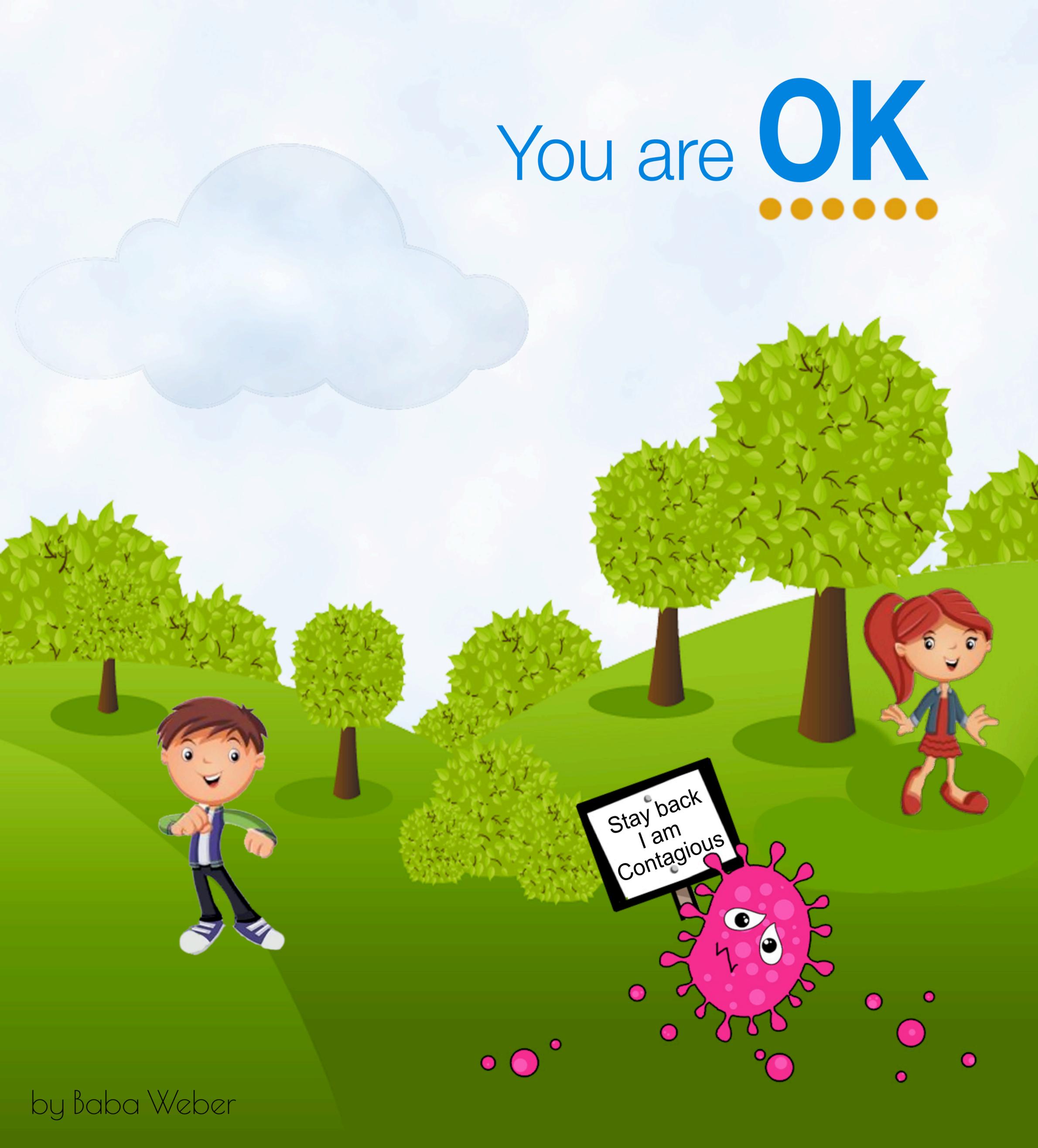
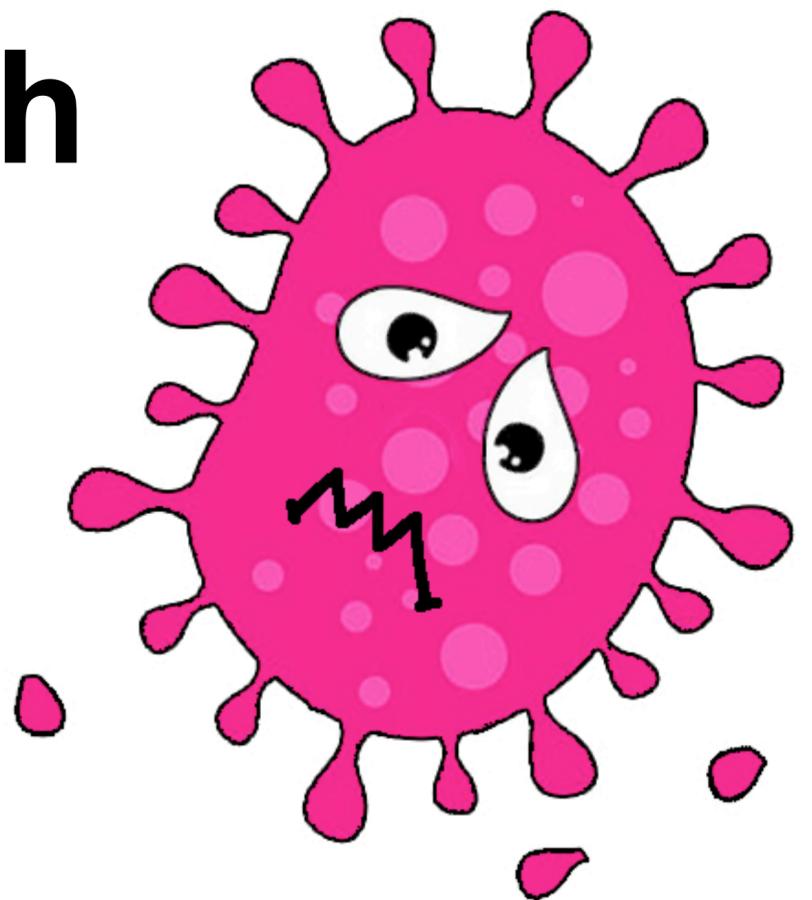


