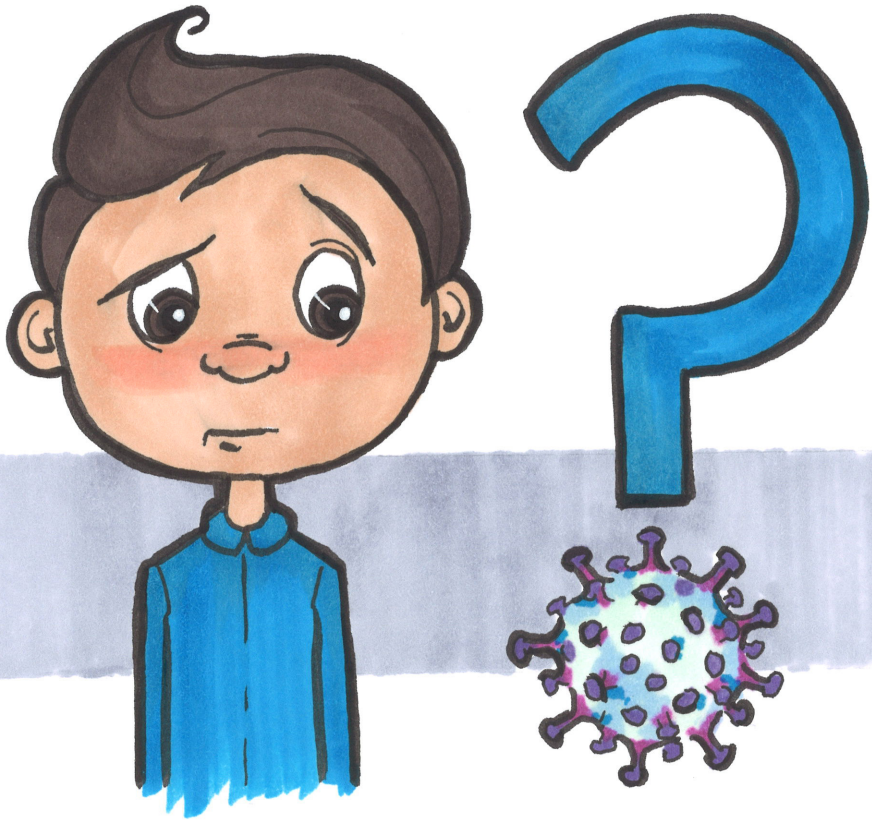
# COVID-19

## ‘coronavirus’

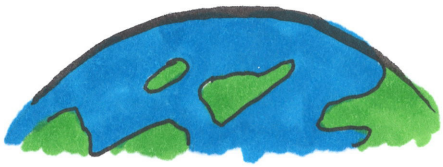


AN ILLUSTRATED GUIDE

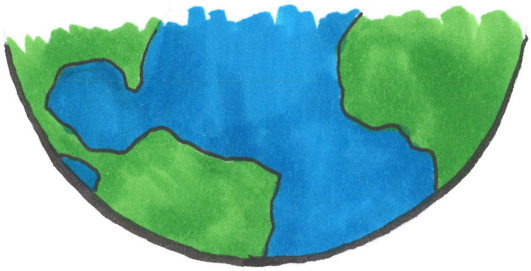
*FOR KIDS WITH QUESTIONS*

Adrianne Presnell (adriannern@gmail.com)/March 17th, 2020

# WHAT IS HAPPENING?



**Many people around the world are getting sick from a virus.**
The sickness is called COVID-19. Some people call it 'coronavirus.'



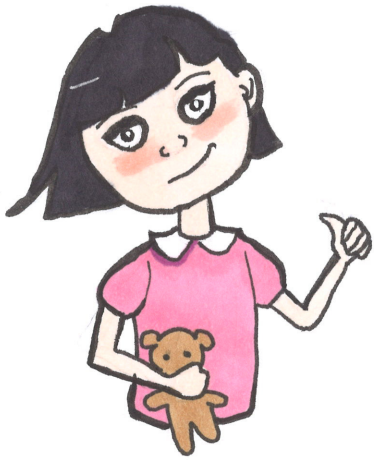
Some people are scared.



Some people don't care.



Some people are prepared.

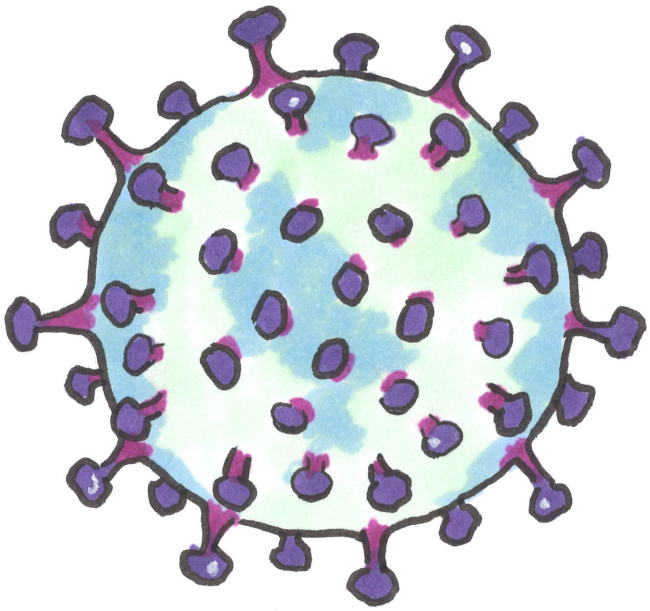


**Not everyone will get sick!**

Adrianne Presnell (adriannern@gmail.com)/March 17th, 2020

# WHAT IS A VIRUS?

**A virus can only be seen with a strong microscope.**
The virus that makes people sick with COVID-19 looks like a spikey ball.



