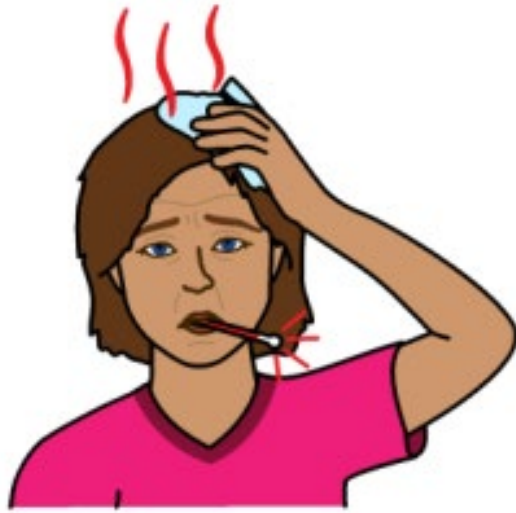


# The Coronavirus



The Coronavirus is an illness, like having a cold. If you have the Coronavirus, you have a fever, cough, fatigue and have trouble breathing.



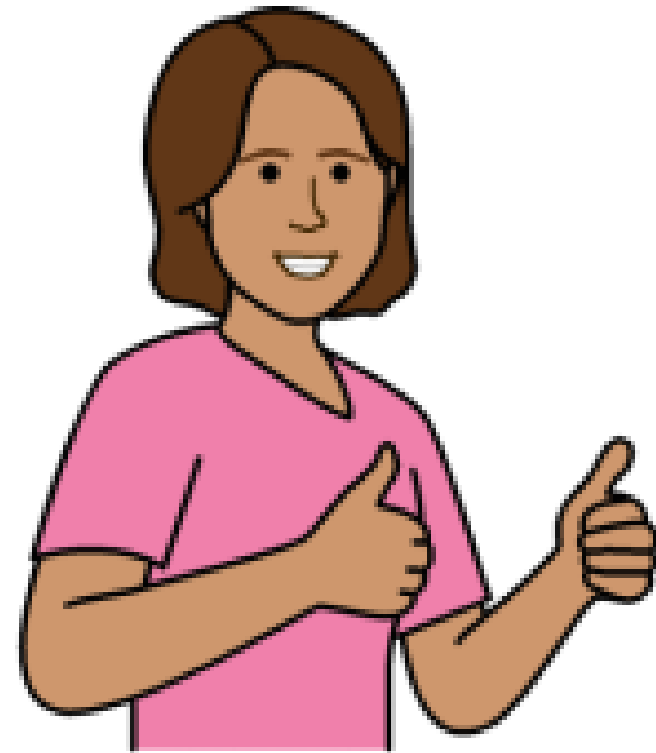
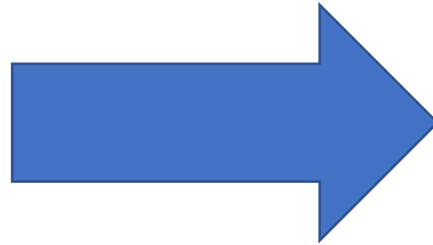
Fever



