Hello!

My name is Coronavirus. Some people call me COVID-19. I am related to the Flu and the common cold. The Flu is my cousin. Do you have cousins?
I have traveled a lot and now I am in your area visiting...

I travel by jumping from hand-to-hand when you give high-fives! So for now let’s wave to your friends to say hi!
Have you heard about me?

YES  NO

And how does this make you feel when you hear my name?

Relaxed  Confused  Worried

Curious  Nervous  Sad
I understand you feel...

... I sometimes feel the same way.
Sometimes adults also worry when they see me on TV or hear about me on the news...

...lots of people are talking about me, but your parents can help you understand.
However, let me see if I can help...

so you can understand.
When I come to visit people, I am not easy to recognize but...

Coughing or difficult breathing

fever
But I don’t stay with anyone very long and most people will get better.

Just like when you get a scrape or a bruise, it gets better...

and I will leave.
But you don’t have to worry!

The adults who take care of you:

will always keep you safe!
But did you know you can help...

By washing your hands with soap and water for 20 seconds. That is singing Happy Birthday or saying your ABC’s.

Use hand sanitizer and let your hands completely dry, which takes about 10 seconds. Don’t move your hands, just count to 10...

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once dry you can go play again.
If you do these things and listen to your parents, I will not come visit you or your family.

And while scientists and doctors are working to find a way to protect you from me and help the people that get me get better, this will allow me to be around without getting anyone sick.
The End!

Bye, Bye!

Download the PDF here: Hoyleton.org/COVID-19-support.

8 Executive Drive, Suite 200
Fairview Heights, IL 62208 | 618.688.4727
hoyleton.org