

It's very important to remember that this kind of virus can affect

**ANYBODY**

It doesn't matter where you come from or what country your parents are from.



**AND DON'T FORGET!**

There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.



But seriously though...

**PLEASE** wash your hands!

# ALL ABOUT THE CORONAVIRUS (COVID-19)

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It's a word you might have heard at School or online OR on TV



Just because someone coughs or sneezes, it doesn't mean they have Coronavirus



Hey wait a minute ... What is that?

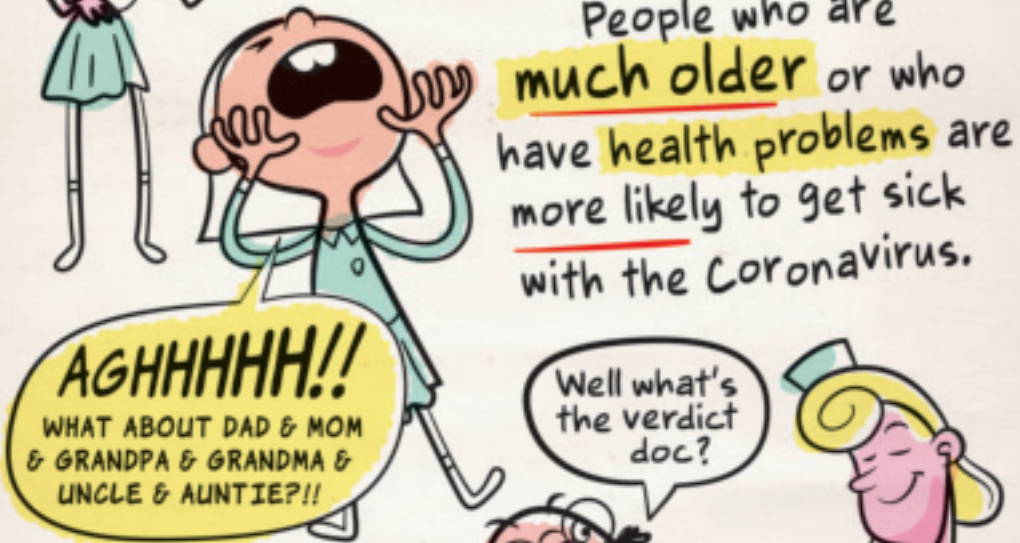


Most people who have caught the coronavirus have had a **mild** case. **AND...**

There aren't a lot of cases in **kids**. If kids do get the virus, it tends to be **very mild**.



People who are **much older** or who have **health problems** are **more likely** to get sick with the coronavirus.



If anyone gets sick and feels like they might have coronavirus, they can **immediately** call their **doctor** & get help.

There are **SOME** things **you can do** to protect yourself, family and friends from getting sick.

## ① WASH YOUR HANDS OFTEN

- ★ USE **SOAP AND WATER**.
- ★ WASH FOR AT LEAST **20 SECONDS**. IF IT HELPS SING THE **ABC'S** WHILE YOU DO IT - THAT'S ABOUT **20 SECONDS**.
- ★ WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE **BUS** OR **PLAYGROUND**.)



## ② SNEEZE INTO YOUR ELBOW

- ★ CORONAVIRUS SPREADS THROUGH **LITTLE DROPLETS**.
- ★ IF YOU SNEEZE INTO YOUR ELBOW, YOU CAN PREVENT DROPLETS FROM GOING INTO THE AIR AND INTO YOUR **HANDS**.



## ③ AVOID TOUCHING YOUR FACE

- ★ DON'T TOUCH YOUR **NOSE**. DON'T TOUCH YOUR **MOUTH**. DON'T RUB YOUR **EYES**.
- ★ THESE ARE THE PLACES WHERE **THE VIRUS** CAN ENTER OUR BODIES.