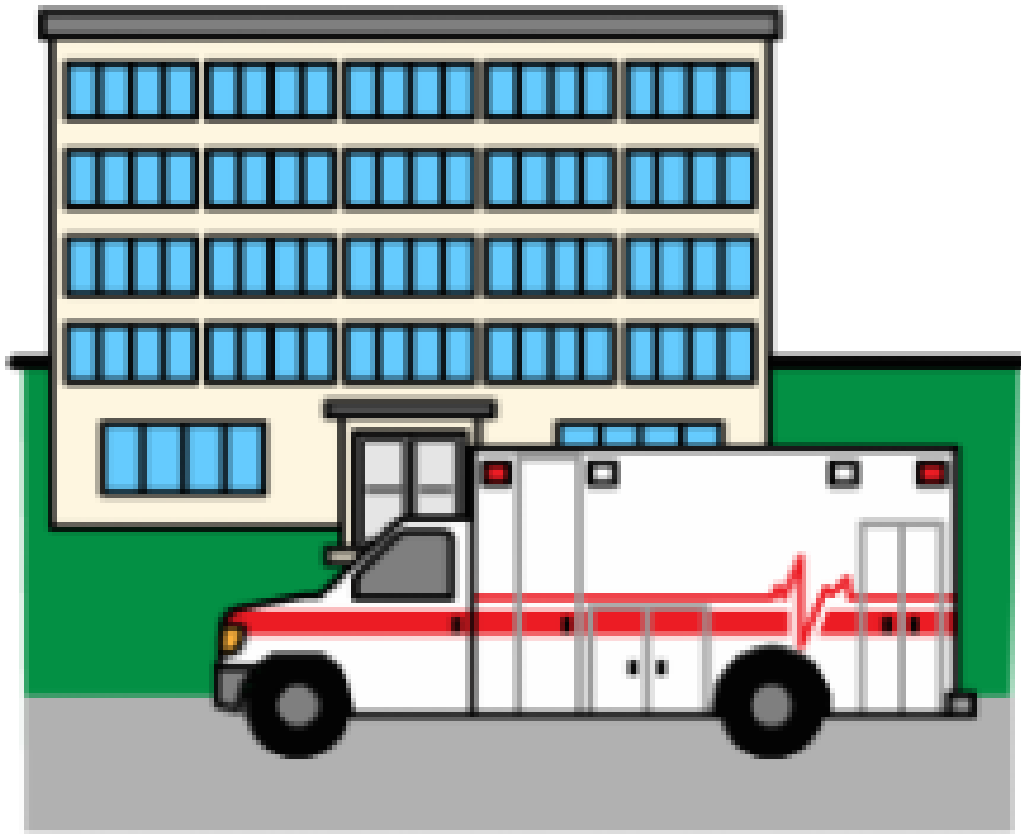
Cough

The Coronavirus is also called **COVID-19**.

Most people who catch the Coronavirus stay home and eventually get better.



But some people with Coronavirus have to go to the hospital to feel better.



The Coronavirus is spread through germs.



To help stop the spread of germs, there are some things we can do to stay healthy.



I need to remember to:

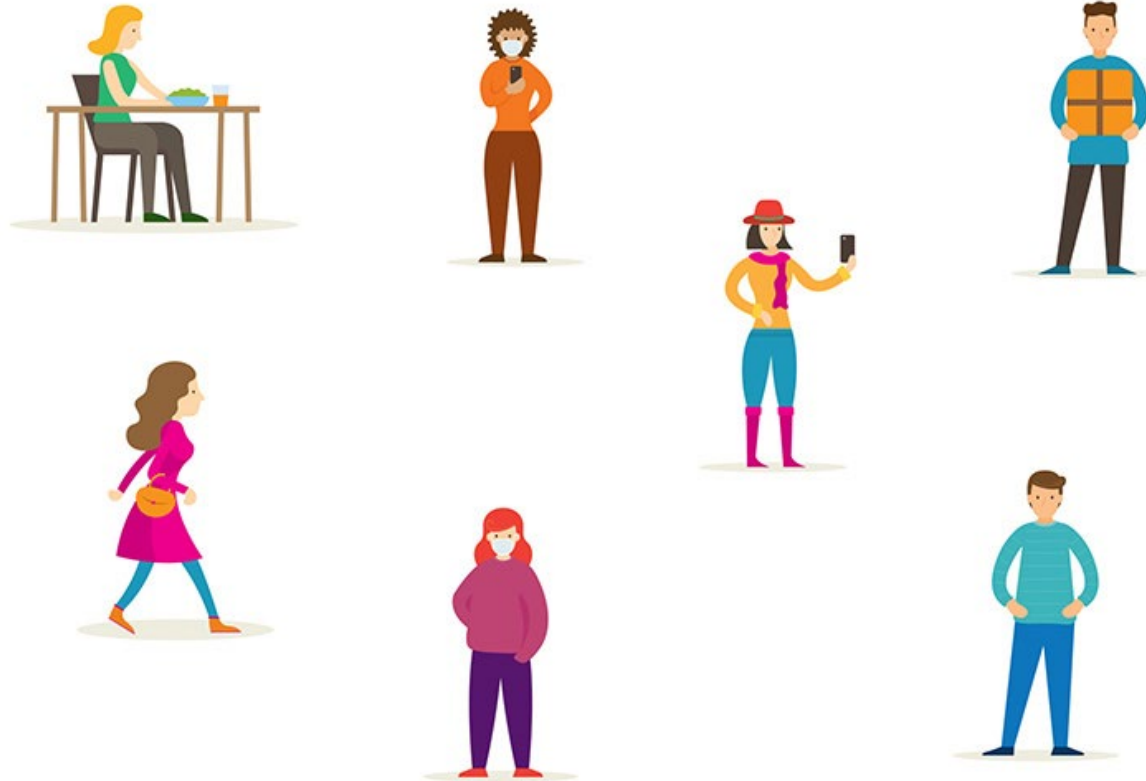


Wash my hands for  
**20 seconds** are longer



Cough and sneeze in my elbow

I need to remember to:



**Keep a social distance.** This means leaving lots of space when I'm out in the community.



To keep us healthy, schools, stores and restaurants might close.



They will reopen when it is safe. We may have to avoid places and things we usually do during this time.



I may have to stay at home for long periods of time.  
I can find fun things to do instead!

Like:



Watch TV



Play games



Craft

I will not spread germs.

