CPOI
Comissão Permanente
de Publicações Oficiais
e Institucionais da UFSCar

LET'S SPEAK
CORONA ENGLISH!
English Booklet to talk about Covid-19

English

Symptoms:
• Cough
• Runny nose
• Loss of smell or taste
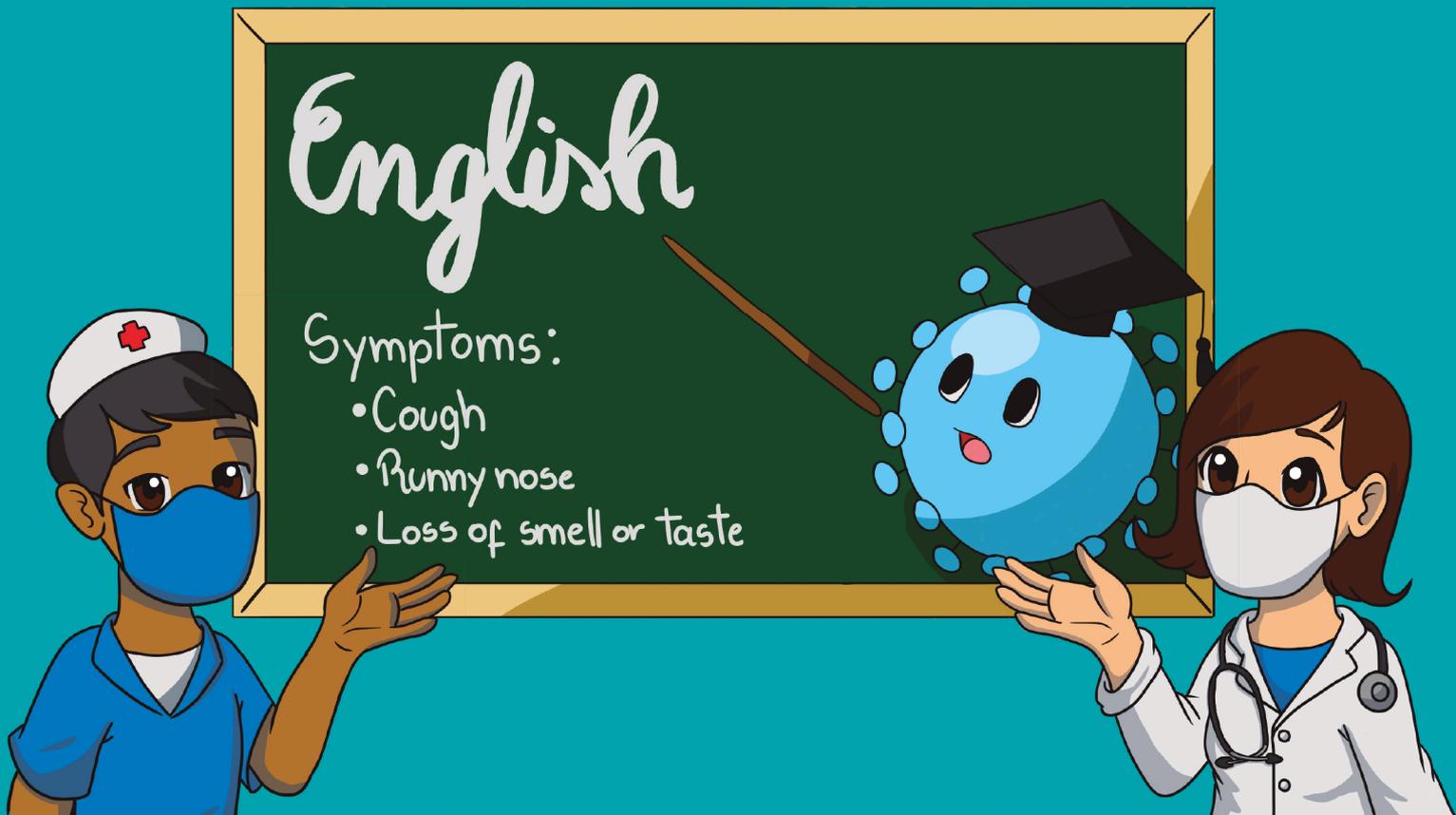
Ilka de Oliveira Mota

