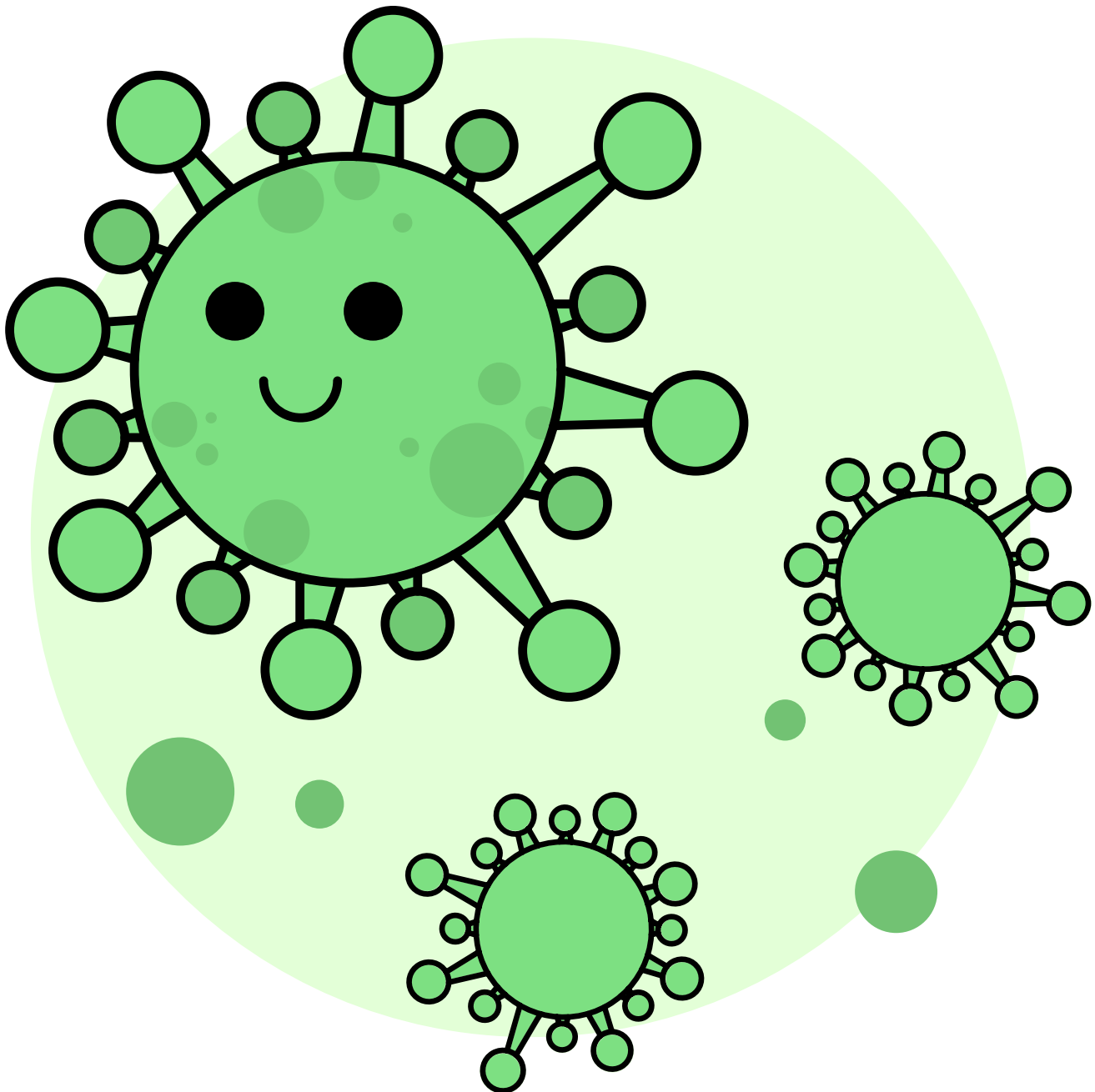


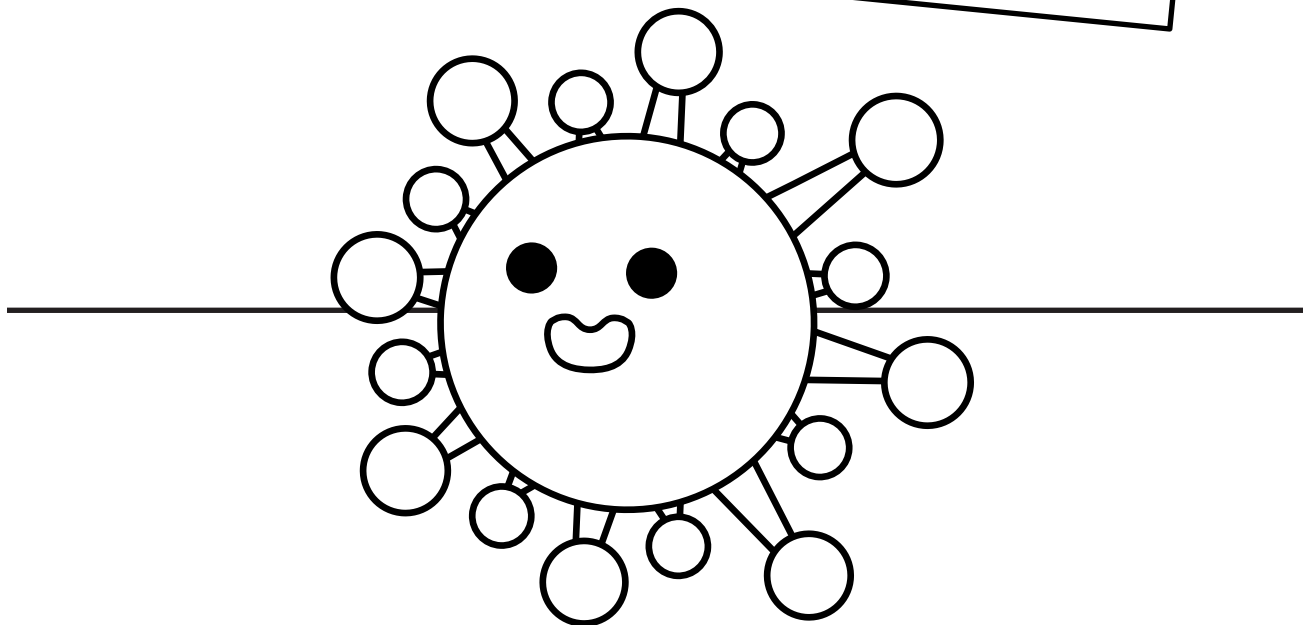
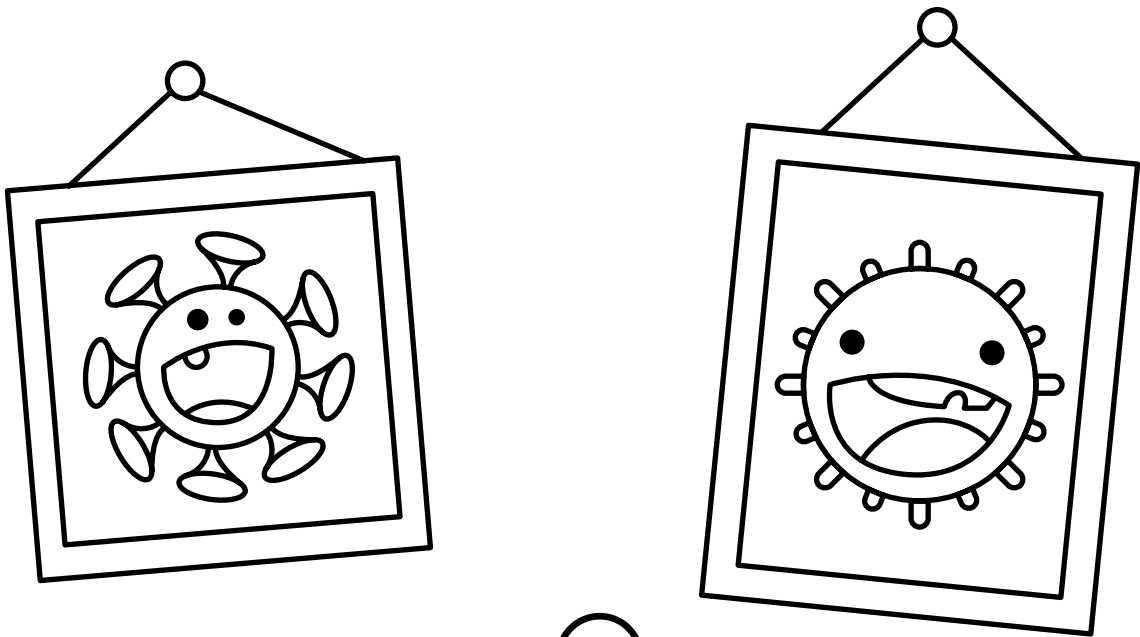
Hello my name is