During this time, I will not touch my friends:



Touch



High-five

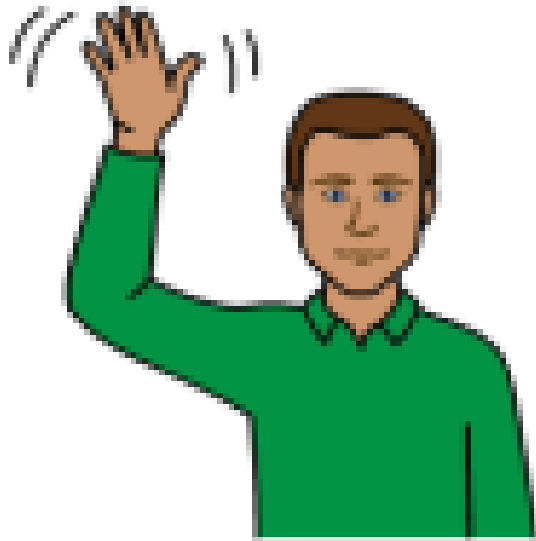


Shake hands

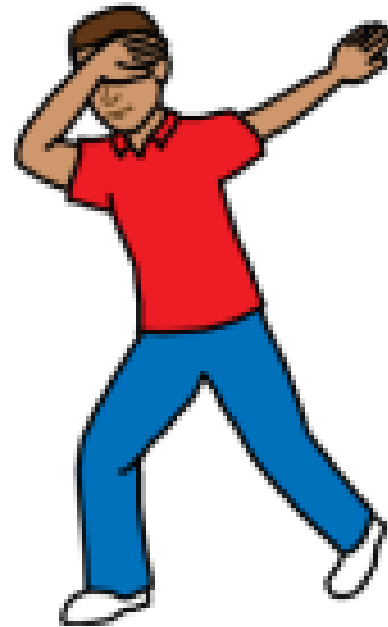


Until everyone is feeling better!

Instead, I can:



Wave

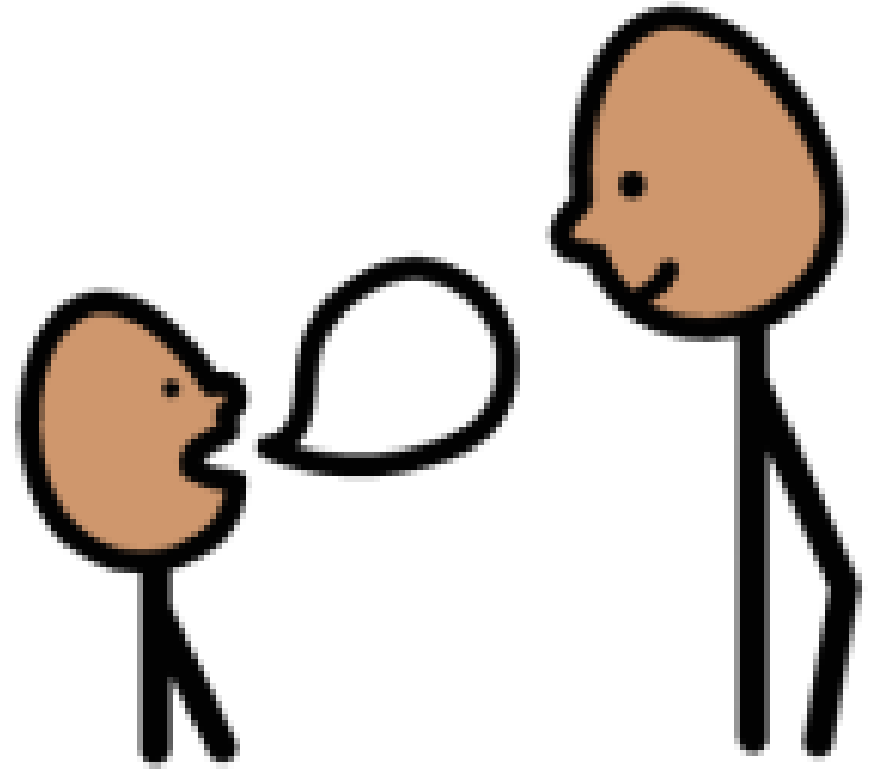


Dab



Facetime

If I feel sick or worried, I can tell an adult.  
They will make sure I feel better.



It is important not to be worried! I can ask my parents if I have any questions.

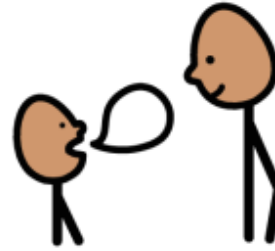


We are all Coronavirus fighters!

# To remain healthy, I will:



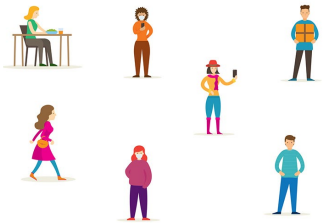
Wash my hands  
for 20 seconds



Tell an adult if I'm feeling  
worried or sick.



Cough and sneeze  
in my elbow



Keep social  
distance



Stay home if I'm sick.