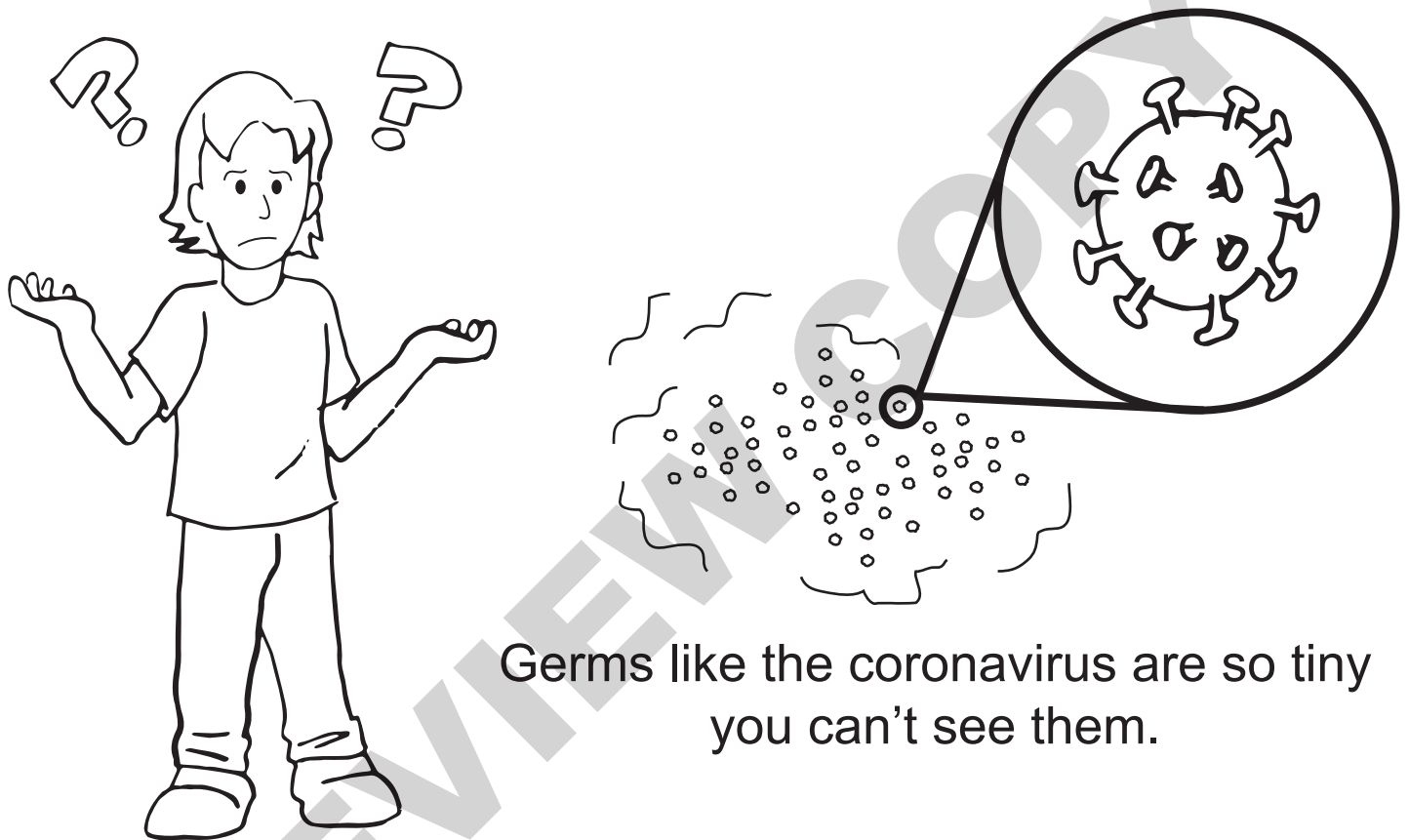# I CAN BE
CORONAVIRUS FREE!

LEARNING & ACTIVITY BOOK

What is Coronavirus?

