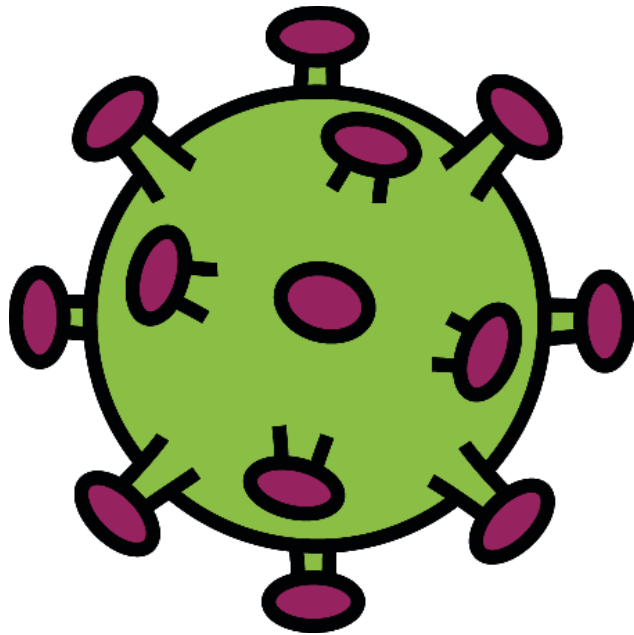
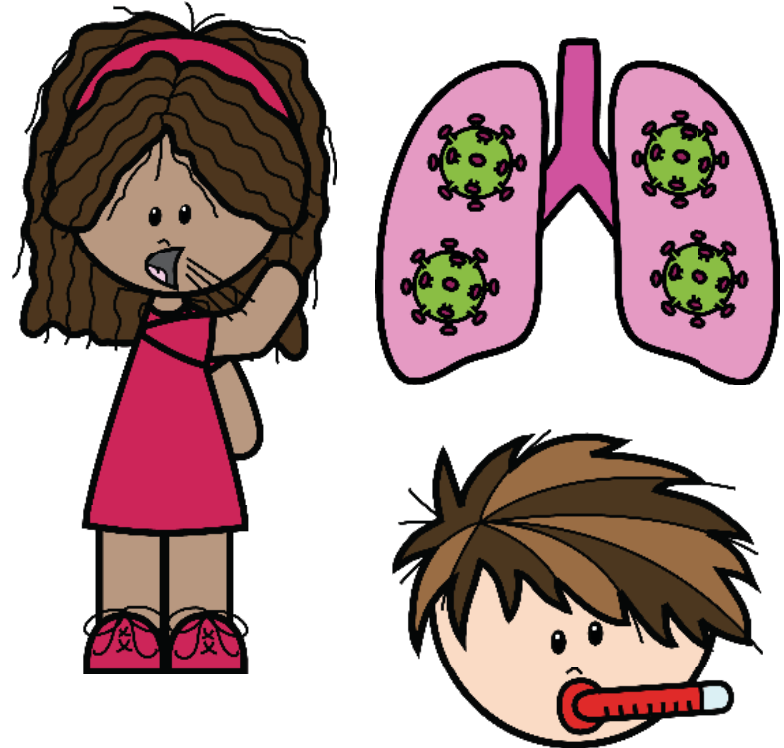


CORONAVIRUS

What is it?