# CORONAVIRUS

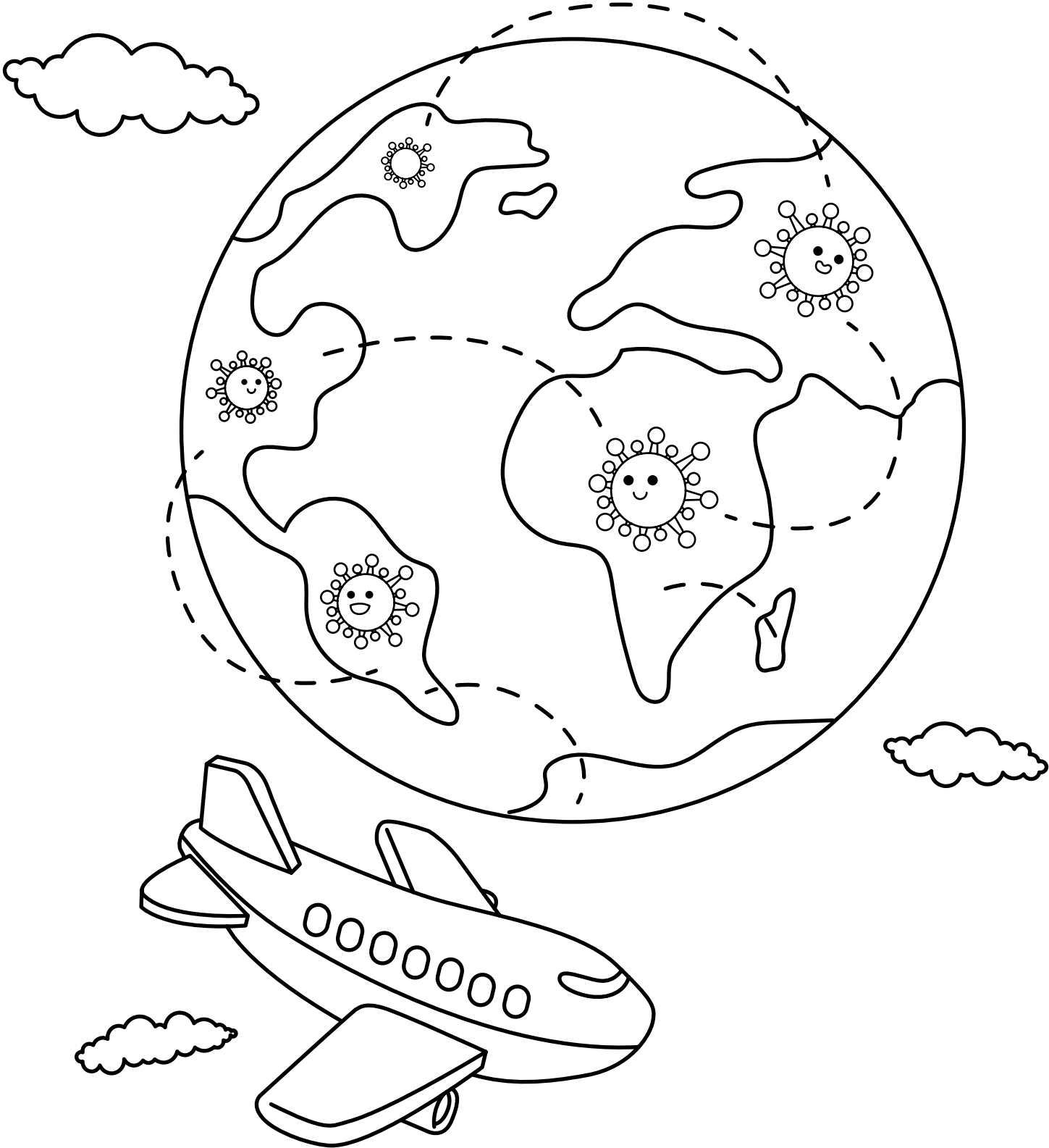


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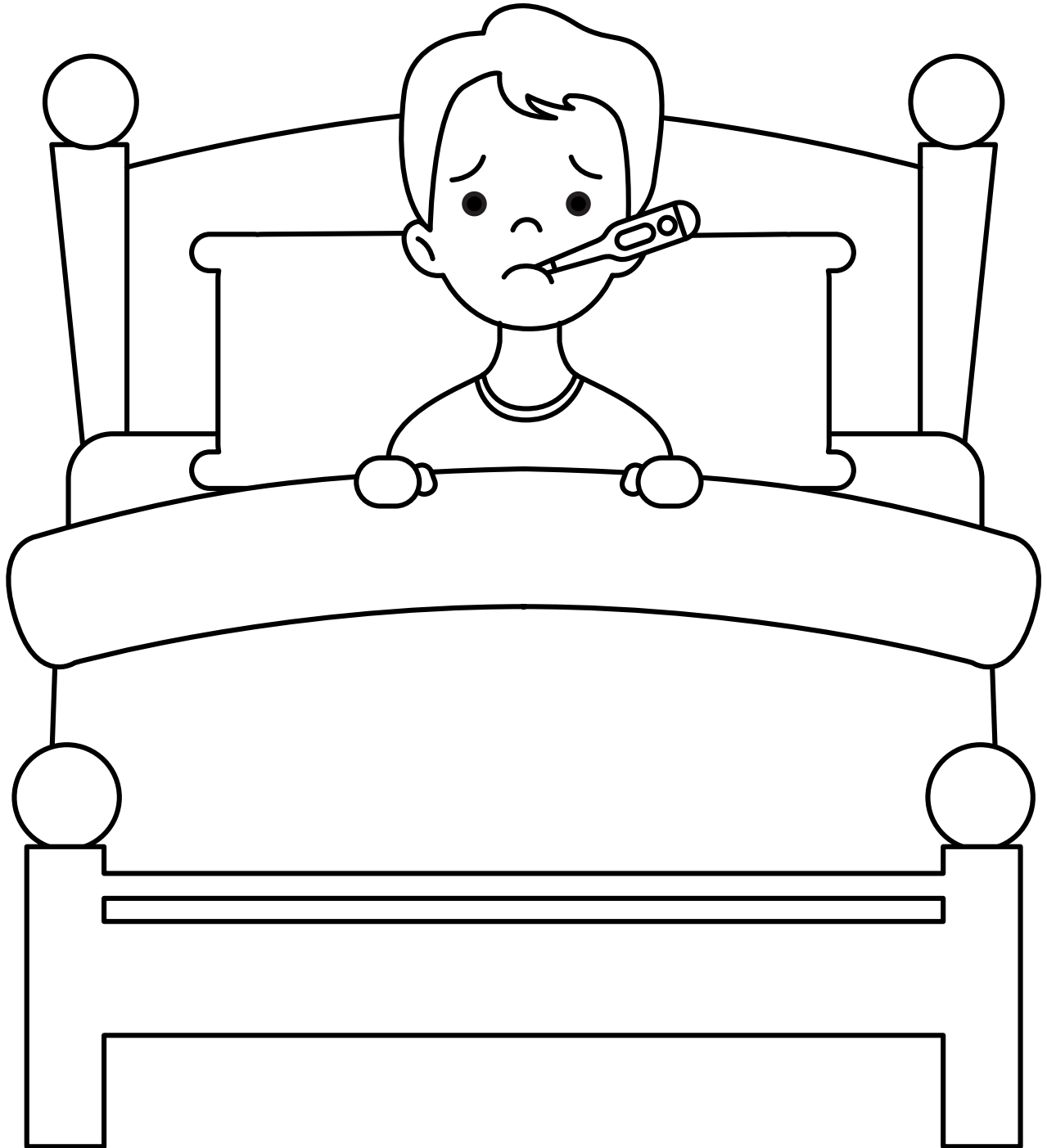
**Most people call me Covid-19.  
I am a germ, also known as a virus.**