Tiago Santi

Anna Paula Quadros Soares

Bárbara Bortotti Almeida

Isabelle Santos Vieira

Letícia Gonçalves Ribeiro

Reviewed by Danilo García Bernal

With instrumental questions for understanding and practice!

ufSCar

CCN
Centro de Ciências
da Natureza UFSCar

Buri
2020

CPOI
Comissão Permanente
de Publicações Oficiais
e Institucionais da UFSCar

ufscar

Reitora
Wanda Aparecida Machado Hoffmann

Vice-Reitor
Walter Libardi

ACKNOWLEDGMENTS

CONTENTS

PRESENTATION

There is no doubt that coronavirus is affecting all of us who live in society. Anywhere in the world it has been the main topic in everyday conversations as well as in studies and researches in recent times. It has had an impact on communities, businesses, financial markets, the global economy, and many other segments.

Among several sectors in society, there is one that takes our attention in a special way: communication. Television, radio, magazines, internet, all of those media have been focused on a unique theme: the Covid-19 and its consequences in people's lives. On Facebook, WhatsApp, Instagram, and other social networks, coronavirus is the center of the debate. Thinking on this, we had the idea of writing a booklet especially for all the Federal University of São Carlos community.

Since we are not medical professionals, our aim is not to prescribe any advice. The aim of this booklet is to bring the most useful and used vocabulary and expressions related to Covid-19. In other words, the idea of this project is to give the readers linguistic support for understanding and knowing how to talk about this topic. In short, we are going to highlight the most important vocabulary and expressions that you will need to understand and use in conversations about coronavirus.

We are going to focus on how to talk properly about coronavirus, especially if you need to have conversations with your family members, friends, coworkers, or even medical professionals if you find yourself needing it.

In regard to the methodological framework adopted, we researched official sites such as World Health Organization (hereinafter: WHO), for instance, as well as videos on the Covid-19 in the English language from reliable sources, apart from some grammar books in that same language. We collected key terms and expressions, separated them in subtopics, as they are registered in the Contents section,

and finally, we created some sentences to exemplify and contextualize the possible and current linguistic uses around the subject. Strictly speaking, besides the terms (verbs, nouns, expressions), we will present some sentences to exemplify the linguistic uses properly.

To clarify, the proper names mentioned in sentences are fictitious, that is, the names are not related to real people.

Finally, the present publication was written not only to Letras students but also to all those people who are interested in the Covid-19 topic in the English language.

This booklet was carried out with commitment and dedication. We all hope you appreciate it so that it can be useful in your daily conversations around such an urgent issue.

The authors

Buri City (SP), in August 2020.

Let's study some vocabularies and expressions to talk about Covid-19! Enjoy it!

HOW CAN WE SAY A PERSON HAS COVID-19?

Covid-19 is the name of a disease caused by a new strain of coronavirus. **"Co"** stands for **corona**, **"vi"** for **virus**, and **"d"** for **disease**. Formerly, this disease was referred to "2019 novel coronavirus" or "2019-nCoV."

Informal way:

- The President has Covid-19.
- Fortunately, I don't have Covid-19.
- Inconsolably, João has coronavirus.
- Roberto doesn't have coronavirus.
- Unfortunately, Patrícia has the coronavirus. She needs to self-quarantine.
- Sadly, a 50 year-old man has died from Covid-19.
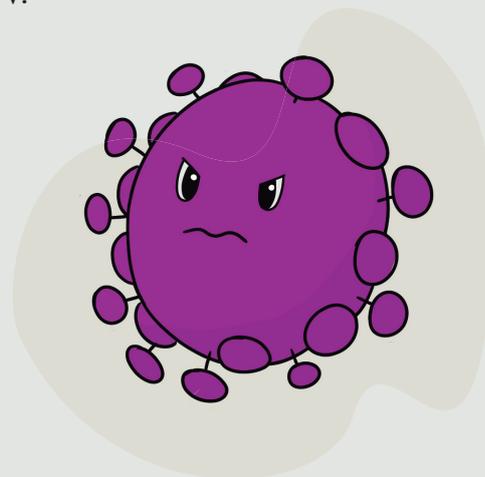
Formal way:

- They **tested** positive for the coronavirus.
- The students **tested** negative for the coronavirus.
- Our work team **tested** negative for Covid-19.
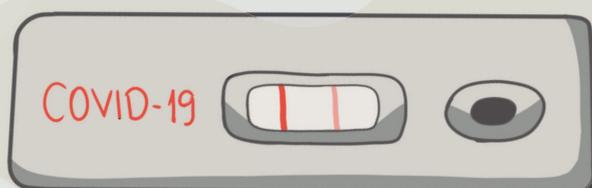
CORONAVIRUS SYMPTOMS

Covid-19 affects different people in different ways, that is, there is a range of symptoms, and death can occur. Most infected people can develop mild to moderate illness. Some of the symptoms follow bellow:

COLD
João Pedro has a cold.

COUGH
Luiz has a cough.

FEVER
Marcela has a fever.
Vitor is running a temperature.
I had a fever of 104 degrees.

RUNNY NOSE
Henrique is sneezing.
Bruno has a runny nose.

HEADACHE
Adilson has a strong headache.

BODY ACHE (ACHES AND PAINS)
Her body hurts.
Tiago's chest is aching.
Kelly is complaining of chest pain.

FATIGUE / TIREDNESS
Fernanda is very tired.
That symptom of fatigue can be Covid-19
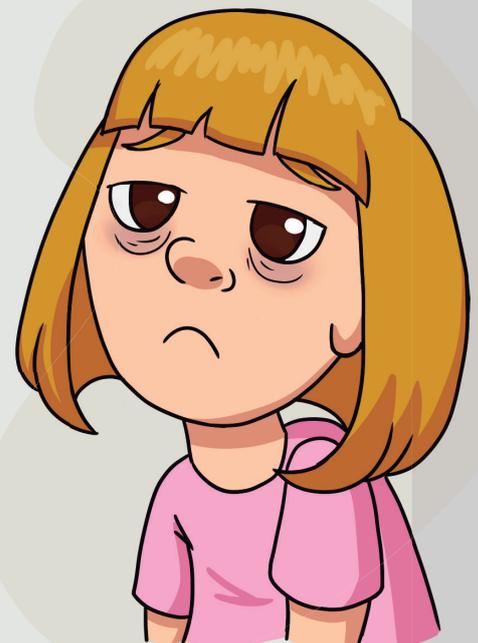
BREATHING DIFFICULTIES

Ana has **difficulty breathing**. It is urgent that she gets tested for Covid-19.

LOSS OF SMELL OR TASTE

Loss of smell might be diminishing people's perception of flavors.
Loss of smell was a presenting symptom in 30% confirmed cases in South Korea.
Several people who were diagnosed with the coronavirus revealed they experienced **loss of taste** and **smell** as a result.

SORE THROAT

Marcela has a **sore throat**. She needs to visit her doctor.

PNEUMONIA

Shirley was diagnosed with **pneumonia**. She reported to her doctor signs like:

- Heavy sweating
- Rapid heartbeat
- Dizziness
- Shortness of breath or breathlessness
- Rapid breathing

If you feel one of those symptoms you should visit your doctor.

IF YOU WERE
TESTED POSITIVE FOR COVID-19

Stay home for 14 days

Patrícia had to self-quarantine to not spread coronavirus.

Separate yourself from people

After being tested positive, Paty stayed in a separate room and used a separate bathroom to not spread coronavirus.

Practice proper hand hygiene

In order to prevent the spread of the virus, Paty started washing her hands after blowing her nose, sneezing, and coughing. In addition, she avoided touching her face.

