What is CORONAVIRUS?
Germs are tiny dots that are so small we can’t see them. Some germs can make us sick for a little while.
One new kind of germ is called coronavirus, or COVID-19. Most people only get a little bit sick with a fever and cough with coronavirus. Then they get better.
To keep myself healthy, I will wash my hands. People may ask me to wash my hands more than usual.
I will wash my hands after I cough or sneeze, after I blow my nose, after I use the bathroom, and before I eat.
If I can’t wash my hands, I will use hand gel instead.
Germs live in coughs and sneezes. I will cover my mouth with my elbow when I cough or sneeze.
I will use a tissue if I need to pick or blow my nose. Then I will throw away the tissue and wash my hands.
I will try not to touch people outside my family as much as usual. I can wave, instead of giving hugs or high fives.
My school may close to keep everyone healthy. While I am home I will do my school work or other activities. Then my school will reopen.
Other places I like to go when school is closed may also be closed to keep everyone healthy.
I can play outside or go for a walk in my neighborhood. I can have fun at home. When it is safe, I will go back to school.
If I am sick with coronavirus, my family will take care of me. I may go to the doctor. Then I will get better. If someone in my family gets sick, they will see a doctor. I may not see them while they get better.
It is ok if I feel scared, sad, or angry. I will talk to a grown-up about my feelings. They will help me feel better.
There are many grown-ups who are working hard to keep everyone safe and healthy.
I am safe. I have many people who love me and will take care of me.