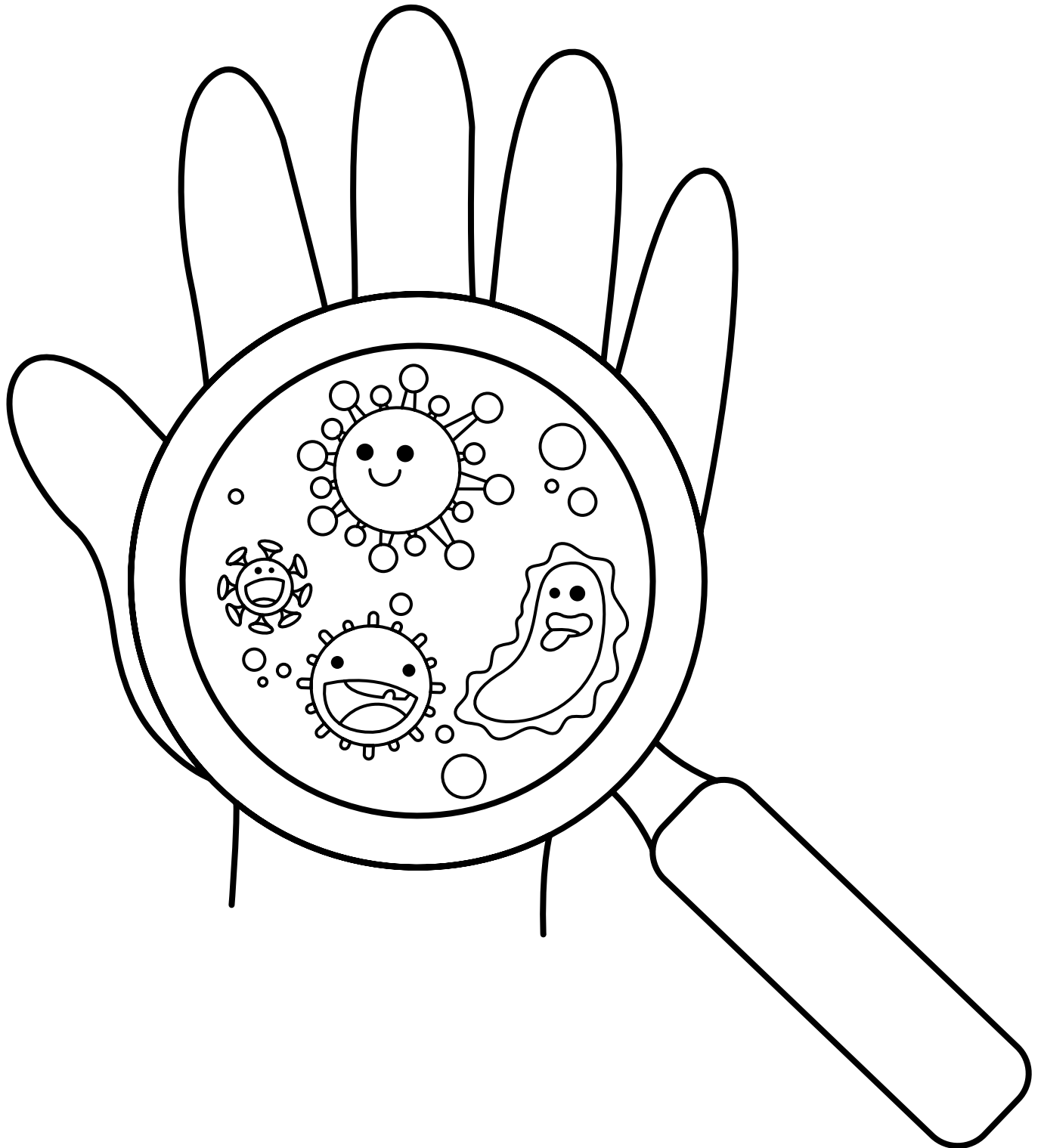
I can make people sick.  
I travel from place to place very quickly.



