

SUMMER SELF-CARE

Week 10 • August 11, 2020

Viral History

This week's takeaways

1. Historians are researching and learning more about the Black Death, a global pandemic in the Late Medieval Period that spread wider and killed more than previously thought.
2. The 1918 Spanish Flu spread partly due to misinformation about prevention, treatment, and the flu's impact. The American government was not fully prepared for a pandemic and did not respond accordingly.
3. The Spanish Flu was incredibly fatal to young adults. The virus reached even remote parts of the world, including the Alaskan wilderness and islands in the Pacific.
4. In some ways the Spanish Flu and COVID-19 are similar: quarantining, masks, and social distancing help prevent the spread.

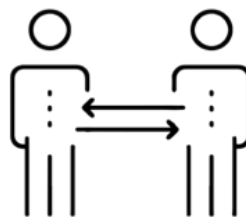
Prevent the spread of COVID-19



Wash your hands



Stay home when possible



Maintain 6-foot distance from others

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

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