You are **OK**



**Sorry I am so scary! Don't
be worried though
you are OK.**

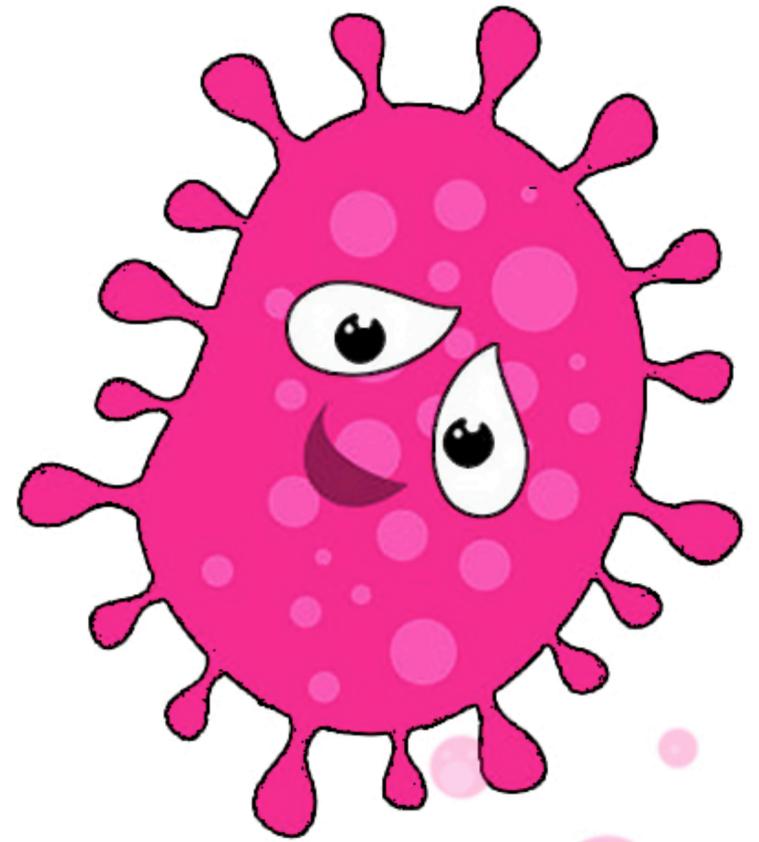


Let us find out why...

Hi, my name is COVID-19. I bet you have been hearing a lot about me lately.

My real name is

Coronavirus.



