



# 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 to keep you safe.

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

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

**Booster** - An extra dose of a vaccine. A booster is given after a certain length of time so your body will keep building immunities.

**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.

**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.

**Delta** - A variant of COVID-19. It is more contagious than the original COVID-19 virus. It can also cause more severe symptoms.

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

**Endemic** - The expected level of disease in any community.

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

**Flattening the Curve** - Keeping 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** - Keeping your hands clean. You should 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 more likely to have a false negative on a COVID-19 test during this time.



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**Omicron** - A variant of COVID-19. It is very easy to catch. People who have been vaccinated tend to have very mild symptoms. People who have not been vaccinated tend to have severe symptoms.

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

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

**Quarantine** - Staying home and avoiding other people. Do this if you are not fully vaccinated and have been in close contact with someone who has COVID-19.

**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 other people, 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 COVID-19 to spread.

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

**Testing** - A way of checking 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.

**Variant** - Something that is different from a normal type. COVID variants are viruses that have changed slightly from the original COVID-19 virus.



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**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.

**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>