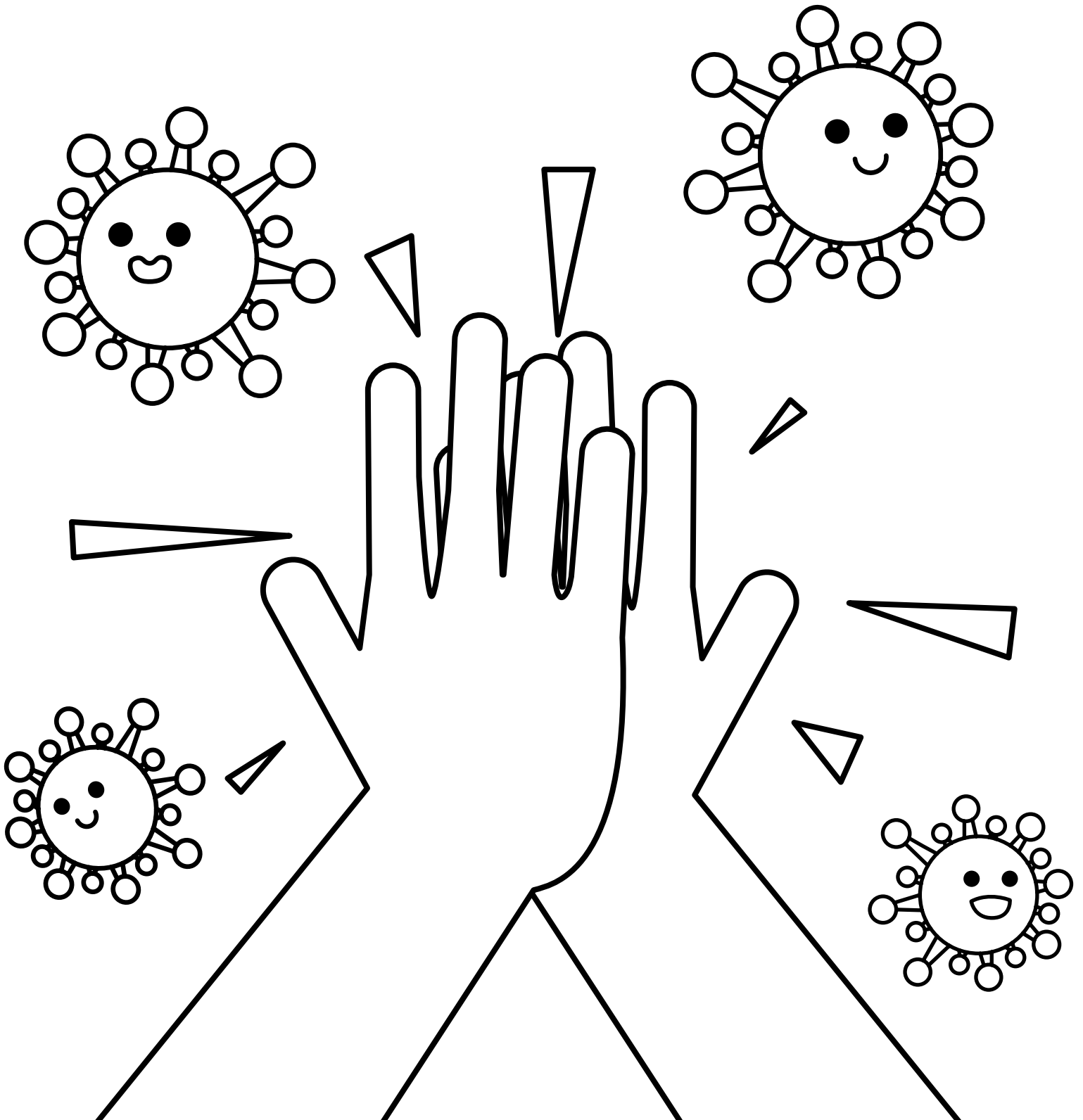
**If you do catch me, I might make you cough. You might also have a fever, which makes your body feel hot. But your family will help you get better.**



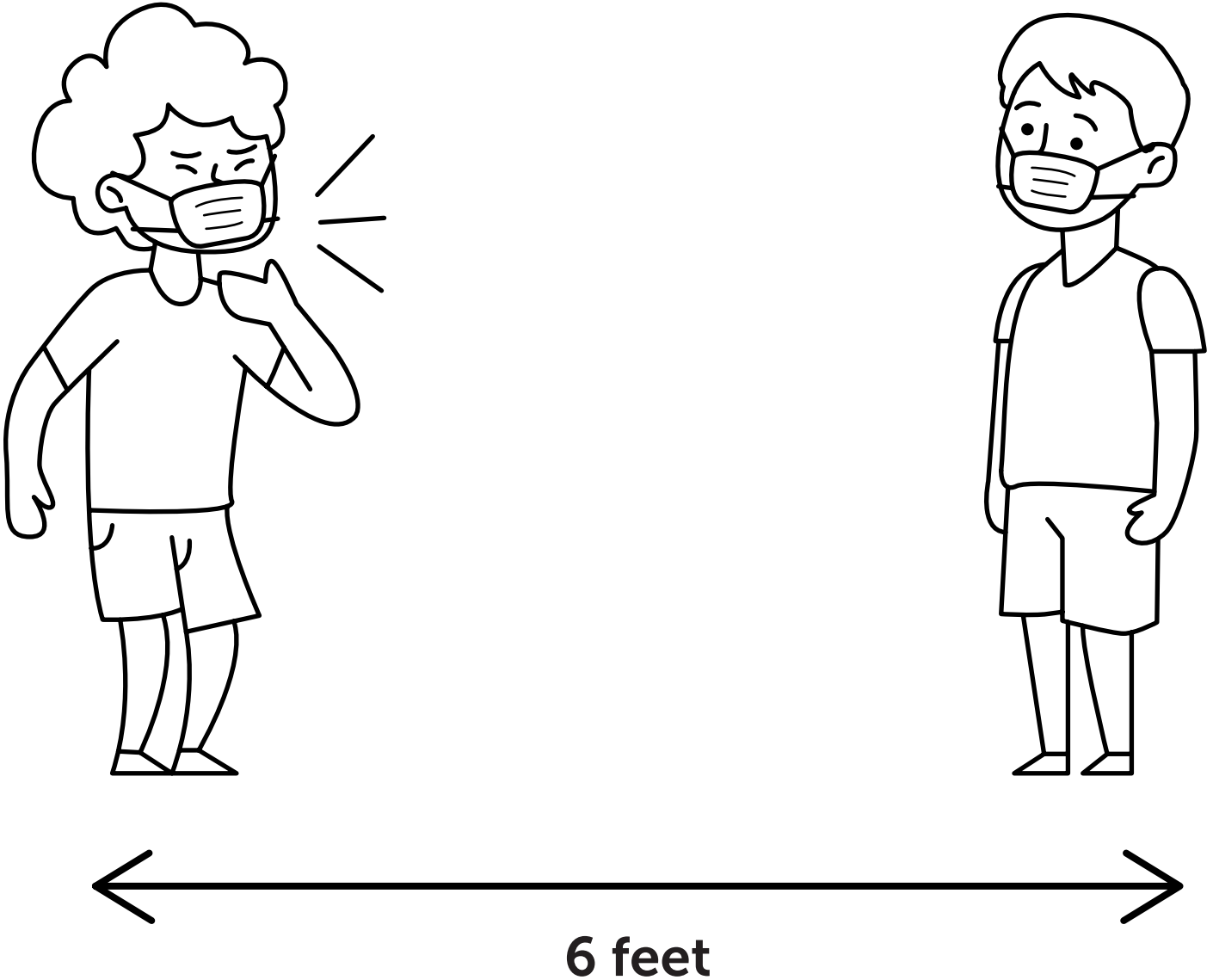
**Try to keep your hands clean and off of your face. This helps keep germs out of your body.**



**Germs pass from one person to another when we cough or sneeze and then share a toy or give a quick high-5.**



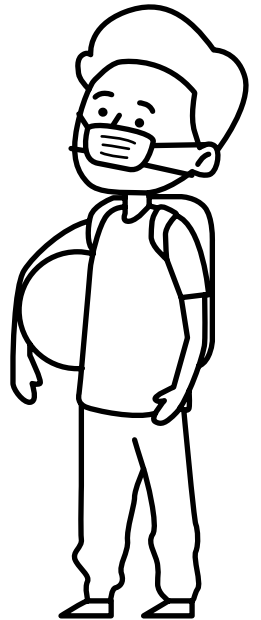
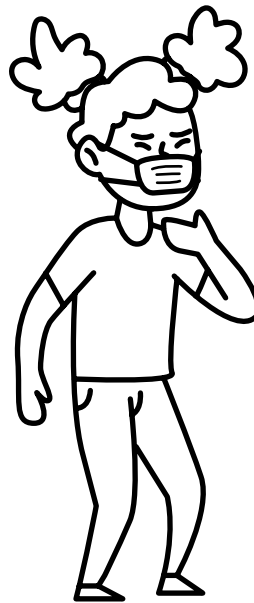
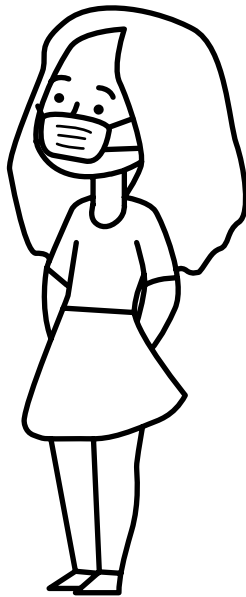
**You may hear grown-ups saying, “practice social distancing.” This means putting space between you and others.**