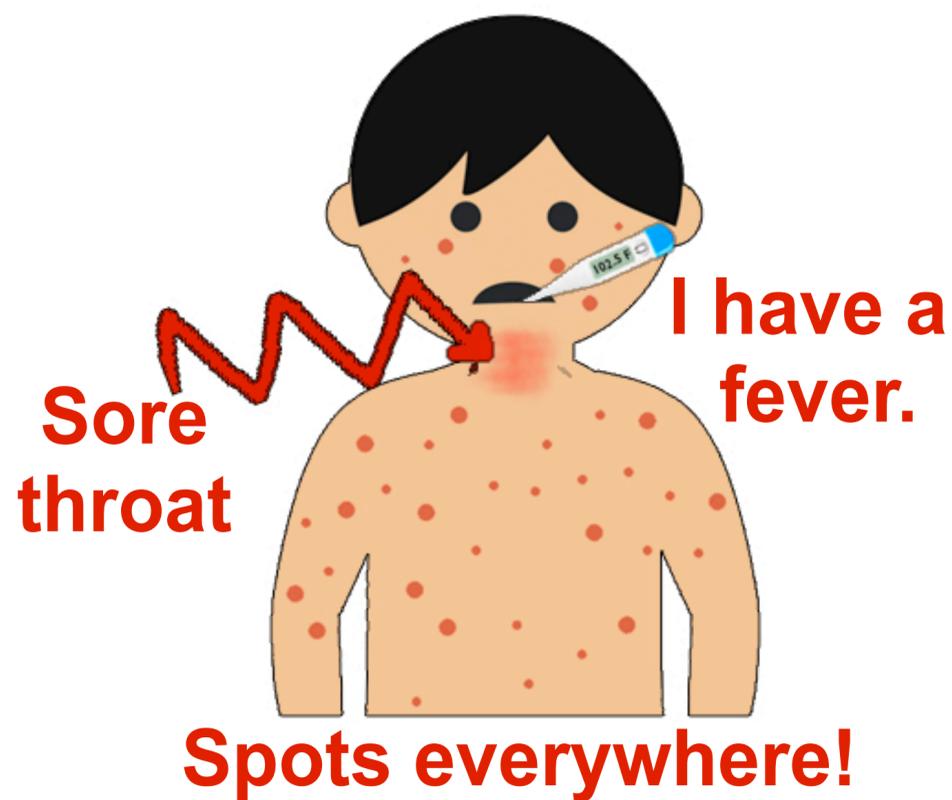
Kinda scary name don't you think? Everyone calls

me COVID-19 though. Less scary right?

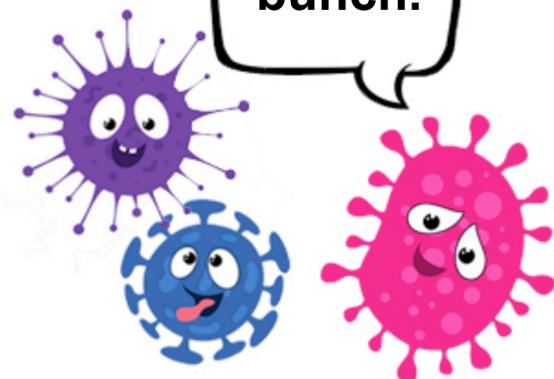
It seems that I am making people around the world very sick. Sorry that's just kinda a virus germ thing. We may seem harmless

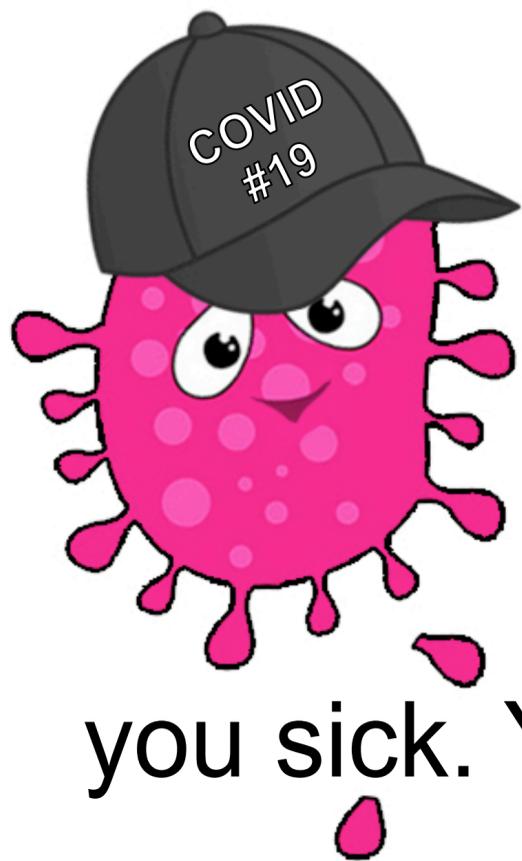
but stay away from virus germs cause we can be dangerous.