Don't share your stuff

Paty avoided sharing some items with people and animals in her home:

- Dishes, drinking glasses and utensils
- Bedding
- Towels

Monitor symptoms

Paty had the following precautions, such as:

- Wear a face mask
- Take the temperature to check for a fever
- Covering her nose and mouth when coughing and sneezing and immediately washing her hands afterwards
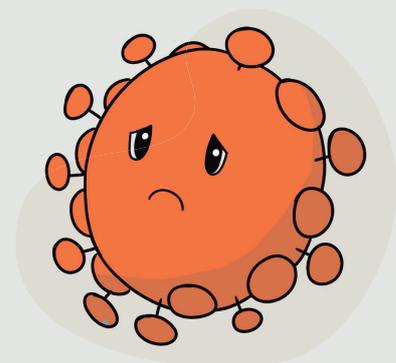
Useful nouns
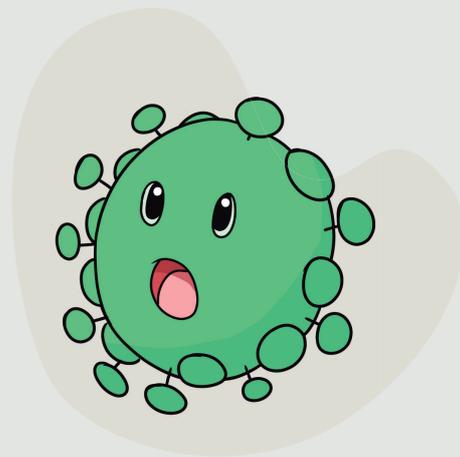
- ■ **Outbreak**

  There was an **outbreak** in Wuhan, China.

- ■ **Epidemic**

  When the **outbreak** spread, it became an **epidemic**.

- ■ **Pandemic**

  The WHO* declared Covid-19 as a **pandemic**.

- ■ **Transmission**

  They wanted to limit the **transmission** of the virus.

- ■ **Isolation**

  People who have the coronavirus must be in **isolation**.

- ■ **Quarantine**

  People who have the virus are asked to be in **quarantine**.

- ■ **Lockdown**

  São Paulo is under/on/in **lockdown**.

- ■ **Epicenter**

  Wuhan became the **epicenter** of the outbreak in China and was locked down for months.

Useful verbs

- **to declare a pandemic**
  The new coronavirus **has been declared** a global emergency by the World Health Organization.

- **to ban large gatherings or flights**
  The USA **has banned** flights from Brazil to control coronavirus.

- **to restrict travel**
  The European Union **has restricted** travels to many countries.

- **to stock up**
  People **have been stocking up** on groceries amid coronavirus concerns.

- **to hoard goods** (it is used in a negative way)
 Health officials continue to warn people not to **hoard** products.

- **to shut non-essential businesses**
  The government requires **to shutdown non-essential businesses** to contain coronavirus transmission.

- **to cancel** (school and university classes, conferences, etc.)
  Classes in school and universities **were canceled** all around the world to avoid gathering.
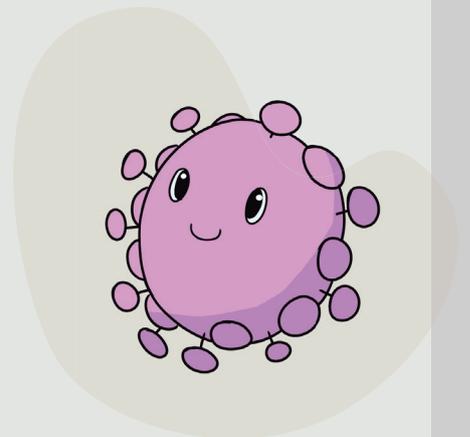
- **to postpone events** (i.e., Olympics)

  The Tokyo Olympics **have been postponed** until 2021 by the International Olympic Committee.

- **to control the spread**

  Measures were taken **to control the spread** of the virus.

- **to contain the transmission**

  It is important to stay home **to contain the transmission** of coronavirus.

- **to develop symptoms**

  On average, it takes 5 - 6 days **to develop the symptoms** of coronavirus.

- **to test patients**

  Thousands of patients **are tested** daily for the new coronavirus.

- **to hunker down at home**

  People in quarantine need **to hunker down** at home.

- **to flatten the curve**

  Countries around the world are working **to flatten the curve** of the coronavirus pandemic.

