



## How to Be Clear During COVID-19: Part 2

As we learn more about the coronavirus, new words continue to enter our vocabulary. Our first COVID-19 flyer on [How to Be Clear During COVID-19](#) covered 20+ terms. Now it is time for Part 2.

### PHRASES RELATED TO THE “NEW NORMAL”

| TERM   | EXPLANATION   | EXAMPLE  |
|--|---|--|
|  <p>Contact Tracing</p>                     | The process of identifying and informing people who have come into contact with a person who has COVID-19.                  | Contact tracers can help stop the spread of the coronavirus. They let people know if they’ve been around someone with COVID-19.  |
|  <p>Face Covering</p>                     | Secured material (including cloth masks, bandanas or scarves) that covers a persons nose and mouth .                        | The CDC recommends people wear a face covering in place where it’s difficult to keep 6ft of distance between others (about the length of a bicycle). You can use a cloth mask, bandana or scarf. |
|  <p>Quarantine bubble or “Quaranteam”</p> | A group of individuals or families who have been safely quarantining and decide to exclusively spend time with one another. | Quarantine bubbles are groups of people who socialize only with each other to create support and connections.  |

### MEDICAL TERMS

| TERM  | EXPLANATION   | EXAMPLE   |
|---|---|---|
|  <p>Antiviral medication or drug</p> | A type of medicine that may stop a virus from multiplying in the body.  | Doctors are studying how well antiviral drugs work on very ill patients. These drugs may help stop virus from growing in the body and making patients even sicker.                                  |
|  <p>Clinical trial</p>               | A carefully conducted research program where new drugs or treatments are tested for safety and effectiveness. | Researchers are leading clinical trials to study how different medications treat COVID-19. People can participate in these studies, where they receive the new treatment under the care of doctors. |

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|  <p>Emergency use</p> | <p>The ability of doctors to use not-yet-approved drugs in serious cases where no standard treatment is available.</p> | <p>The Food and Drug Administration (FDA) has given an emergency use label to certain drugs for COVID-19. These drugs have not received FDA approval. But this label allows doctors to use them to treat very sick patients, since there is no regular treatment.</p>  |
|  <p>Excess deaths</p> | <p>The number of deaths beyond what would typically be expected for that time period.</p>                              | <p>Scientists need to know how many people died during a pandemic because of the virus or from other reasons. They use the term excess deaths to describe these numbers. Excess deaths are the number of people who died during a specific time period, compared with the number who died during that same period in the past years.</p> |
|  <p>Herd immunity</p> | <p>When a large part of the population is protected from a specific disease.</p>                                       | <p>Scientists believe that herd immunity may happen when 60 to 80% of people have recovered from the coronavirus or when there is a vaccine. At that point, enough people will be protected from the virus. Then COVID-19 shouldn't spread as quickly.</p>   |

### VOCABULARY ABOUT TESTING

| TERM  | EXPLANATION   | EXAMPLE  |
|---|---|--|
|  <p>Antibodies</p>   | <p>Proteins the body produces to fight off infection after being exposed to a virus.</p>  | <p>Scientists are studying coronavirus antibodies, chemicals the body produces after COVID-19. Antibodies may protect people from catching the virus again.</p>                      |
|  <p>Antibody test</p>  | <p>A blood test that determines if a person has been exposed to COVID-19.</p>   | <p>Antibody tests are helping researchers understand the coronavirus, how it spreads and if you can get it again. These blood tests show if a person had COVID-19.</p>               |
|  <p>COVID-19 viral test, often just called a "COVID-19 test"</p> | <p>A test that uses samples from a person's respiratory system, such as mucus or saliva, to check if they are currently infected with COVID-19.</p> | <p>To perform a COVID-19 viral test, a healthcare worker uses a cotton swab to collect mucus or saliva. If the test result is positive, it means you currently have coronavirus.</p> |
|  <p>Rapid/Point-of-Care Test</p>                                 | <p>A COVID-19 test, in which a person can get the results at the testing site, often in less than an hour.</p>                                      | <p>With rapid point-of-care tests, a person gets COVID-19 results within the hour.</p>   |
|  <p>Self-swab test</p>   | <p>A COVID-19 test where a person inserts a cotton swab into their nose (instead of a healthcare worker doing it).</p>                              | <p>Some pharmacies may begin to offer self-swab COVID-19 tests. You can perform your own test at the drugstore, by inserting a cotton swab into your nose.</p>                       |