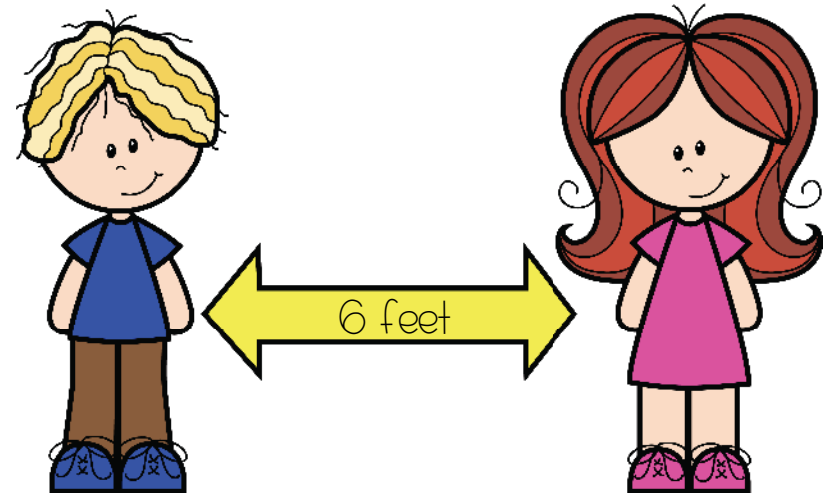
A social narrative for children



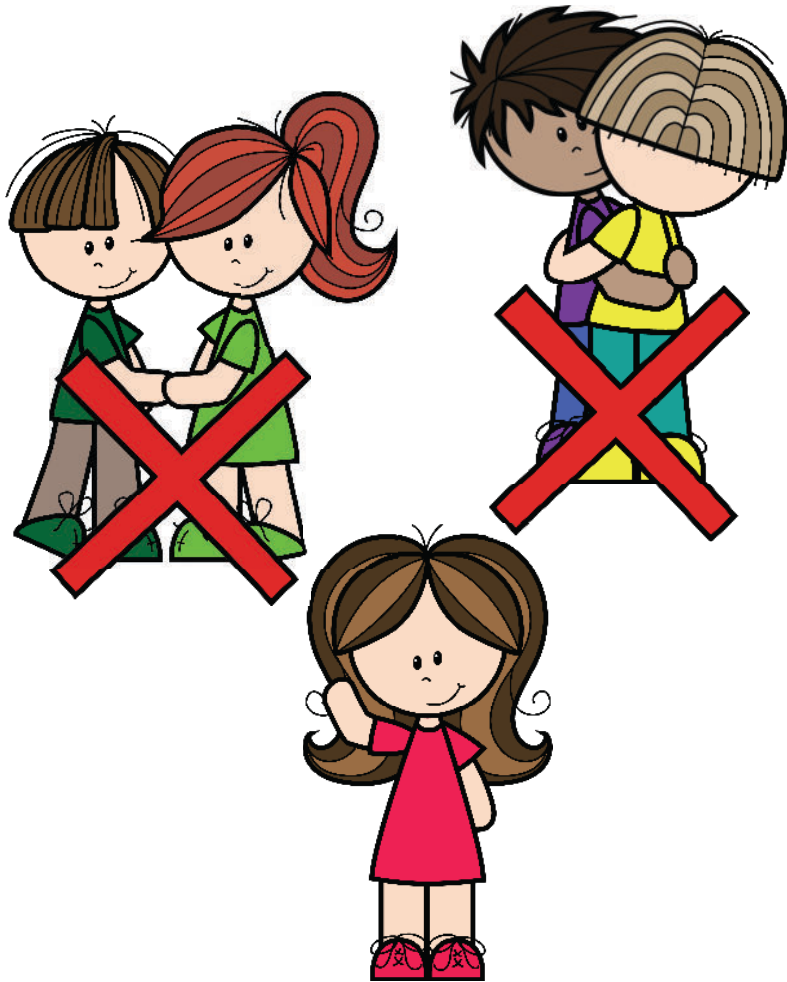
Coronavirus is a little germ that is going around the world right now. Another name for it is COVID-19. It is a germ that gets in the lungs and makes people develop a fever and cough a lot.



There are different ways that people get COVID. It can be spread through coughing or touching.



That is why it is so important to practice social distancing. That means I should stay at least 6 feet away from non-family members.



