Corona-what???
A kid’s guide to understanding the Coronavirus

How did all of this start?
A few months ago, some people in a far away country got really sick. We all get sick sometimes, but this was a brand-new kind of sick. This sickness jumped from person to person, and in a short amount of time the whole city was sick!

Doctors realized what was happening and found out this sickness was caused by a new germ. They called it the Coronavirus. This is what it looks like when you see it under a microscope!

They told the whole world, “There’s a new germ! It can jump from person to person and move around the world when people who are sick travel. Please be careful!”

People with the germ traveled to America and eventually to Miami and brought the germ with them! When the Mayor and the Doctors saw how easily the Coronavirus could spread, they made a big decision. They decided to close all the schools, museums, and restaurants and told everyone to stay home so the Coronavirus could not keep jumping from person to person.

So what’s going to happen now?
For now, we have to stay home. Coronavirus is a very sticky virus that can stay in the air, on surfaces, and on our hands for some time. Because of that, there are some special rules we need to follow...
We can still see friends, but it has to be from a distance...

• This is called Social Distancing. It’s hard to not be able to play, hug, or be close to our friends. You can still see them, but you have to follow some rules…

• If you’re outside playing and you see your friends, you must stay at least 6 feet apart.

• How far is 6 feet apart? 6 feet is the length of one cow or of a car! You might be thinking, that’s pretty far…

What if I want to be closer to my friends?

It’s hard, but we shouldn’t get close to or touch our friends. If you want to talk, or be closer, try using FaceTime, WhatsApp, or Zoom. You can play games and do activities together through a tablet or phone. It might feel different, but you can still have fun together!

We have to wash our hands… a lot!

We have to wash them really well. Make sure you use soap and when you’re scrubbing you can sing your ABCs or Happy Birthday. That’s about how long it takes to scrub away any germs.

When should we wash our hands?

• If you touched doorknobs or car door handles
• If you used a phone or tablet that other people used
• If you do have to go out and end up touching different things, like groceries, boxes, or countertops
• Every time you go inside your house from the outside
• It’s hard to wash our hands that much! If you can’t find water and soap, ask an adult if they have hand sanitizer. It works too!
If we have to cough or sneeze...

• It’s best to use a piece of paper, throw it away, then wash your hands. This helps to keep the Coronavirus from spreading.
• Remember that coughs and sneezes can blow Coronavirus germs onto other people, so we want to catch them before they do!
• Don’t be scared. Just because you sneeze or cough doesn’t mean you have Coronavirus. Sometimes a sneeze is just a sneeze.

Try not to touch your face.

It may sound funny, but many times germs like Coronavirus live on our hands and fingers. We touch a lot of things during the day that have germs on them. If we touch our faces those germs can end up around our mouths, noses, and eyes and get into our bodies. Also, try hard not to put your fingers in your mouth or nose.

Think of it this way...

Social Distancing can be really hard. It feels good to be around our friends and family. But there’s another reason we have to keep our distance. Young people are strong and don’t get as sick from Coronavirus, but older people, like grandmas, grandpas, or older neighbors can get very sick. They have to fight extra hard to beat the Coronavirus. When we stay away from them, and keep them away from others, we’re protecting them from getting sick. You get to be a superhero by protecting them!
What does Coronavirus feel like?

People with Coronavirus can have a cough, fever, feel weak for a few days, or have some vomiting or diarrhea, similar to other times when you’re sick. Most people with Coronavirus will go back to normal in a few days, but some may get sicker and need to go to the hospital. This happens especially to older people.

What if you feel sick?

Remember, getting sick every once in awhile is normal, but you should always tell your mom or dad. Tell a family member. Tell an adult. They’ll know exactly what to do and will help you.

You can still...

Play outside, play games, do your homework, watch movies, dance, sing, laugh and have fun with your family!

What if you feel scared?

It’s ok to be scared.

It’s ok to talk to your friends, parents, or an adult if you’re scared. It’s also ok to ask them questions.

So remember, we must stay home as much as possible because the Coronavirus can jump from person to person. If we stay home it can’t jump to us or our friends and family.