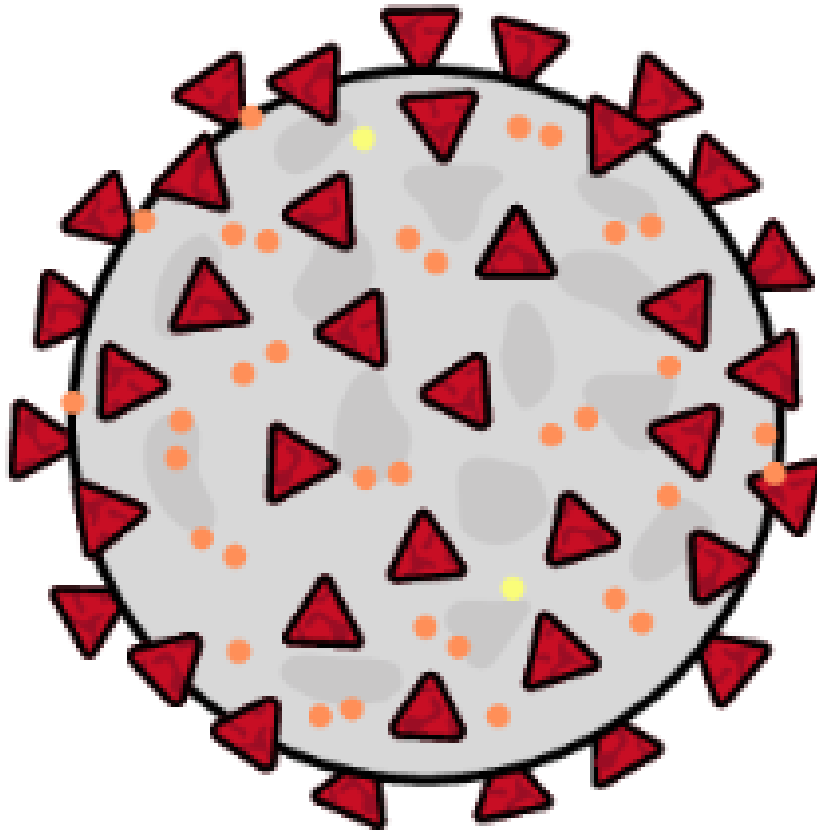
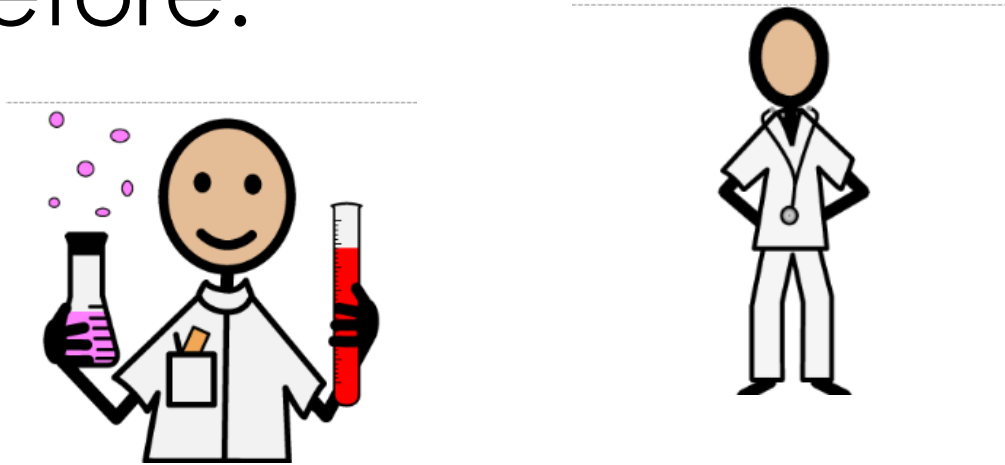


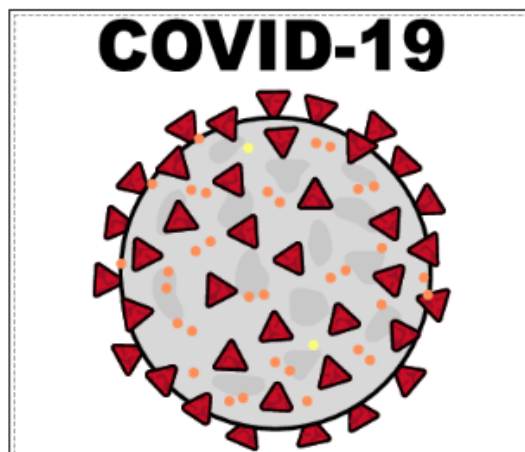
What is Coronavirus?