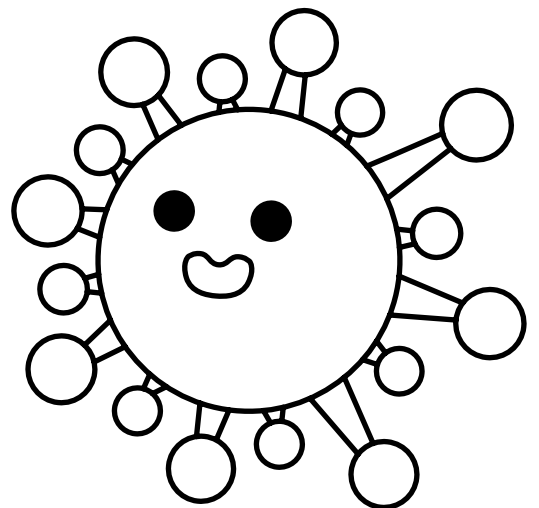
**You may also have to wear a mask. This is to protect you and others from germs.**

**Places with big groups of people have more germs. Social distancing is part of the plan to keep those germs from spreading.**

**So these places, like your school, will be closed for a while.**

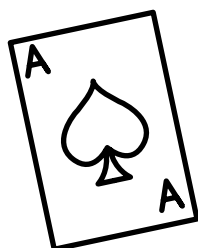


Don't catch me from friends! Make sure there is space between you and others!

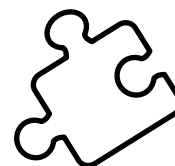
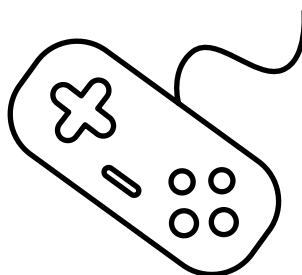
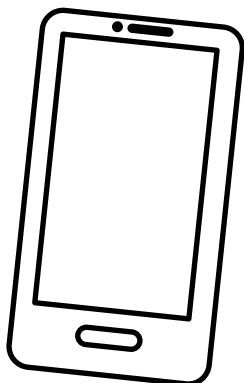
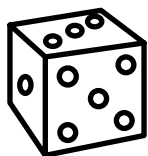




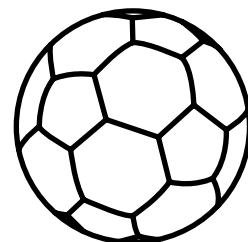
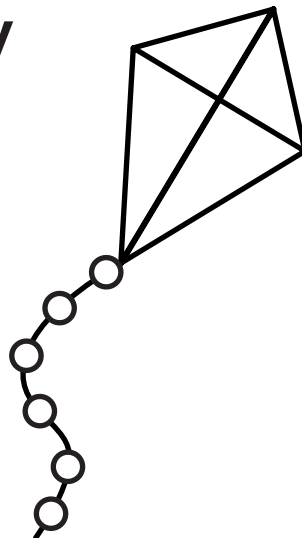
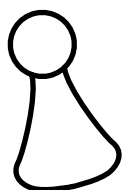
**Social distancing does not mean you can't play with or be near your family that lives with you. Here are some examples of things you can do that are safe.**



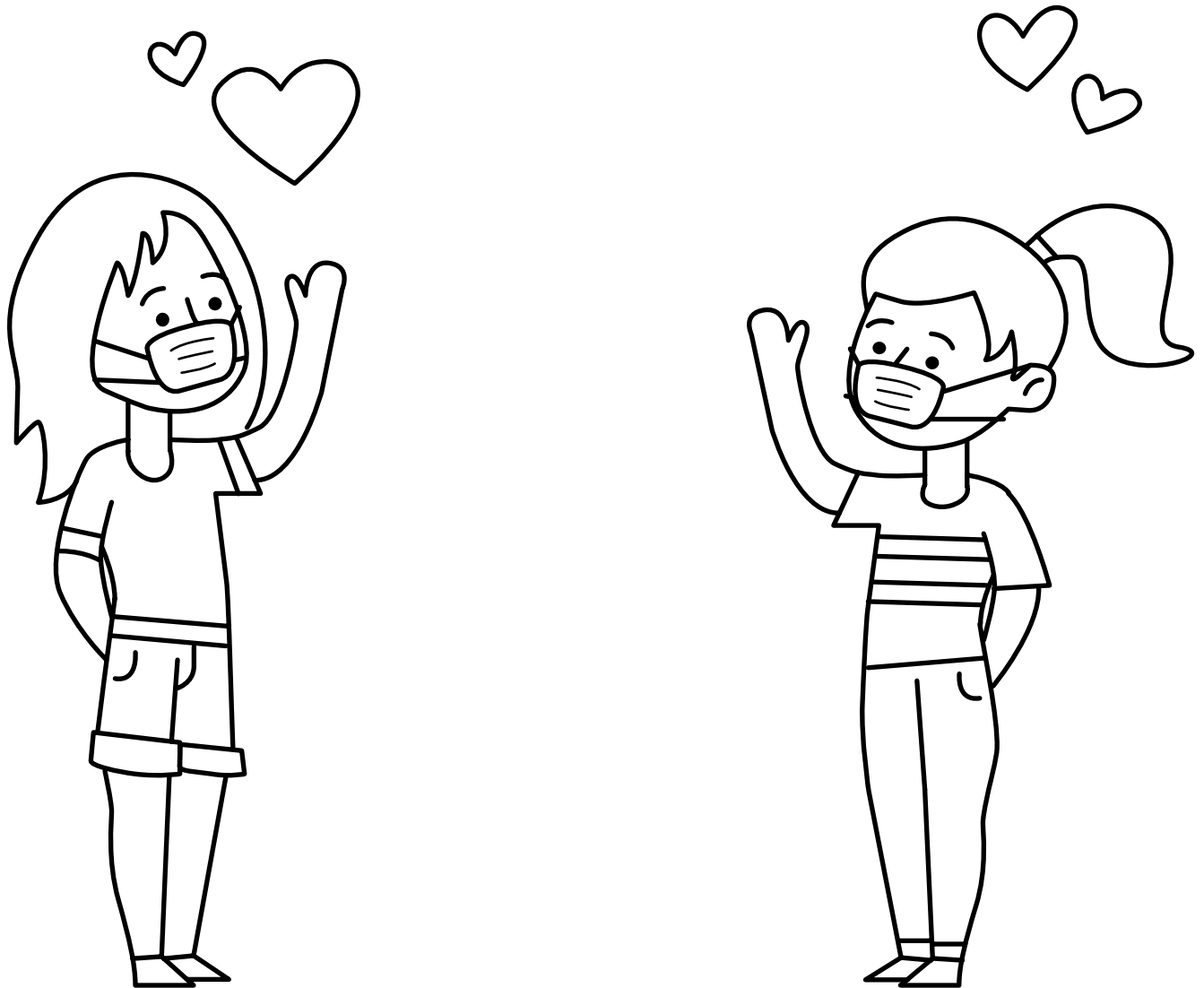
- Scavenger hunt
- Virtual museum tours
- Virtual Lego challenge