- **To slow down the spread of the virus**

  It is important **to slow down** the spread of the illness in order to reduce overwhelming our health systems.
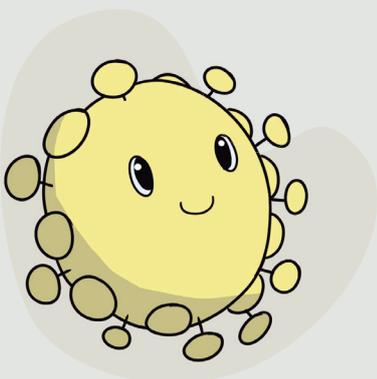
Useful adjectives

Some adjectives are being used very often in the context of this pandemic:

- ## Contagious
  As the virus is **contagious**, it is important to follow all the protocols for the prevention and treatment of coronavirus disease 2019 (Covid-19).

- ## Confirmed
  Maria tested positive. It is a **confirmed** case.

- ## Symptomatic
  Those people who show signs of illness are **symptomatic**.

- ## Asymptomatic
  People who don't show signs of illness are **asymptomatic**.

- ## Mandatory
  It is **mandatory** for him to be in isolation.

- ## Unprecedented
  All of these last events are **unprecedented**.

- ## Voluntary
  It is **voluntary** to work from home.

- ## Fatal
  Covid-19 can be **fatal**, that is, it can kill people.
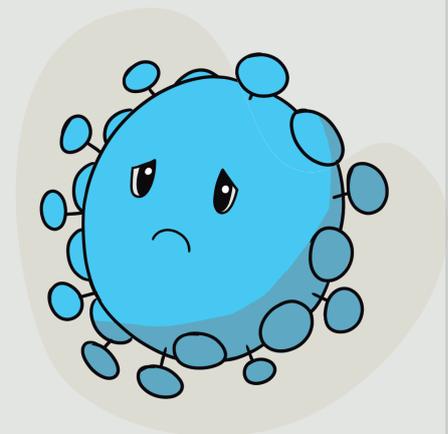
Recommendations
IMPERATIVE FORM

There are some basic recommendations that everyone should follow in order to protect herself/himself against the coronavirus. Some of them can be seen bellow:

- **Maintain social distancing (supermarkets, banks, stores)**
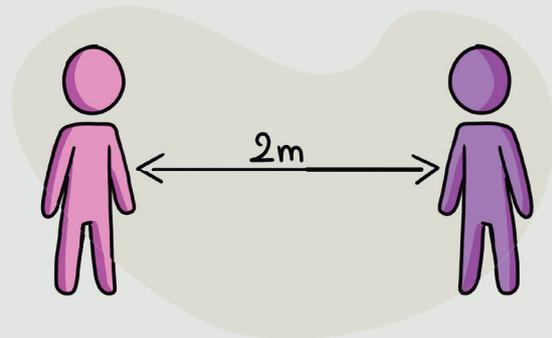
- **Wash hands frequently with soap**
- **Use hand sanitizer if you don't have soap**