The coronavirus is a new virus that can give people a disease called COVID-19. Coronavirus can be scary. Learning the facts about coronavirus and how to protect yourself and everyone else, can make you feel better.
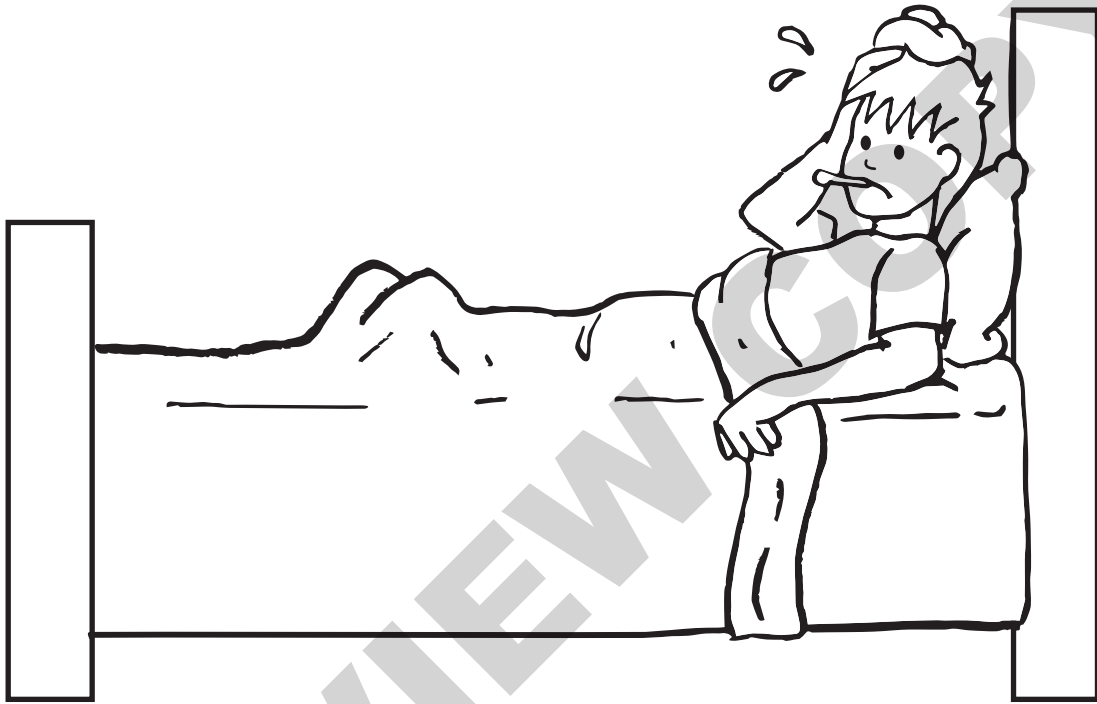
Germs like the coronavirus are so tiny you can't see them.

Don't share germs.

Put an X through things you should not share.
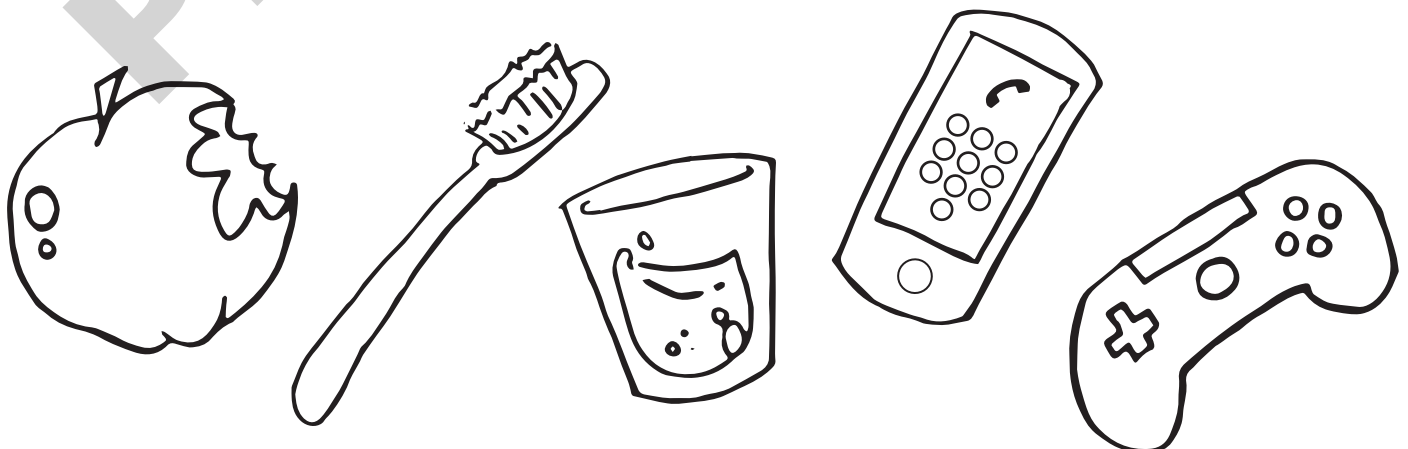
What if I get the virus?

