Abstract The world is currently living through an unsettling and strange time as it is subjected to the COVID-19 pandemic; a new infectious disease for which, at the time of writing, there is neither vaccine nor cure available. This article discusses the need to promote biology and health literacy from childhood to elderhood to address the challenges related to COVID-19. Such a literacy would imply the achievement of a level of knowledge and development of skills that, when applied, would help in decision-making and enable the individual to take actions that would improve both their personal and public health.