women start working there and they make friends. Each woman is different. They have different families, pasts and characters. It shows the fight of suffragists and each woman. Cable Girls is one of my favorite series.

### 2. Spinning out

This series shows a figure skater's life. In past she had an accident. When she was jumping, she smashed her head against the ice. She was traumatized and scared. But one day some boy offered her the possibility to continue her career as a pair skater. I fell in love with figure skating when I watched this series. You have to see it too.

### 3. Dark

The plot starts when one boy is lost in Winden, a small town in Germany. The disappearance of Mikkel frightens all residents. I can't say more, because you have to see what's happened. It's the most mysterious series I've ever watched. You need to be focused because meaning is concealed everywhere.

Daria Olejnik, 1bg

A dark room with a desk and a monitor displaying the word NETFLIX in red neon letters. The room is dimly lit, with the red glow from the monitor illuminating the desk and the surrounding area. The desk has some papers and a small object on it. The background is dark, and the overall atmosphere is mysterious and tech-oriented.



## 10 ways not to get bored

What comes to your mind first when you think of boredom? Of course – what to do.

Thanks to boredom, people can learn how to be patient in waiting for something interesting. Secondly, they can develop their imagination to spend time in the most exciting way.

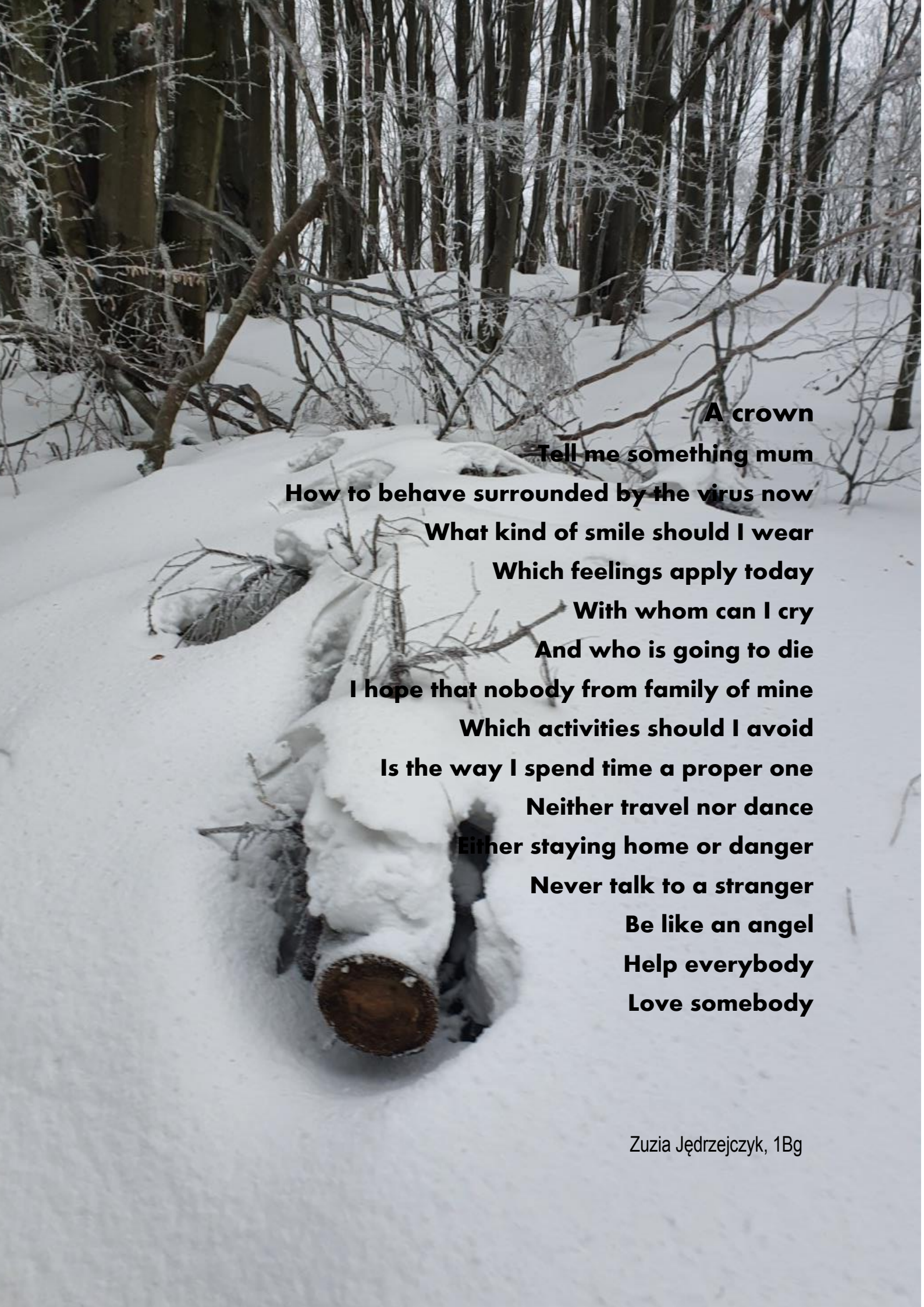
**There are some tips on what to do to be relaxed:**

- 1) go outside, fresh air is very healthy for our body especially at this time of the year, during the walk you can take a picture
- 2) clean the room, there is never time for that because we are tired every day, throw away useless clothes or give them to the homeless
- 3) relax and read the book or watch your favourite film with your family
- 4) learn how to play a new instrument and then show off your friends what skills you have got
- 5) take a nap, this free time is for you to rest and finally sleep away all the sleepless nights
- 6) bake a cake or cupcakes, seeing sweetness by yourself will make your day better
- 7) spend time with animals, they are bored too,
- 8) start learning a new foreign language, when you go on holiday abroad, you won't need a translator
- 9) paint or draw, maybe this is your secret talent
- 10) put on your face mask, spa at home is the best idea, when there is time for that if not now?



I hope I've helped you or you've got inspired by any of my ways that I usually use when I'm bored.

Weronika Rudek le

A photograph of a winter forest. The ground is covered in a thick layer of snow. In the foreground, a large, dark, hollowed-out log lies horizontally, partially buried in the snow. Several bare, snow-laden branches are scattered around the log and in the background. Tall, thin tree trunks stand in the distance, their branches also covered in snow. The overall atmosphere is quiet and cold.

**A crown  
Tell me something mum  
How to behave surrounded by the virus now  
What kind of smile should I wear  
Which feelings apply today  
With whom can I cry  
And who is going to die  
I hope that nobody from family of mine  
Which activities should I avoid  
Is the way I spend time a proper one  
Neither travel nor dance  
Either staying home or danger  
Never talk to a stranger  
Be like an angel  
Help everybody  
Love somebody**

Zuzia Jędrzejczyk, 1Bg



# STAY AT HOME!

Keep calm and healthy

See you soon!