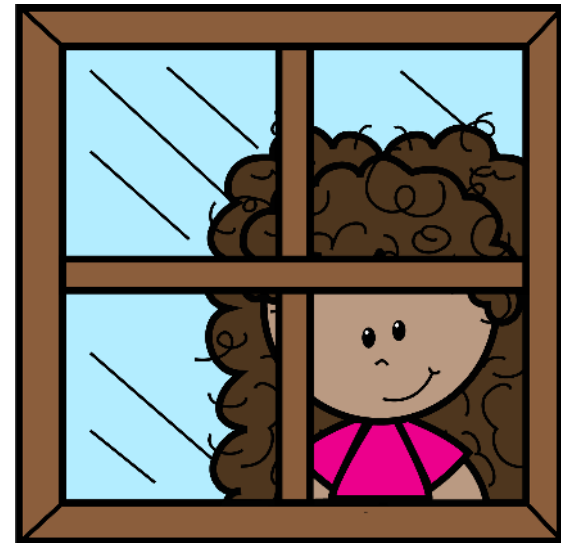
For now, doctors say that I should not shake hands, hug or touch other people. But, I can wave to them!



It is OKAY to touch and hug my family.



Because I shouldn't be close to a lot of people right now, I will be staying at home most of the time.



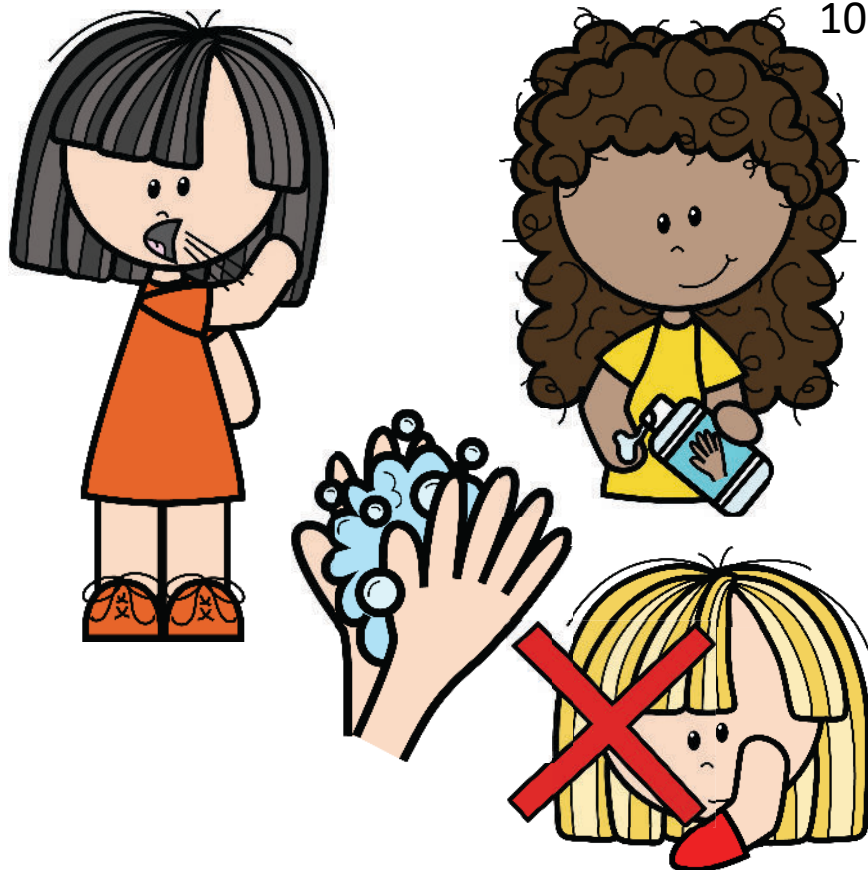
Some people call this quarantine and some call it self-isolation.



Quarantine isn't a bad thing, it is just the best way to help COVID go away. My family will help me find fun things to do at home!