Most people who get the coronavirus don't get very sick. There aren't very many cases of kids getting the virus. If kids do get the virus, they usually don't get very sick at all.

The coronavirus is very contagious. Even if a kid isn't very sick from the virus, they can pass it on to other people who might get *really* sick.

3
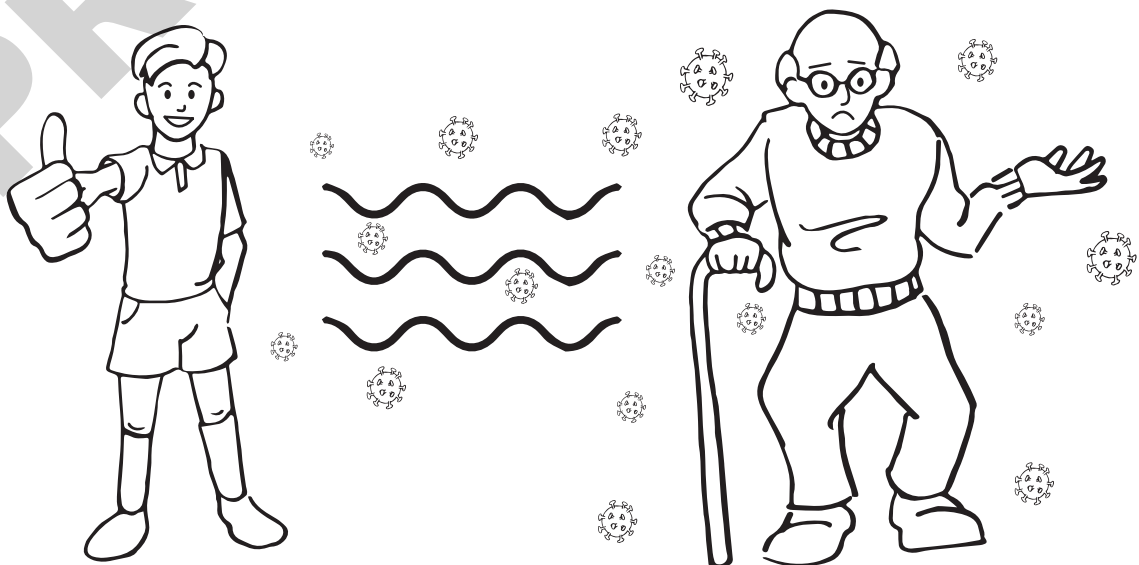
What if older people get the virus?

For most people, coronavirus makes them feel tired, have a fever and a cough. Older people, especially people who already have health problems, may get sicker if they catch the virus.

If anyone gets sick and thinks they may have the coronavirus, they should call a doctor and get help right away.

Wash your hands.