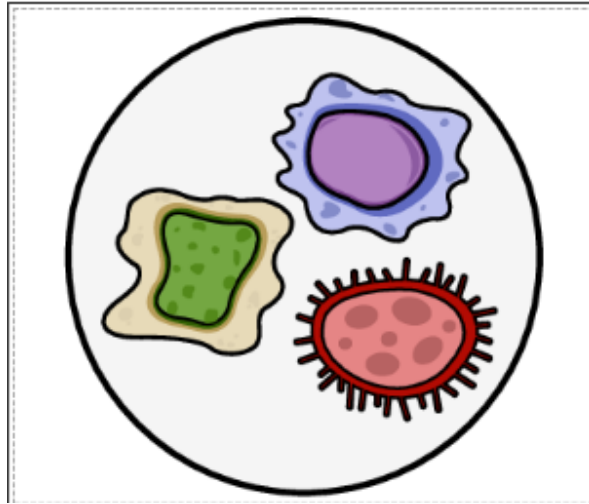
The Coronavirus is an illness that is new. That means doctors and scientists have not seen it before.



This is also called COVID-19.



These coronavirus germs are very **contagious**.



That means it is easy to spread from person to person.





Some people who get this disease can get very sick, that is why it is very important to keep yourself safe.

There are many things
you can do to stay safe.
You do not have to be
afraid.



There are things you
can do to stay healthy
and not put yourself at
risk.

WASH YOUR HANDS

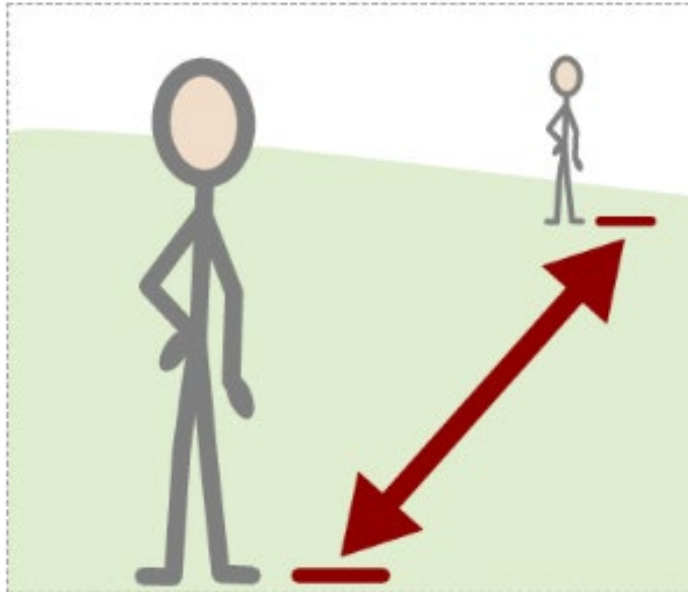


After going out or going to the bathroom wash your hands with warm soapy water for 20 seconds.



You can sing Happy Birthday or say the ABCs (two times) in your head while you wash.

