What's COVID-19?
COVID-19 is a new type of virus, or illness. Some people call it Coronavirus. A virus can make people feel sick.
When someone has COVID-19, they may cough and have a fever or have trouble breathing.
Just because someone is sick doesn’t mean they have COVID-19. Other viruses, like the cold or flu, can also make people cough or have a fever.
People who are sick can be tested to check if they have COVID-19.
Most people with COVID-19 can stay at home and rest to get better. They will need to stay home for awhile so that they don’t get other people sick.
A few people with COVID-19 may need to go to a hospital so a doctor can help them feel better.
COVID-19 is spread through germs. Some schools and places might close to help prevent the germs from spreading.
People in charge will decide what is best for my community to keep everyone safe and healthy.
If my school is closed, I can do school work at home.
My parents, teachers, and trusted adults will let me know if places close and when we can all go back.
COVID-19 usually doesn’t make kids very sick but there are still some things I should do to keep myself and other people healthy!
I should wash my hands often. I take my time and scrub the soap between my fingers and all over my hands before I wash it off.
If I can’t wash my hands, then I can use hand sanitizer. By keeping my hands clean I can help get rid of germs that make people sick!
I can cover my mouth with my arm or a tissue if I sneeze or cough to try and prevent the spread of germs.
I should avoid touching my face to prevent germs from entering my body. I should try not to pick my nose, touch my mouth or rub my eyes.
When people in charge decide that it is safe and the COVID-19 germs are gone I will go back to school and my normal routine.
If there's anything you may be confused or worried about don't be afraid to ask someone you trust.