When you wash your hands make lots of soapy bubbles. The germs stick to the soap and help to keep your hands clean and free of coronavirus.
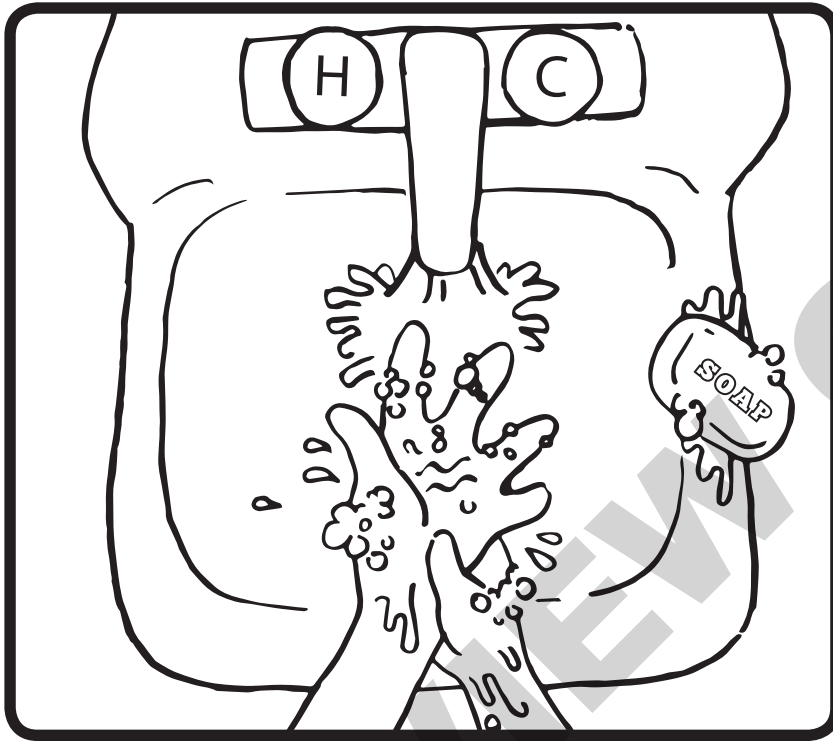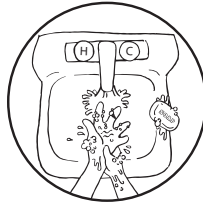

You should wash your hands often. Wash them before you eat. Wash them after using the bathroom or being out in public.

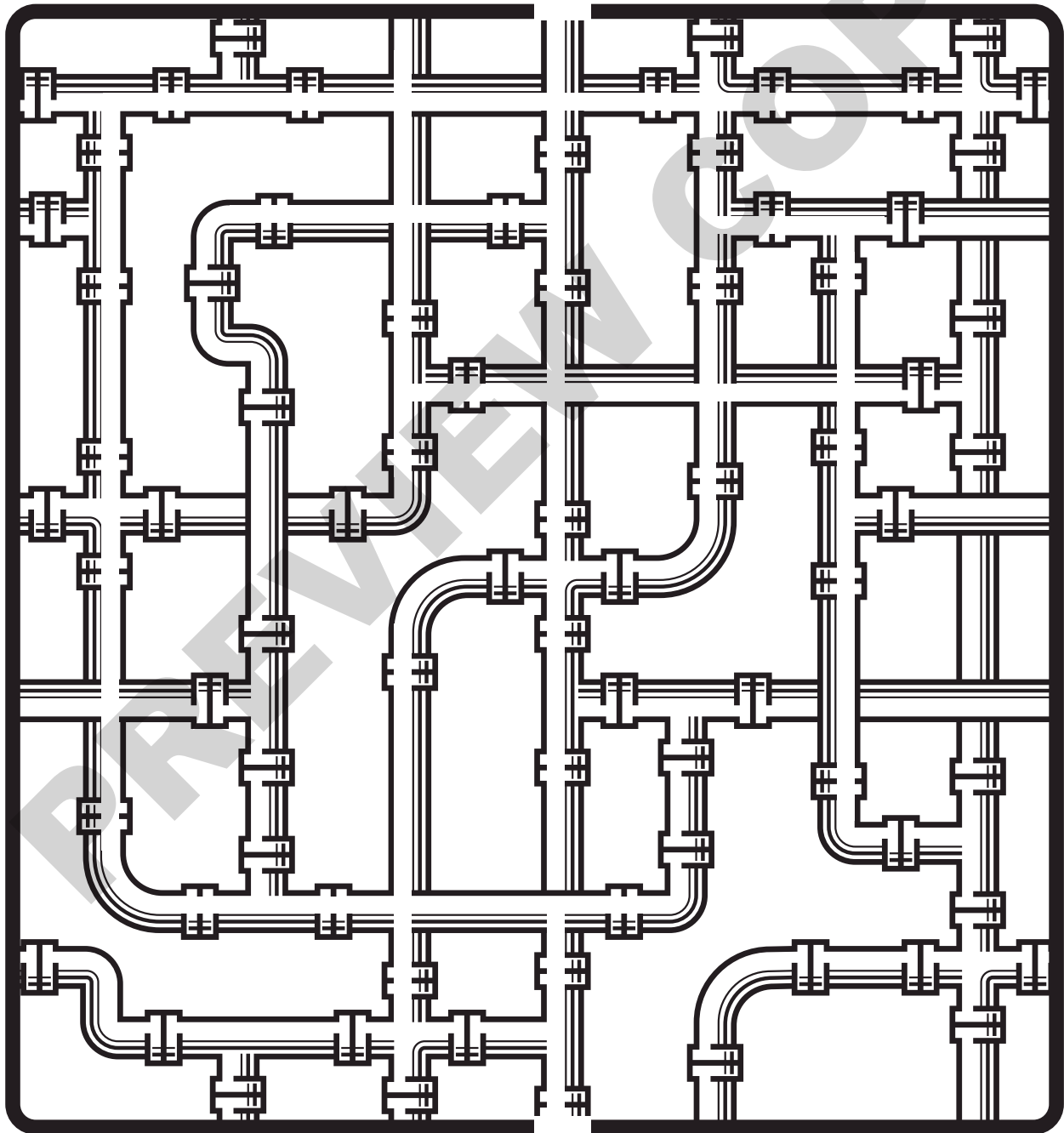Wash your hands for at least 20 seconds. Try singing the ABC song while you wash.