Viruses can make you feel so bad. Sometimes they make your throat hurt or nose run or viruses can even give you spots. You can get a cough, a fever or it can be hard to breathe. None of these are fun, so we need to work hard to protect ourselves from virus germs.



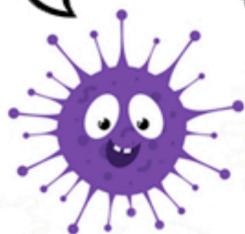
You get the point right? Viruses are a bad bunch.



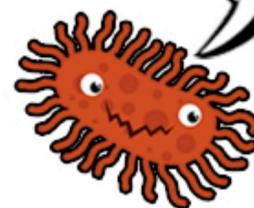


I am not a human like you. Viruses like me are tiny germs that sometimes get inside your body and can make you sick. You probably have run into one of us before. I am different than most other viruses because I am the new guy on the block.

We are
Cold and Flu
Viruses



I am a
Strep Throat
Virus



They call me the
Chicken Pox
Virus

Doctors are working very hard to understand everything about me and how to stop me from making people so sick.



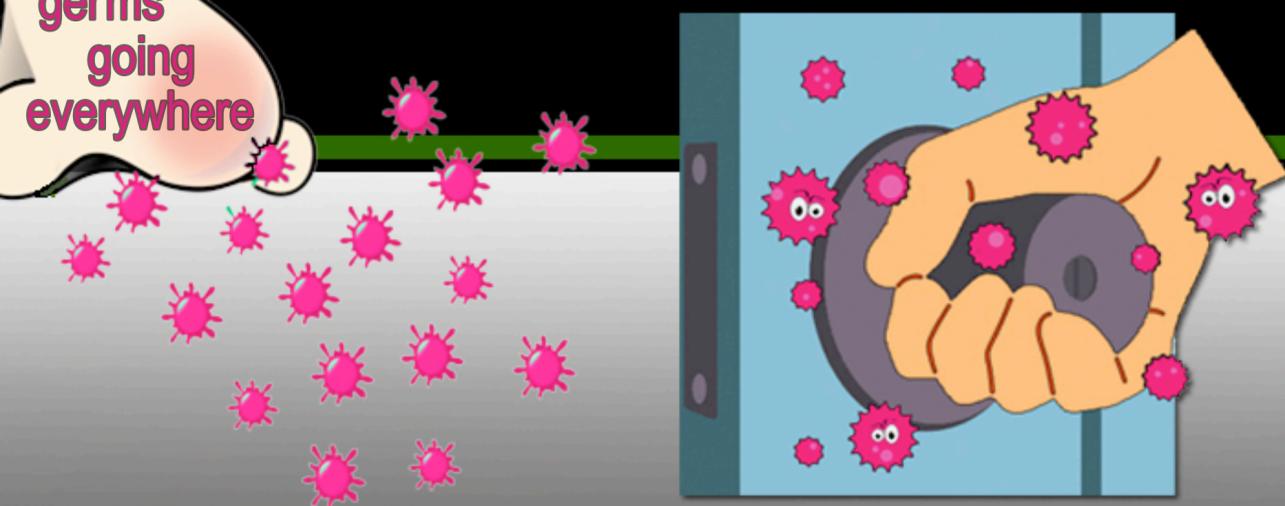
People can catch COVID–19 from others who have the virus. This happens when an infected person sneezes or coughs, sending tiny droplets into the air. These can land in the nose, mouth, or eyes of someone nearby, or be breathed in.

People also can get infected if they touch an infected droplet on a surface and then touch their own nose, mouth, or eyes.

Did you know?

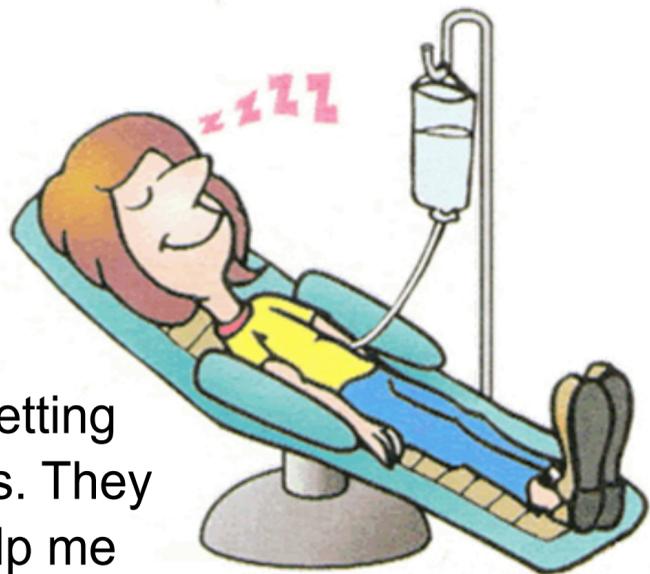
Virus germs going everywhere

Picking up germs



COVID–19 causes a fever, cough and makes it harder to breathe. This virus can be more serious in some people, especially if they already have an illness. Most people that catch COVID–19 do not have serious problems. After calling their doctor, most get better with rest and by drinking lots of fluids. People who are very ill go to a hospital. Doctors and nurses there help them get better by giving them IV fluids and breathing treatments on a ventilator.

