



COVID Glossary (Testing and Vaccines)

Antibody - When you are ill, your body makes antibodies to fight the virus. These antibodies stay in your blood for a while. If you have COVID-19 antibodies, you have had COVID-19.

Antibody test - A test to see if you have COVID-19 antibodies in your blood.

Asymptomatic - Having the illness but not showing symptoms. Because people who are asymptomatic can still spread COVID-19, it is important to be careful at all times.

Contact Tracing - Identifying people who have been in direct contact with a person who tested positive for COVID-19. This helps find new cases quickly. People who have been in direct contact with a person with COVID-19 should self-isolate for 14 days if possible.

Coronavirus/COVID-19 - A coronavirus is a kind of virus. The common cold is also a coronavirus. COVID-19 is a coronavirus that started in 2019.

Droplet - A tiny moist particle. When you cough or sneeze, you can spread droplets. If someone with COVID-19 coughs or sneezes, the droplets can give other people COVID-19.

Epidemic - A large number of cases of a disease in a large area.

Flattening the Curve - Keeping too many people from getting sick at the same time. If too many people get sick at the same time, it is very hard to care for them all.

Hand Hygiene - Wash your hands often with soap and hot water for 20 seconds. Alcohol-based hand sanitizers also help to prevent infection.

High Risk - More likely to get COVID-19 or to have worse symptoms.

Incubation Period - The time between being infected and showing symptoms. You are also more likely to have a false negative on a COVID-19 test during this time. This period is about four days.

Outbreak - A large number of cases of a disease in a small area.

Pandemic - A disease that has spread all over the world.



Quarantine - If you have been exposed to someone who has COVID-19, you should stay home for 14 days and avoid being around other people.

SARS-CoV-2 - The name scientists use for COVID-19.

Self-Monitoring - Watching yourself for symptoms. Take your temperature, watch for other symptoms of COVID-19, and contact your doctor if you are concerned.

Self-Isolation - A person who has COVID-19 should avoid contact with people who are healthy. If a person with COVID-19 lives with people who are healthy, that person should stay away from the others.

Self-Treatment - Not all people who have COVID-19 need to go to a hospital. If your symptoms are mild, you can stay home and care for yourself.

Social Distancing - Staying at least 6 feet away from others. This makes it harder for people to spread COVID-19.

Symptoms - Signs that you have an illness. Symptoms of COVID-19 include fever, cough and shortness of breath.

Testing - Your doctor can do a test to see if you have COVID-19. Not everyone needs a test. Call your doctor if you are not sure.

Trial - When researchers study how a test or treatment works with a large group of people. Trials make sure the test or treatment is safe. Trials are also called Clinical Trials.

Vaccine - A kind of medicine that prevents disease. The COVID-19 vaccine teaches your body how to fight the virus.

Ventilator - A machine used to pump air into your lungs if you can't breathe on your own.

Viral load - How much of a virus you are exposed to. A small viral load has a small amount of the virus. If you are exposed to a small viral load, you might not get sick, or only get mildly sick. If you are exposed to a large viral load, you are more likely to get sick and have severe symptoms.



COVID Materials, 2021

Viral shedding - A virus being released from a person who is sick. The virus can make other people sick. Viral shedding for COVID-19 usually comes from airborne droplets, especially coughs and sneezes.

Virus - A kind of germ that gets into your body and can make you sick.

<https://www.georgetown.edu/coronavirus/glossary-of-terms/>

<https://www.webmd.com/lung/coronavirus-glossary#1>