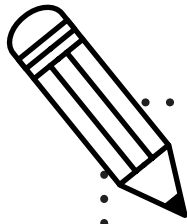
- FaceTime friends/family
- Family game night
- Free play with toys
- Playing outside



**It might feel weird not going to your favorite places.**



**Changing your routine can be hard, but these changes won't last forever.**



**I feel worried when:**

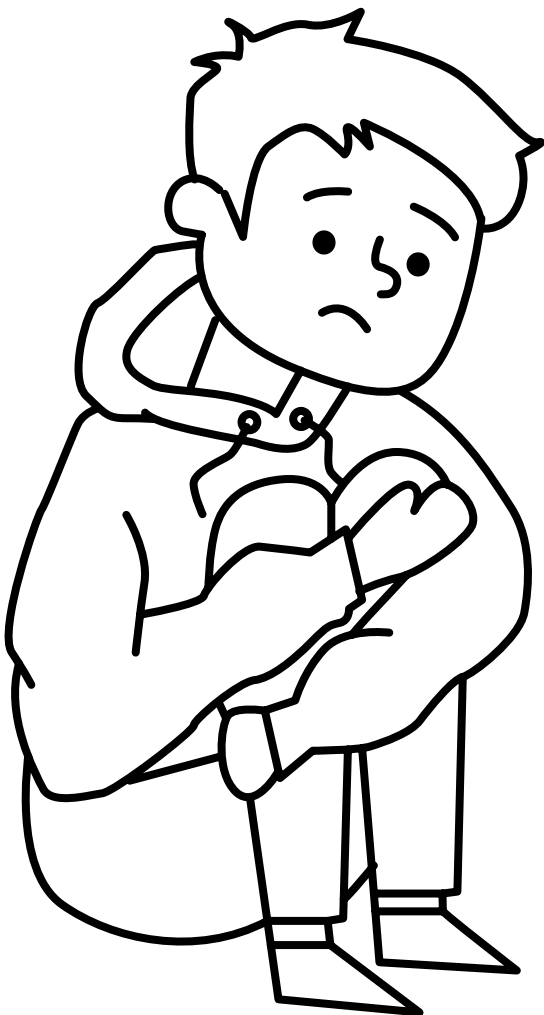
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**Clues I am feeling  
worried, scared,  
or confused  
(circle answers)**

- My heart beats fast
- I get a stomach ache
- I can't sit still

**What other clues does  
your body give you?**

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## Action Plan:

### Focus on what I can do

- Get enough sleep
- Eat healthy
- Plan my day

### Take breaks

- Belly breathing
- Exercise
- Get fresh air

### Ask an adult for help

- Share your feelings
- Journal or draw

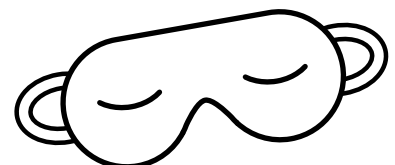
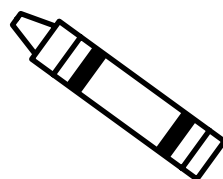
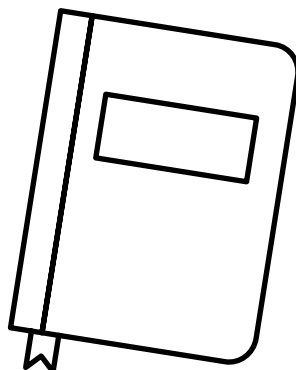
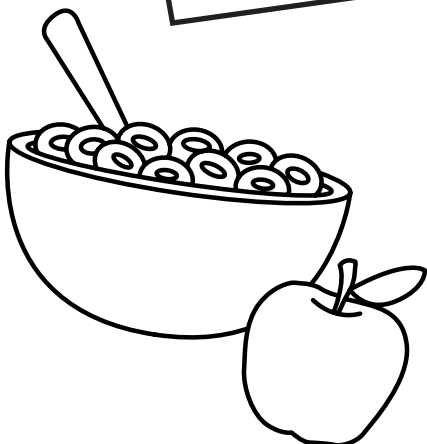
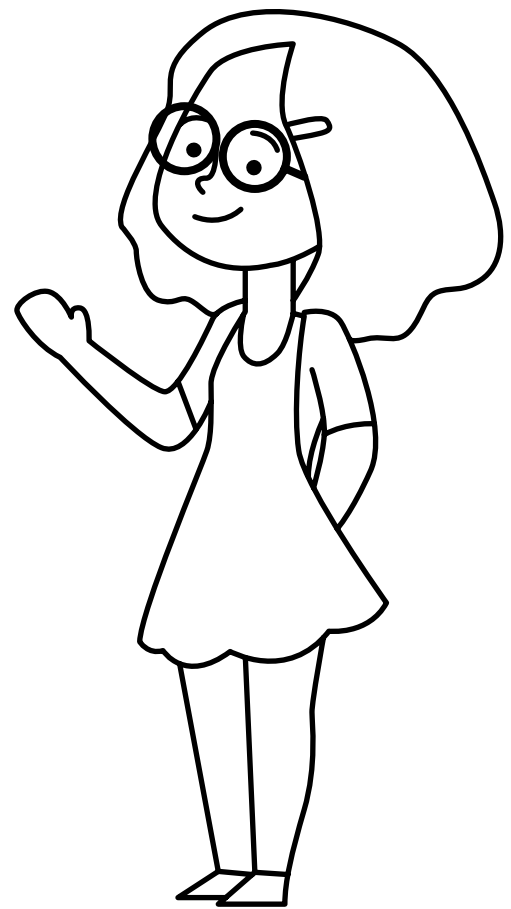
It's important to talk to grown-ups about your feelings.

Someone I can talk to when I am feeling worried, scared or confused is:

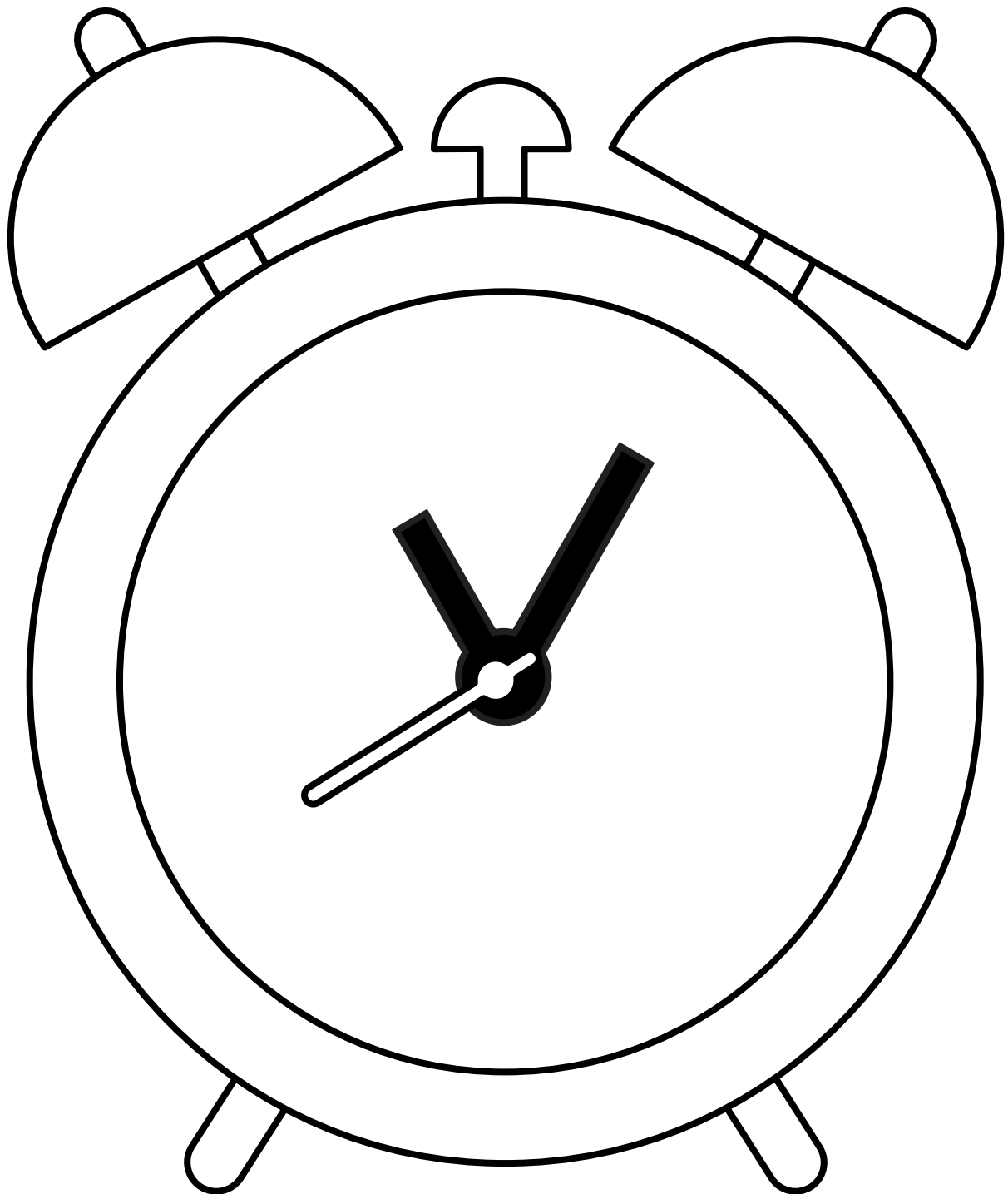
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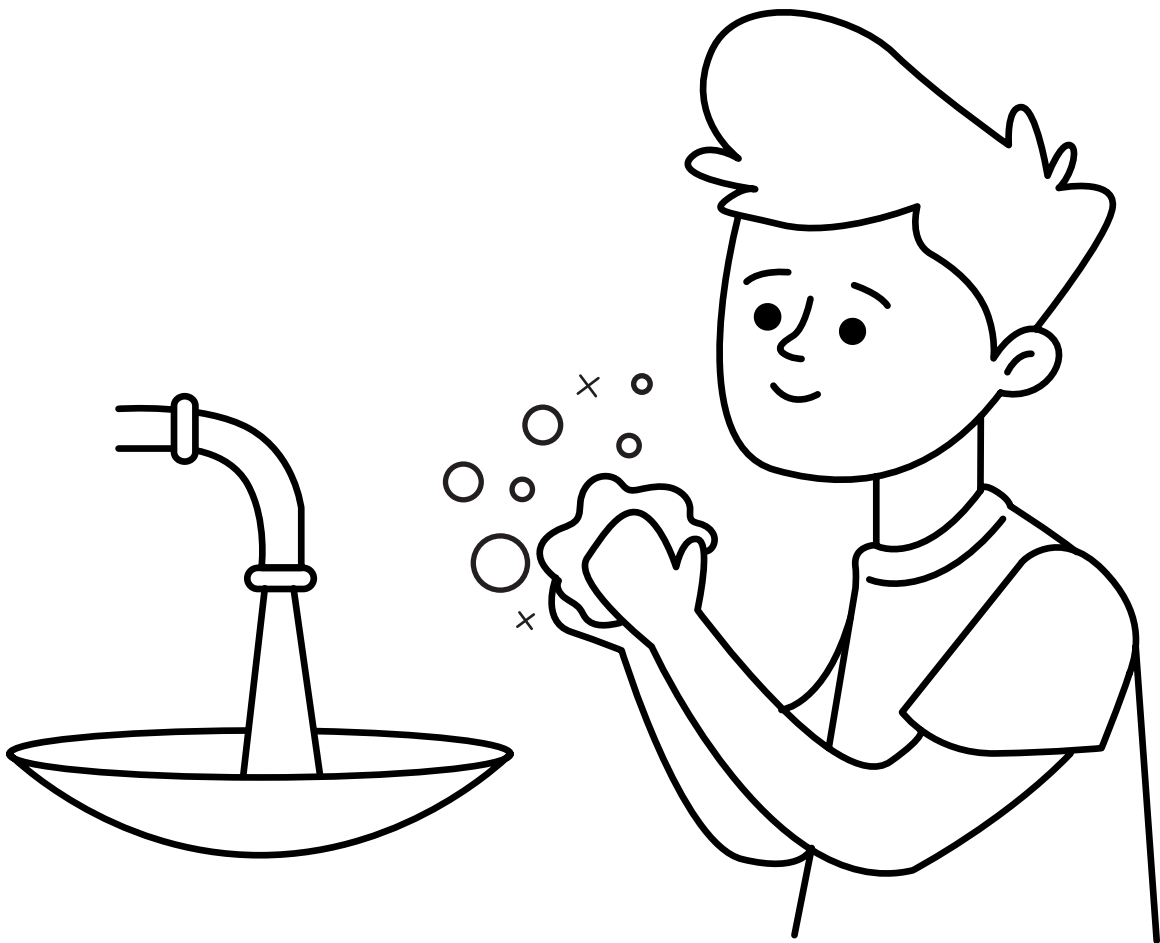