ABCDEFG...

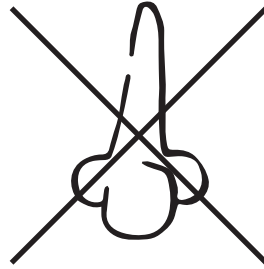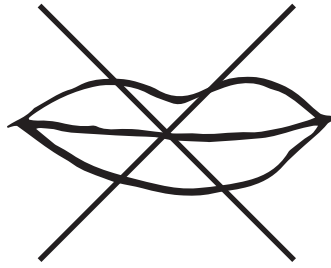# Maze Activity:
Wash the germs away!

START

FINISH

6

Sneeze and cough into your elbow.

Doctors think the virus is spread through little droplets from the lungs. Never sneeze or cough into your hands. When you touch things, you can spread the virus. And don't cough or sneeze into the air, either. Cough and sneeze into your elbow!

Don't touch your face.

Keep your hands away from your mouth, eyes and nose.
These are the easiest places for a germ to get into your body.
If you need to pick your nose, use a tissue. Throw the tissue
away and wash your hands.
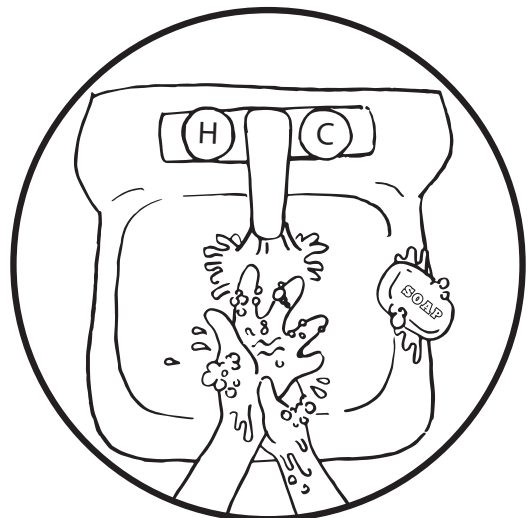
# Help keep your family safe: Practice social distancing.

Prevent coronavirus from spreading by staying a safe distance from others. When you are out in public, like on the bus, the playground or at the store, you need to practice social distancing. Stay at least 6 feet away from people you don't live with.

