Hello my name is CORONAVIRUS
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:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
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:

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 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:

- Eyes
- Nose
- Mouth
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.