**It's OK to feel worried. But if you do get sick, it doesn't last a long time.**



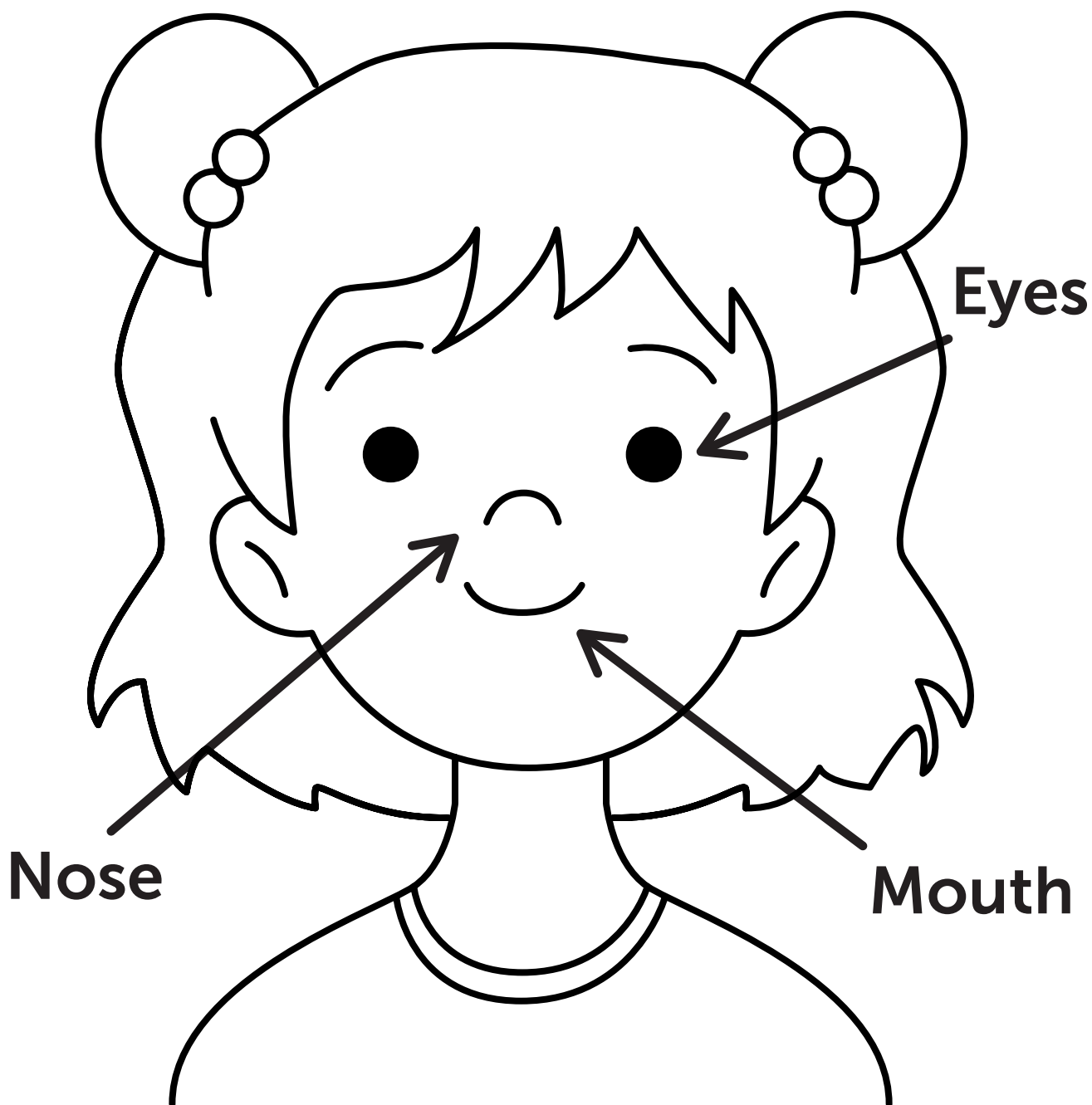
**There are some things you can do to help keep germs from spreading.**

**Wash your hands with soap and water while singing a song! Try the ABC's or sing Happy Birthday twice!**

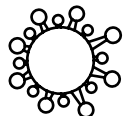
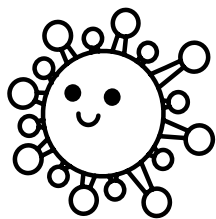
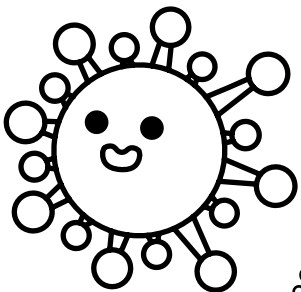
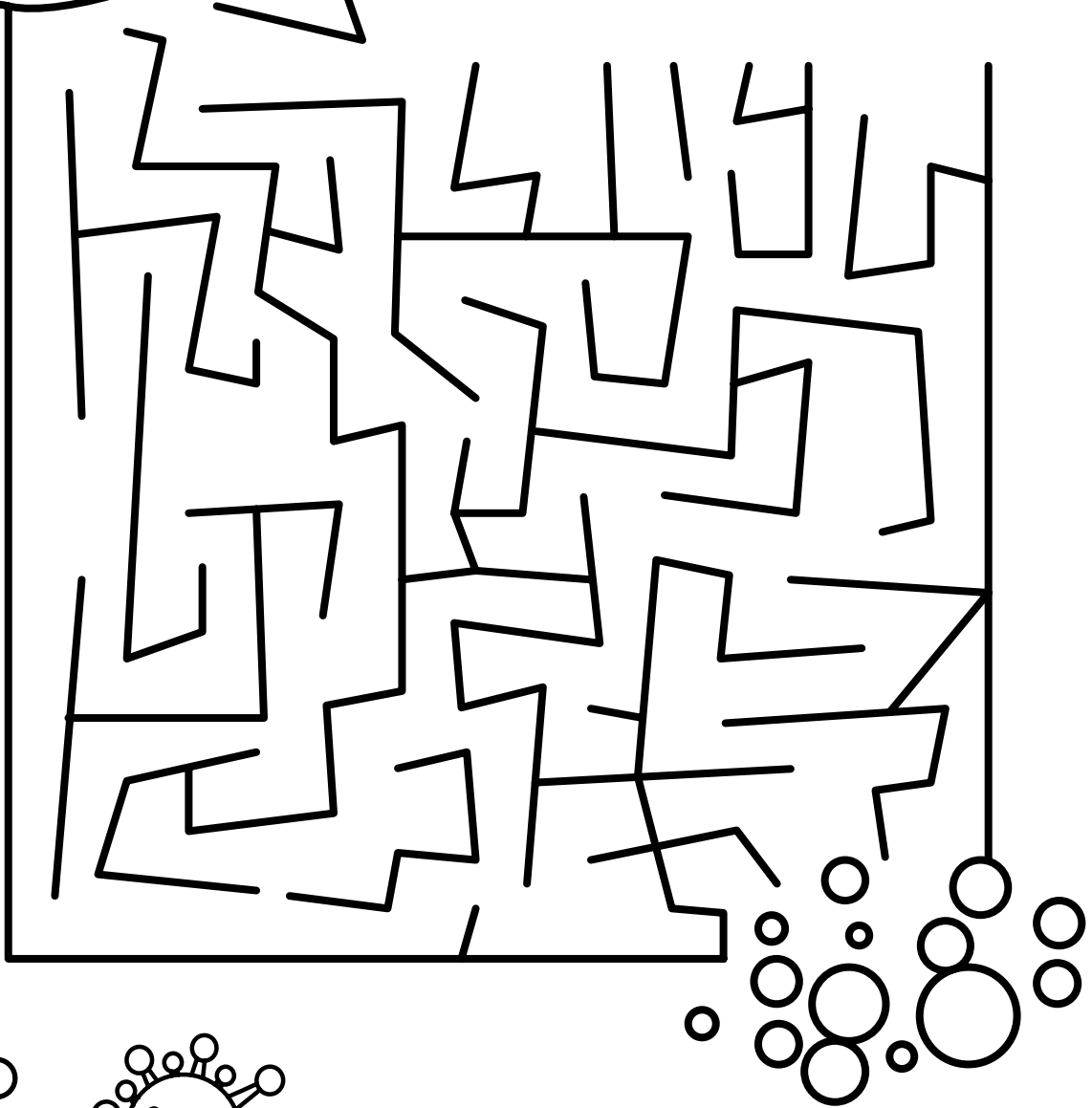


**Using hand sanitizer is also great!  
Remember to rub your hands together and count to 10 to let it dry.**

**AND MOST IMPORTANTLY!**  
**DO NOT**  
**touch your:**



Help the hands  
find the bubbles  
so they can get  
nice and clean!





**How do you feel?**

**Draw your own picture of how you're  
staying safe and happy.**



**Boston Children's Hospital**  
Child Life Services