SOCIAL DISTANCING

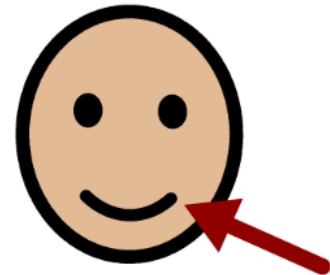
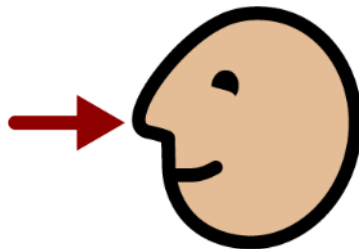
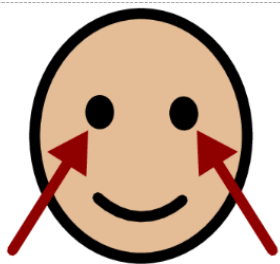


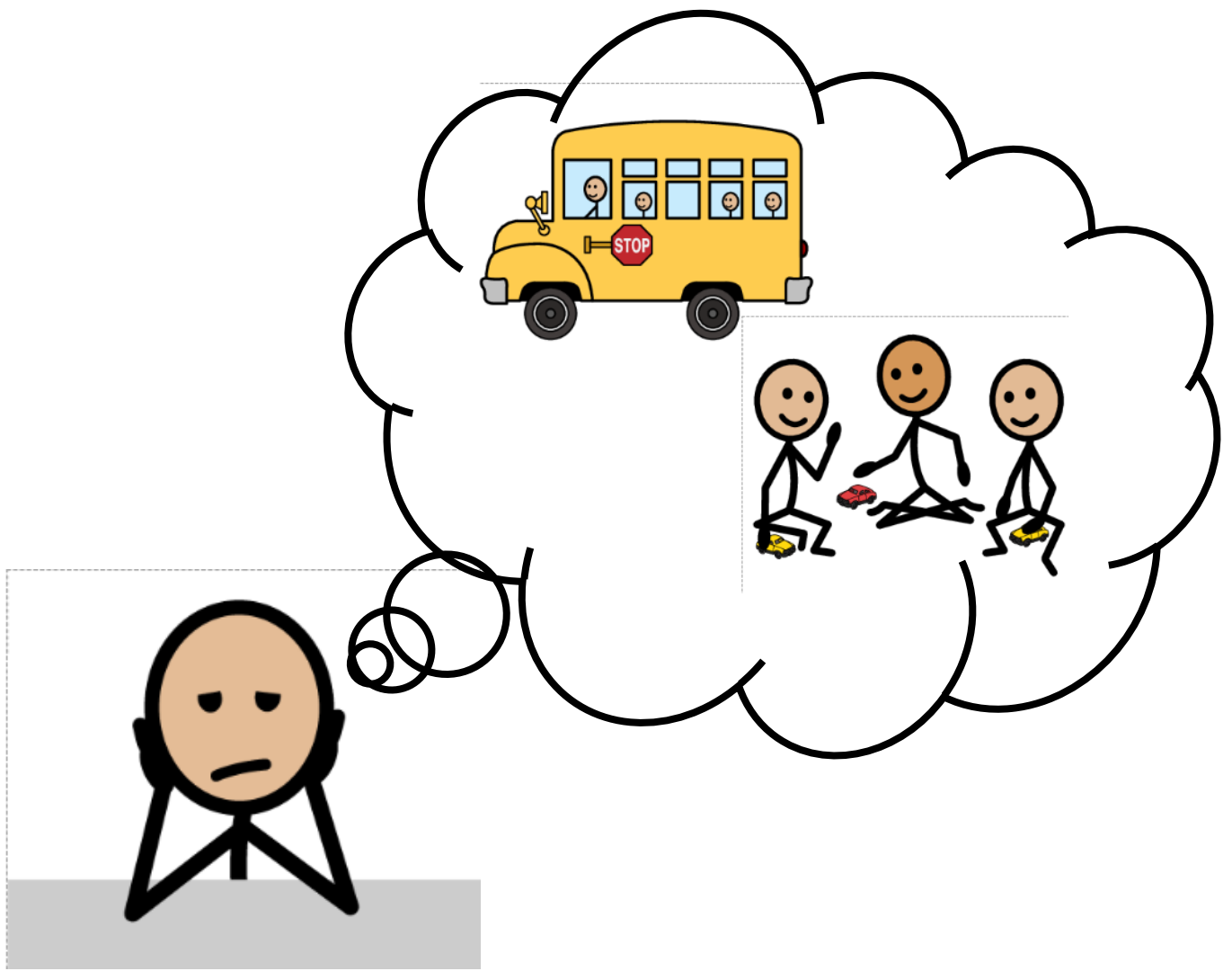
This means to not be with a lot of people and to try to stay in and around your own house as much as you can.