- **Cough/sneeze into a tissue or your flexed elbow**

- **Work from home**

- **Do not visit vulnerable people, such as:**

    a) elderly people
    b) unwell
    c) weak

Recommendations AVOID

- Avoid contact with sick people

- Avoid public transportation

- Avoid shaking hands and hugs

- Avoid touching face, nose, eyes, and mouth

- Avoid touching loved ones

- Avoid kissing people on the cheek

- Avoid getting close to people

- Avoid travelling

- Avoid visiting friends and family members

15
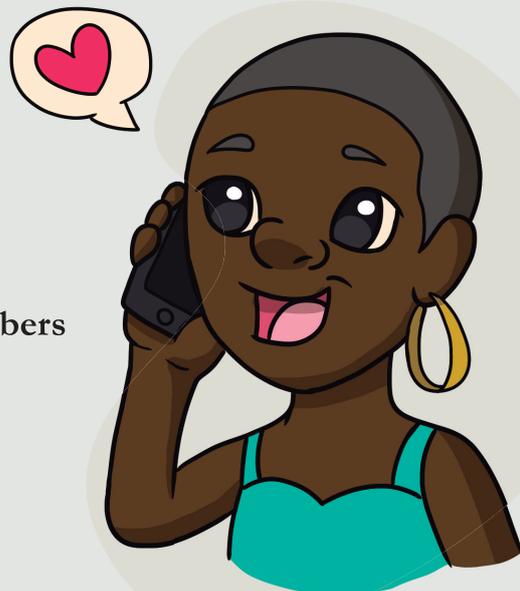
Social distancing - DON'T

DON'T

- Get close to others (stay 2 meters away from other people).
- Touch food when going to supermarkets.
- Visit loved ones.
- Invite others home.
- Go out socially (clubs, restaurants, snack bars, parties, face-to-face meetings, etc.).
- Go to the hospital unnecessarily.

Social distancing - DO

DO

- Stay home except to get medical care.
- Work from home (home office).
- Keep in touch (use phone, webcam, cell phone).
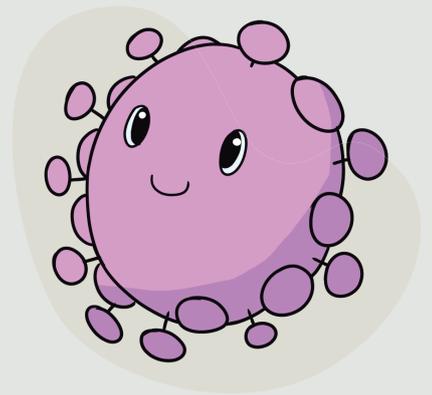
Social distancing - AVOID + NOUNS

AVOID

- Large groups/crowds
- Public transportation (buses, trains, taxis or ride-sharing)
- Handshakes
- Hugs
- Kisses

Social distancing
WHY?

Undoubtedly, social distancing is extremely important due to lots of reasons:

- To reduce chances of catching the virus.

- To reduce chances of passing it to others.

- To preserve loved ones' health.

- To collaborate in the reduction of the coronavirus.

- To flatten the curve of the virus.

> **Social distance is the best way that we have for now to protect ourselves from the new coronavirus, that's why is very important that we stay home if it's possible.**

While going out

- wear a face mask.
- keep 2 meters of distance from others.
- limit time spent in crowed places.
- if possible, carry gel sanitizer with you.
- avoid touching your eyes, nose, and mouth.
- cough or sneeze into your flexed elbow to protect yourself.
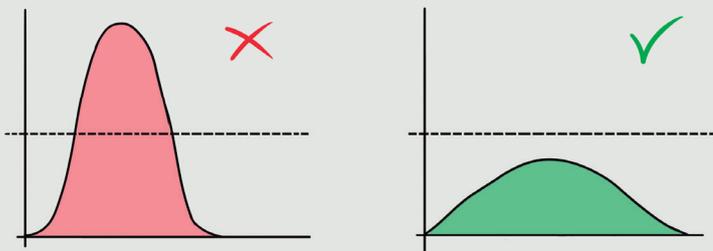
After coming back home

- wash your hands by rubbing them together with soap for at least 30 seconds.
- when you take your mask off, do not touch the front of the mask, use the ears loops or ties to hold it.
- clean your shopping bags and products before use.
- clean and disinfect frequently touched objects and surfaces.
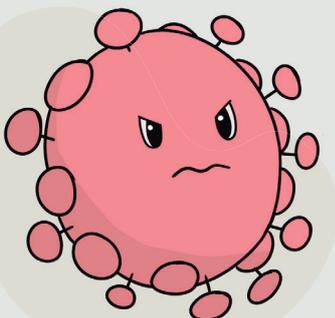
Who is at risk for coronavirus?

- If you have diabetes
- If you are overweight
- If you have asthma
- If you suffer from liver, heart or lung disease, or hypertension
- If you are 60 years and older
- If you are pregnant
- If you have cancer
- If you are a smoker
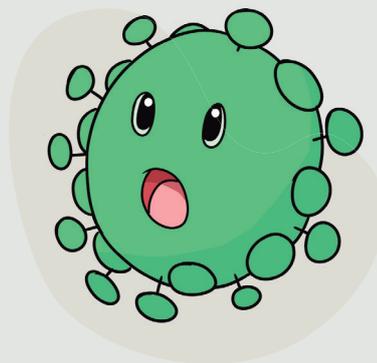
YOU ARE IN A RISK GROUP!