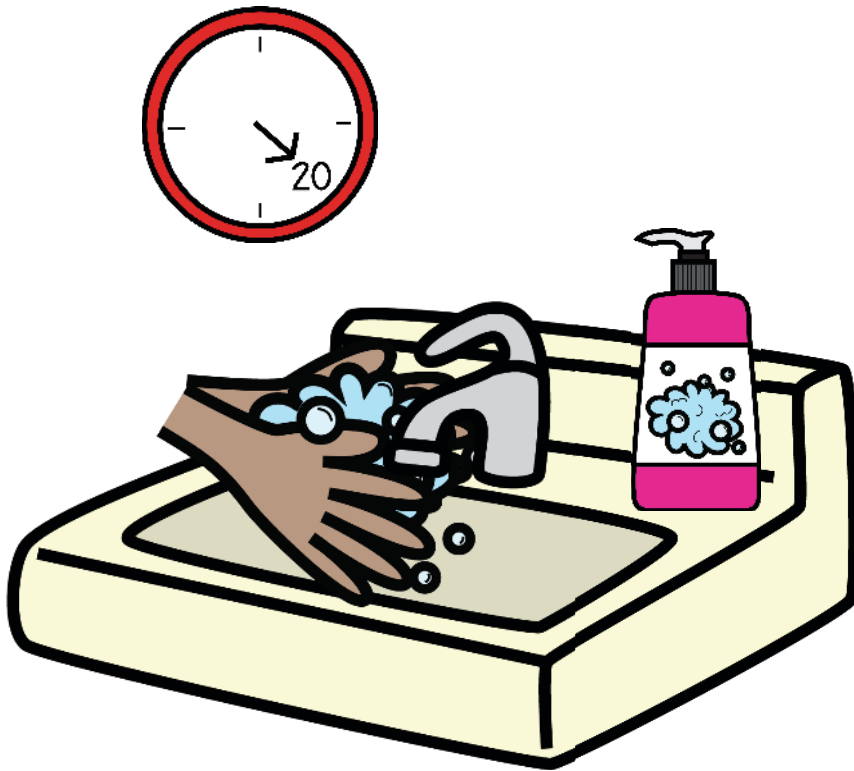
A lot of schools will be doing something called distance learning. My teacher might send work and activities home for me, or I might do assignments on the computer or tablet. I might even get to see my teacher on the computer!



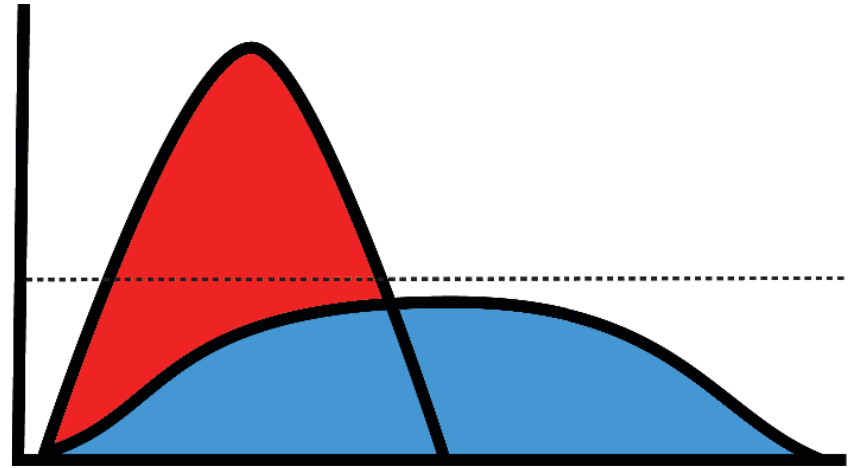
Some ways I can prevent COVID include: covering my cough and sneeze with my elbow, using hand sanitizer, not touching my face and washing my hands.



Other people might wear face masks to prevent COVID.



Washing my hands for at least 20 seconds is VERY important! I can set a timer, or sing a short song while I am washing.



Doing all these things will help “flatten or slow the curve”, which means that less people will get sick at the same time. This helps the doctors and nurses at the hospital.



If we all do our part with social distancing, washing our hands and staying at home, COVID will go away and we can do all the things we love to do again!



If I feel worried or anxious, I can talk to a family member. Everything will be okay!

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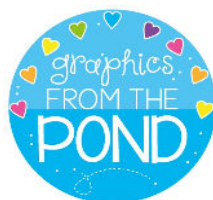


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