6 FEET

6 FEET

6 FEET
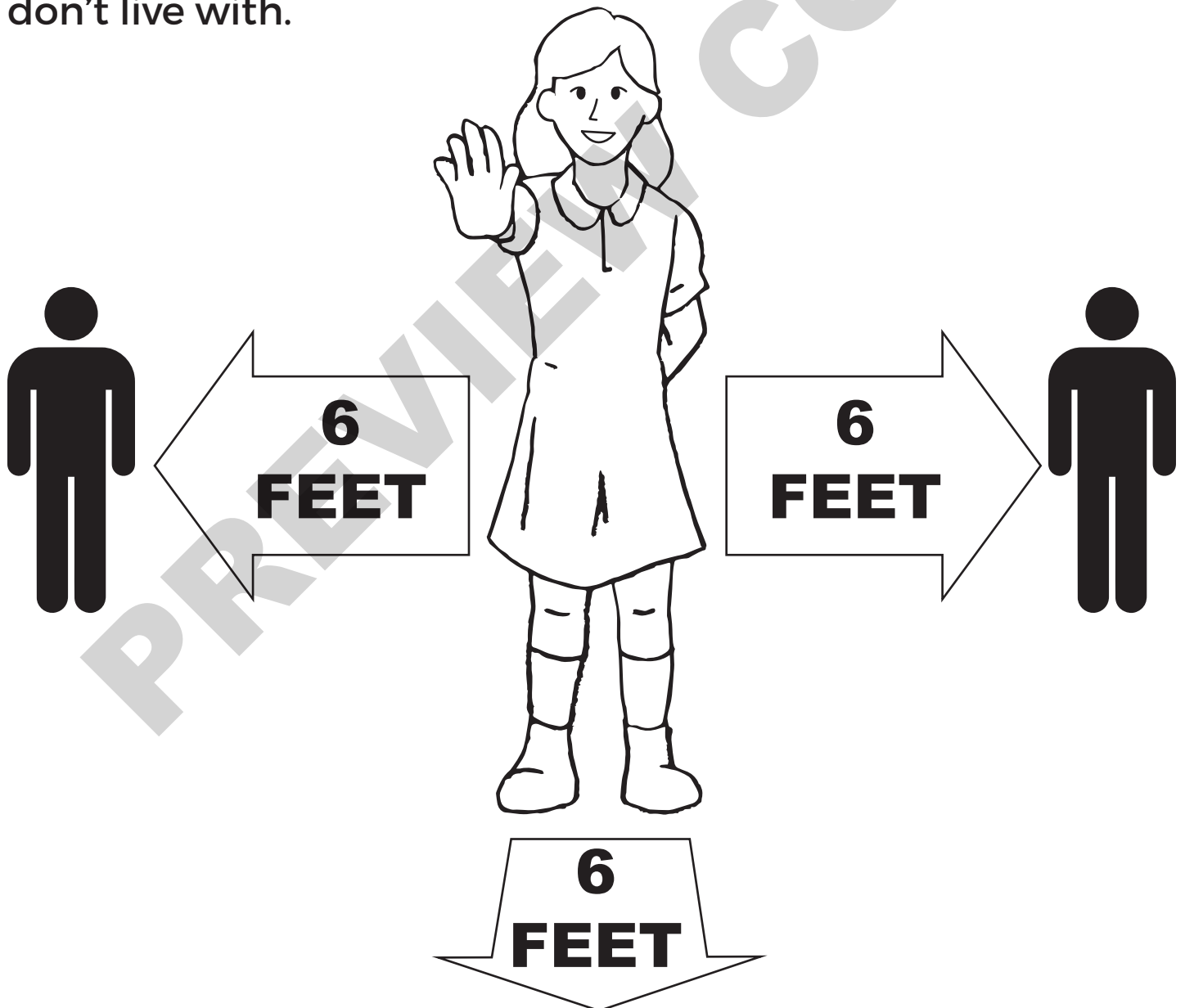
Help keep everybody safe: Wear a mask when you go out.

If you go out in public, you should wear a mask. The mask can help protect you from getting the virus, and it can prevent you from spreading the virus if you have it.