If you are at higher risk of Covid-19

- Follow the advice of your healthcare provider!
- Seek medical care immediately!

When to seek emergency medical attention?

If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- High fever
- Persistent pain or pressure in the chest
- Inability to wake up or stay awake

What may you hear or say?

In this time of pandemic, it is common to hear the following linguistic terms in casual conversations:

- These are unpredictable times.
- I am concerned about my health/family/job/finances.
- I am concerned about the economy/world/future.
- I hope this situation improves soon.
- I hope and pray that everything will be alright.
- Let us root for better days!
- The world will never be the same after this coronavirus.
- I wish there will be a coronavirus vaccine soon.
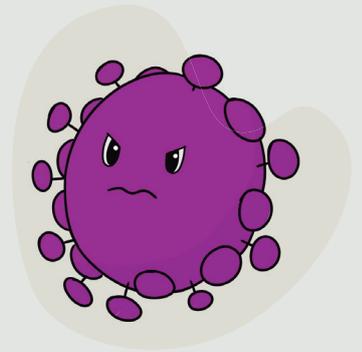
What can we do?

After the start of Covid-19 pandemic, many people started feeling badly, desperate, lost, and depressed. Based on those insecure feelings, some ideas of how we can face them started circulating in daily conversations either in person or online, such as:

- Stay calm.
- Stay positive.
- Follow the advice of experts and local authorities.
- Make the most of your time.
- Take care of yourself, family, friends, etc.
- Meditate, read a book, watch videos, listen to music and watch movies.
- Do exercises constantly.
- Have a healthy alimentation.
- If you can, take vitamins such as vitamin D and C. If your house has a garden, it's a good idea to spend a few minutes under the sun.
- Keep in touch with friends and family by online platforms.
- Avoid watching only news about corona, once or twice a day of updating is enough. Your life is more than corona!
- Be kind to each other.

The consequences of the Covid-19 pandemic

It is unquestionable that the Covid-19 pandemic has brought many crucial changes worldwide and, in some cases, dramatical and unavoidable consequences. Some of them follow below:

- Mass unemployment
- Poorness — inequalities worldwide, mainly in those in underdeveloped countries
- Huge drops in shoppers
- The rise of pharmaceutical companies
- Distancing learning programs, such as remote classes
- Home office
- Health protocols to be adopted by bars, restaurants, schools, and other places
- Unstable mental health
- Reduction of flights
- Telemedicine
- Global economic recession
- Food insecurity
- Meaningful changes in the way of relationships

Our progress in the fight against the pandemic is being positive with the help from professionals and people all around the world.

And now, with all this information, what about if we test our knowledge?!

And let's not forget to wear face masks, ok?!

Practice and understanding!

1) Read the text bellow and answer the questions.

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes, and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).
At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

In: World Health Organization, 2020.

a) Cognates are words that have a common etymological origin. Emergency, vaccine, protection and virus are all cognate words. Underline at least five of them presented in the text above.

b) Translate the following linguistic terms:
respiratory etiquette: _____ updated information:_____
an alcohol based rub: _____ treatments for COVID-19:_____
an infected person: _____ special treatment: _____

c) What do the following abbreviations mean?
WHO: _____
COVID-19: _____

2) Based on the text above, put T (True) or F (False):

(   ) Older people are more likely to develop serious illness.
(   ) There are no vaccines for COVID-19 yet.
(   ) Serious illness can be developed in those people who have present underlying medical problems.
(   ) Most people infected with the COVID-19 virus can experience mild respiratory illness and recover without requiring special treatment.

3) According to the text, how can the COVID-19 virus be spread?

_____
_____
_____

4) What are the diseases mentioned in the text? List them.