DON'T TOUCH YOUR FACE



To keep germs from entering your body, try to not touch your face. That way germs from your hands can't enter your body through your eyes, nose or mouth.

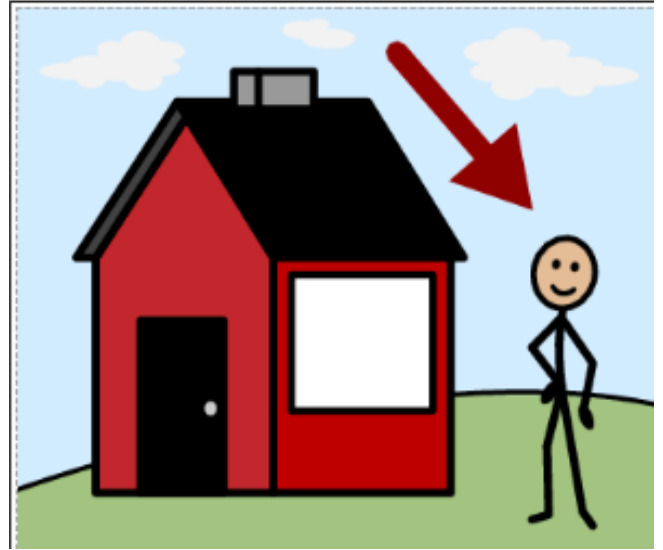
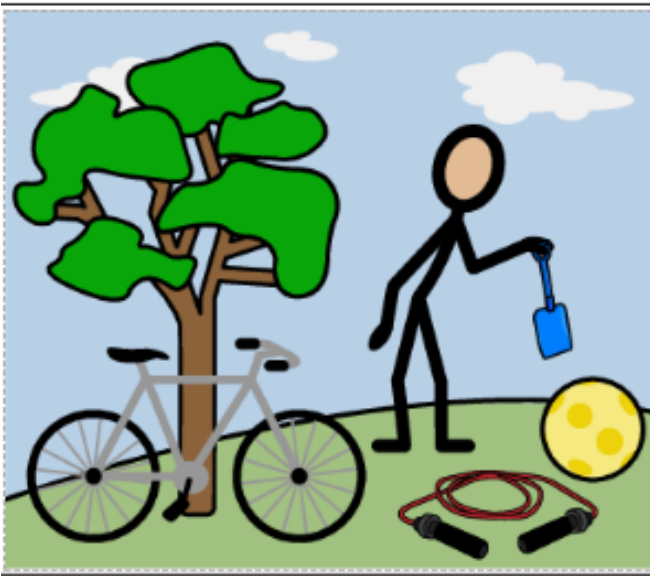




This may be hard to do since you like to visit certain places and play with your friends. But this is just for now. Soon you will be able to do things like you did before.



Think about other ways to talk to you friends, maybe by texting, calling or facetimeing.

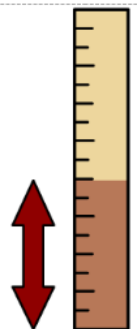
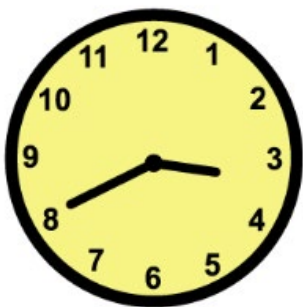


You can be outside around your house and wave and say hello as long as you are keeping yourself safe. If you have to be around other people stay 6 feet apart.

People are feeling **nervous** and it is ok to feel nervous. Talk to someone about how you feel and do something that makes you happy.



This will be **temporary**, that means for a short time.



Think of all the fun things
you can do in your house
and make each day a
different adventure.



Soon you will be able to be
back with your friends and
do the things you are used
to doing.