Activity: Masks don't have to be boring! Color a fun pattern on the mask below.
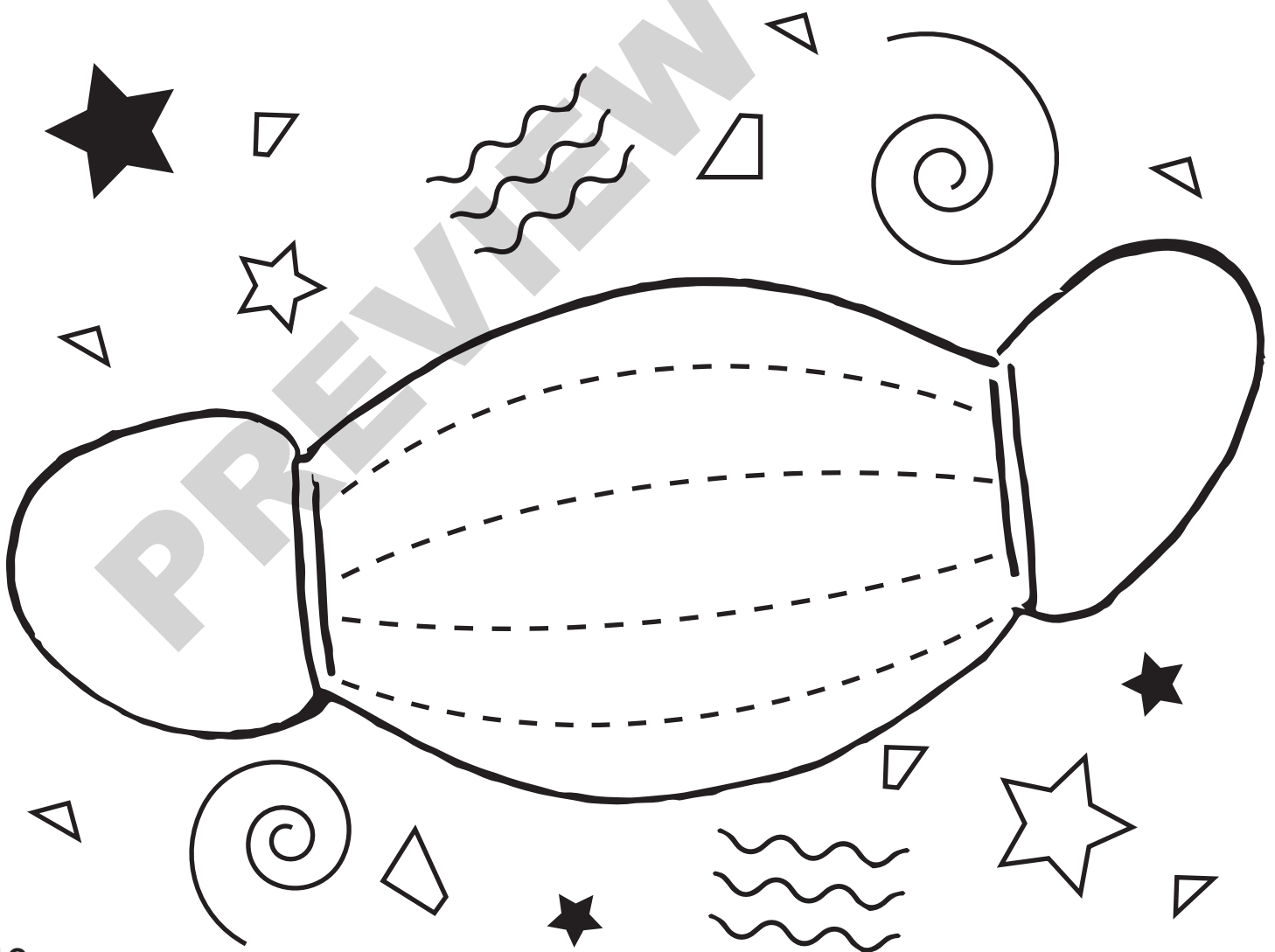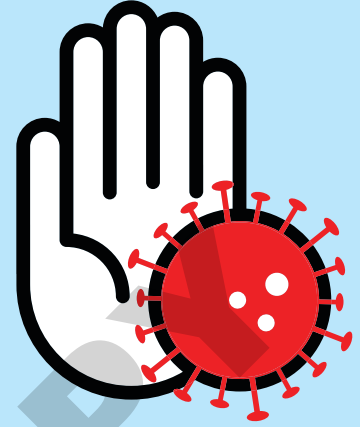
This won't be forever.

Nobody knows when the coronavirus outbreak will end. But it will end! Scientists are already working on a vaccine to prevent people from getting sick. There's no need to worry. If you stay safe, wash your hands, use good hygiene and practice social distancing you and your family have a good chance of staying healthy.

