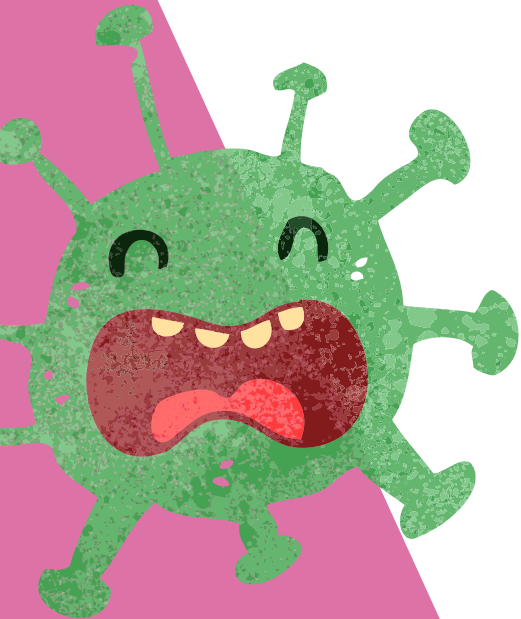


# COVID-19

**Covid-19 is also called coronavirus.**

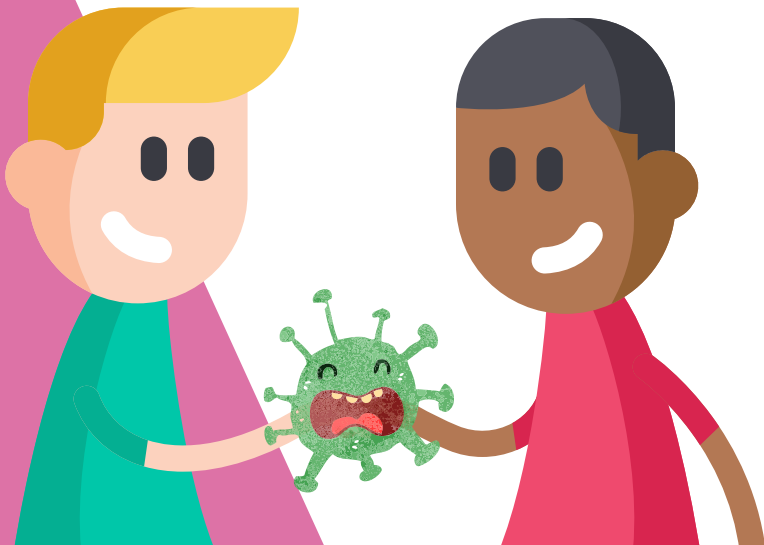
**Coronavirus is a germ that makes people feel sick.**

**If someone catches the coronavirus they need to rest at home or may need to go to the hospital to get better.**



# COVID-19

**Coronavirus can spread from one person to another if we touch each other or stand close together.**



# COVID-19



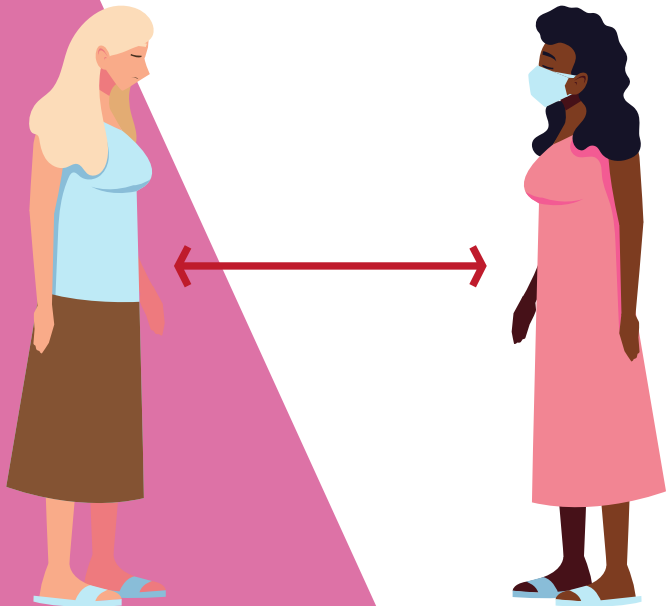
**So we need to wash our hands regularly to clean off germs we might have touched.**

**Say the alphabet while you wash and keep washing your hands until you finish.**

# COVID-19

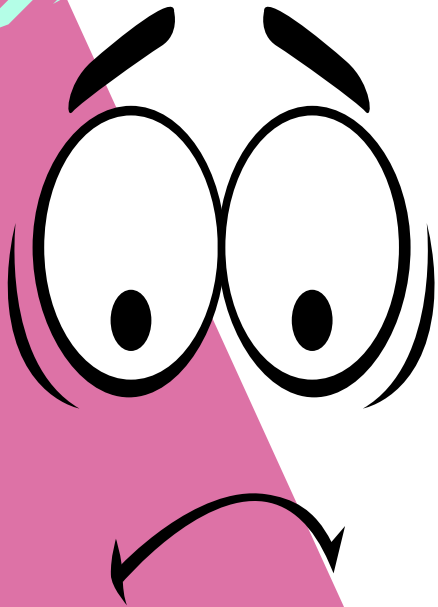
**We also need to stay away from people who don't live in our house so coronavirus germs don't spread.**

**This means we can't all go to school and we can't visit family and friends right now.**



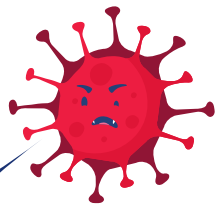
# COVID-19

**It is sad that we that  
can't see people that are  
special to us right now  
but we have to stay at  
home so less people get  
sick.**



# COVID-19

**Doctors are working on medicines to stop people getting sick from coronavirus. These medicines are called vaccines.**



# COVID-19

**We won't always have to  
stay away from people.**

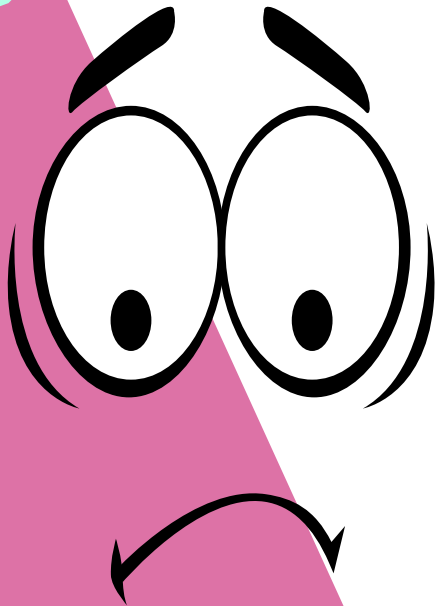
**We just have to follow these  
rules long enough for doctors  
to get vaccines to most  
people.**



# COVID-19

**It is okay to feel upset or worried.**

**We can do things to make ourselves feel better.**





# COVID-19



**We can make cards for or call the people we miss.**

**We can also do exercise, crafts, mindfulness and talk to people we trust.**