I am getting IV Fluids. They will help me feel better.



I am getting a breathing treatment on a ventilator. It does not hurt and helps me breathe easier.



Things to do to stop the spread of COVID-19

1 Wash your hands for at least 20 seconds with soap and water several times during the day, especially before you eat and after you use the restroom. Try washing your hands for as long as it takes to sing the “Happy Birthday” song twice.

2 Stay home with your family and away from large crowds of people. This is called social distancing. This is very important if you want to help stop the spread of COVID-19.

3 Try not to touch your eyes, nose and mouth, especially if you haven't washed your hands.

4 Cover your mouth and nose with a tissue if you sneeze or cough, then throw it out and wash your hands. You can also sneeze or cough into your elbow just not into your hands.

5 Regularly clean and disinfect surfaces and objects that you and other people touch a lot.



WHAT DO THESE WORDS MEAN? (This page includes more basic explanations.)

Coronavirus: Coronavirus is a group of many different types of viruses that cause people to become sick. At the end of 2019, a new type of this virus called **COVID-19** appeared. This is short for **CO**rona**VI**rus **D**isease, a virus that appeared in 2019.

Pandemic: A pandemic is a disease that has spread across a large region.

Contagious: A person that is contagious can spread a virus to another person by direct or indirect contact. With COVID-19 the virus is spread in body fluids passed in the air when a person sneezes or coughs.

Social distancing: Social distancing is staying away from people, other than family in your home, as much as possible. If you do meet someone outside try to stay at least six feet away from them. This will keep you safe and lessen the spread of COVID-19.

Self-quarantine: People who have been around the new coronavirus and might get sick from it should do what is called self-quarantine themselves. This means they should stay at home, not have visitors and should not get close to other people for at least 14 days.

Flattening the curve: Flattening the curve refers to everyone following the health guidelines and doing their part to slow the spread of COVID-19. This will help hospitals have room, supplies and doctors for all of the people who are very sick and need care.



WHAT DO THESE WORDS MEAN? (This page includes more advanced explanations.)

Coronavirus: Coronaviruses have been around for a long time. They are the reason people catch colds and respiratory tract infections. At the end of 2019, a new type of coronavirus began making people sick. The illness it causes is called **COVID-19**. It is called that because of the **CO**rona**VI**rus **D**isease that appeared in 2019. Some of the first cases were diagnosed in people who had visited an overseas market selling live seafood and animals. It is a new type of virus that spreads quickly from person to person all around the world.

Pandemic: A pandemic is a disease epidemic that has spread across a large region, for instance multiple continents, or worldwide.

Social distancing: Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19. This means you should avoid groups of people and keep at least six feet away from each other in small group settings.

Examples of social distancing:

Working from home instead of at the office

Closing schools or switching to online classes

Visiting loved ones by electronic devices instead of in person

Cancelling or postponing group activities and large meetings

Self-quarantine: People who have been exposed to the new coronavirus and who are at risk for coming down with COVID-19 should practice self-quarantine. Health experts recommend that self-quarantine lasts 14 days. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people.

Self-quarantine involves:

Using standard hygiene and washing hands frequently

Not sharing things like towels and utensils

Staying at home

Not having visitors

Staying at least 6 feet away from other people in your household



Flattening the curve: Flattening the curve refers to using protective practices to slow the rate of COVID-19 infection so hospitals have room, supplies and doctors for all of the patients who need care.

You Got This Covered



Remember to go outside with your family or open a window to let in fresh air and sunshine to brighten your day. No time to lay around the house. You now know how you can stay safe and help your family stay healthy. Be smart, talk to your parents about COVID-19 and the things you hear on TV about the virus. Your parents and friends are there to keep you safe and healthy. Most importantly, there is no reason for you to worry or panic. Now that you know what to do to help your body fight off COVID-19, please share what you know with a friend or lots of friends.



We need to join together to tell Covid–19 that we are tired of him making people sick and he needs to go now and stay away forever.



If we all do our part, we
CAN STOP
the spread of Covid–19.