_____
_____
_____

5) Fill out the fields in parentheses so that the sentences make sense.

a) Wash your hands
b) Protect others
c) Clean hands
d) When coughing and sneezing
e) Instead of shaking people's hands
f) Avoid touching eyes, nose, and mouth
g) If you have a fever, cough and difficulty breathing
h) If you feel sick

(   ) from getting sick
(   ) with soap and running water
(   ) cover mouth and nose with flexed elbow or tissue
(   ) with alcohol-based hand hub or soap
(   ) greet them with a wave, a nod or a bow
(   ) seek medical attention
(   ) go home to prevent the spread of germs and remain at home until better
(   ) because hands touch many surfaces and can pick up viruses

6) Fill the blanks with the proper words.

> confirmed – mandatory – asymptomatic
> fatal – symptomatic – unprecedented – voluntary

a) Covid-19 can be _____. Many people can die.

b) It is _____ for her be in isolation.

c) People who don't show signs of illness are _____.

d) Rui tested positive. It is a _____ case.

e) All of these last events are _____.

f) It is _____ to work from home.

g) Those people who show signs of illness are _____.

7) Fill out the parenthesis according to the proper meaning of the words on left.

(a) fatigue

( ) An **X** is the rapid spread of disease to a large number of people in a given population within a short period of time.

(b) symptomatic

( ) **X** is the action or process of transmitting something or the state of being transmitted something.

(c) asymptomatic

( ) in general, **X** is when someone or something is set apart or separated from other persons or things.

(d) quarantine

( ) An **X** is a sudden appearance of something, especially of a disease or something else dangerous or unpleasant:

(e) contagious

( ) A disease that is **X** can be caught by touching people or things that are infected with it.

(f) pandemic

( ) **X** separates and restricts the movement of people who were exposed to a contagious disease to see if they become

(g) transmission

sick.

( ) If something is **X** of something else, especially something

(h) isolation

bad, it is a sign of it.

( ) **X** is a feeling of extreme physical or mental tiredness.

(i) outbreak

( ) If someone with a disease is **X**, it means that they do not show any symptoms of the disease.

TEAM WORK

Ilka de Oliveira Mota

is a Professor of Linguistics at Federal University of São Carlos and the coordinator of this project.

Tiago Santi

is the head of the Social Media Department in the Lagoa do Sino campus of the Federal University of São Carlos.

Bárbara Bortotti de Almeida

is a Conservation Biology student at Federal University of São Carlos.

Isabelle Santos Vieira

is an Administration student at Federal University of São Carlos.

Letícia Gonçalves Ribeiro

is a Conservation Biology student at Federal University of São Carlos.

Anna Paula Quadros Soares

is a Conservation Biology student at Federal University of São Carlos.

REFERENCES

AMOS, E.; PRESCHER, E. T**he new simplified grammar**. 3. ed. São Paulo: Moderna, 2005. 224 p.

FURSTENAU, E. **Novo dicionário de termos técnicos, Português-Inglês**. 18. ed. São Paulo: Globo, 1999. v. 2.

HOUAISS, A. **Dicionário Inglês-Português Antônio Houaiss**. 10. ed. Rio de Janeiro: Record, 1998.

MURPHY, R. **Essencial grammar in use**: a self-study reference and practice book for elementary-level learners of English. 4. ed. Cambridge: Cambridge University Press, 2015. 320 p.

OXFORD advanced learner's dictionary. 7. ed. Oxford: Oxford University Press, 2007.
PINTO, D. et al. **Compreensão inteligente de textos 1**: (Grasping the meaning). Rio de Janeiro: Ao Livro Técnico, 1988. 111 p.

RICHARDS, J. C.; PLATT, J. T. PLATT, H. **Longman dictionary of language teaching and applied linguistics**. Essex: Longman, 1992.

WATKINS, M.; PORTER, T. **Gramática da língua inglesa**. São Paulo: Ática, 2002. 488 p.

WORLD HEALTH ORGANIZATION. **Coronavirus disease (COVID-19) pandemic**. Disponível em: https://www.who.int/emergencies/diseases/novel-coronavirus-2019. Acesso em: jul./ago.