Color the rainbow.
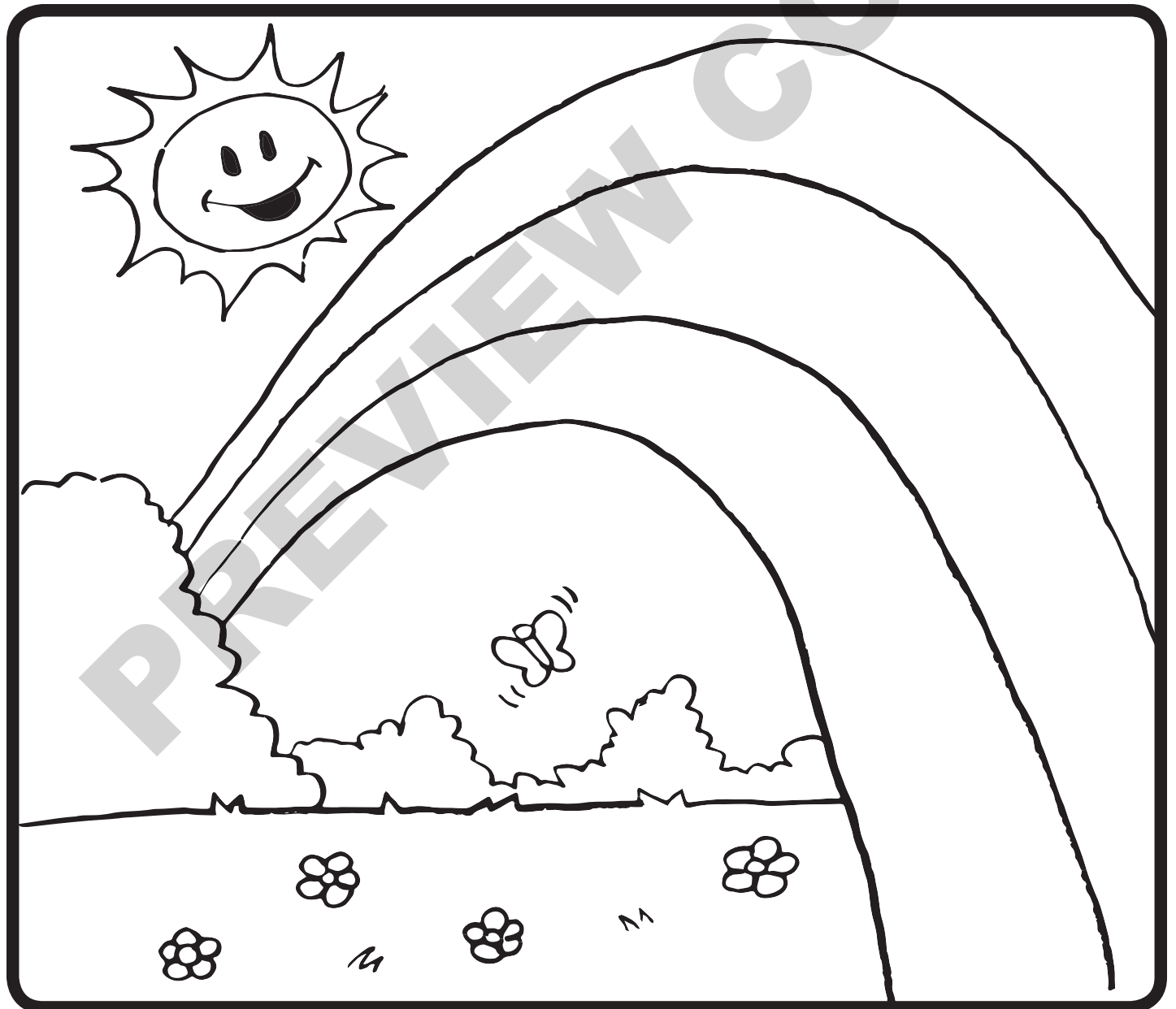
I AM CORONAVIRUS SAFE!

I pledge to wash my hands a lot, keep my fingers away from my face, cover my mouth and nose with my elbow when I cough or sneeze, stay 6 feet away from those I don't live with and wear a mask if I go out in public.

Name:_____ Date:_____