**A virus by itself can do nothing.**

It isn't even alive!

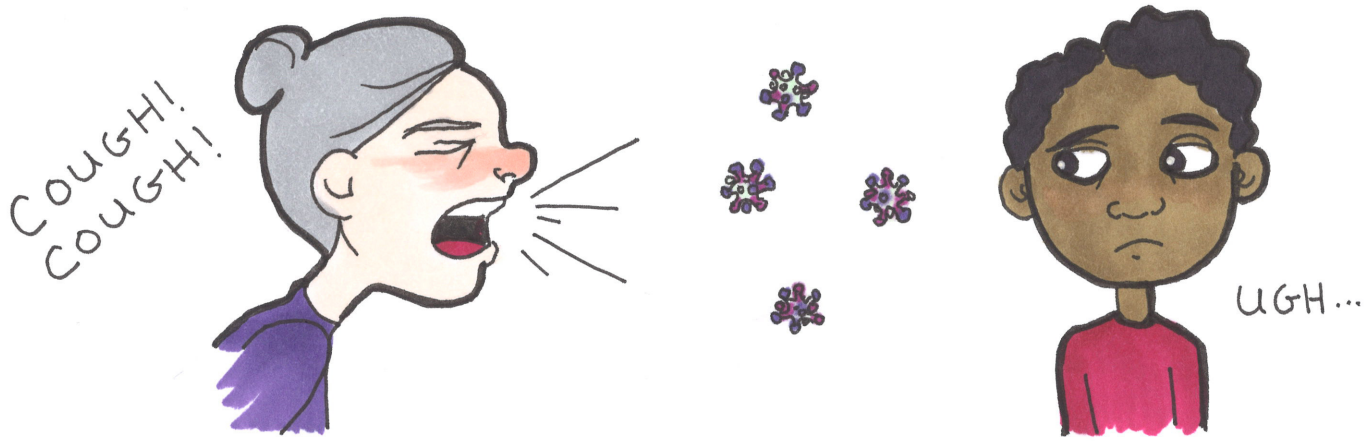
But if a virus gets into a body, it might start to make more copies of itself.
If this happens, the body might try to fight the virus and get sick.

Adrianne Presnell (adriannern@gmail.com)/March 17th, 2020

# HOW DOES IT GET INTO A BODY?

A virus can't crawl or jump into a body.
It has to be breathed in or rubbed on a face.

Breathing in the air from a sick person's cough could make someone sick.




Touching something that a sick person's spit or snot was on,
and then touching a face could make someone sick, too.

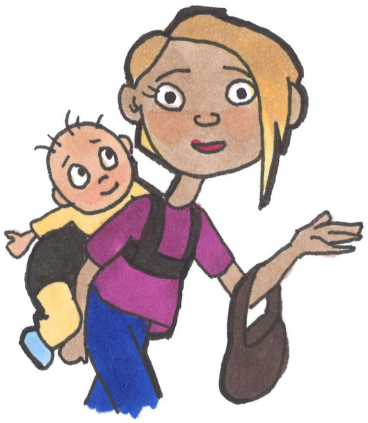



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# IT'S A TRICKY VIRUS!

**Not everyone that has the virus will feel sick.**

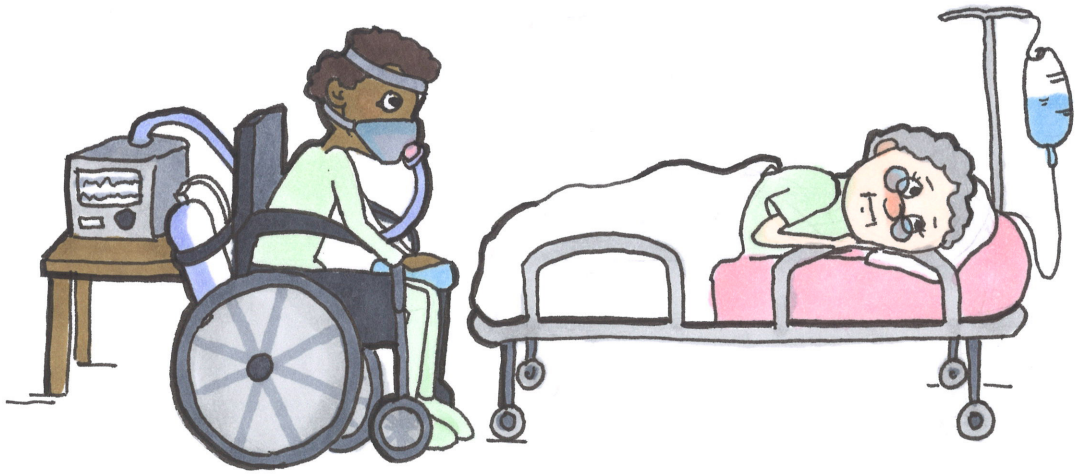
Some people will have the virus but feel fine.



Some people will have the virus and feel sick.



Some people will have the virus and get so sick they need a hospital.



**Most people that get sick with COVID-19 will get better.**

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# WHAT KIND OF SICK?

Most people that get sick will feel like they have a cold or the flu.

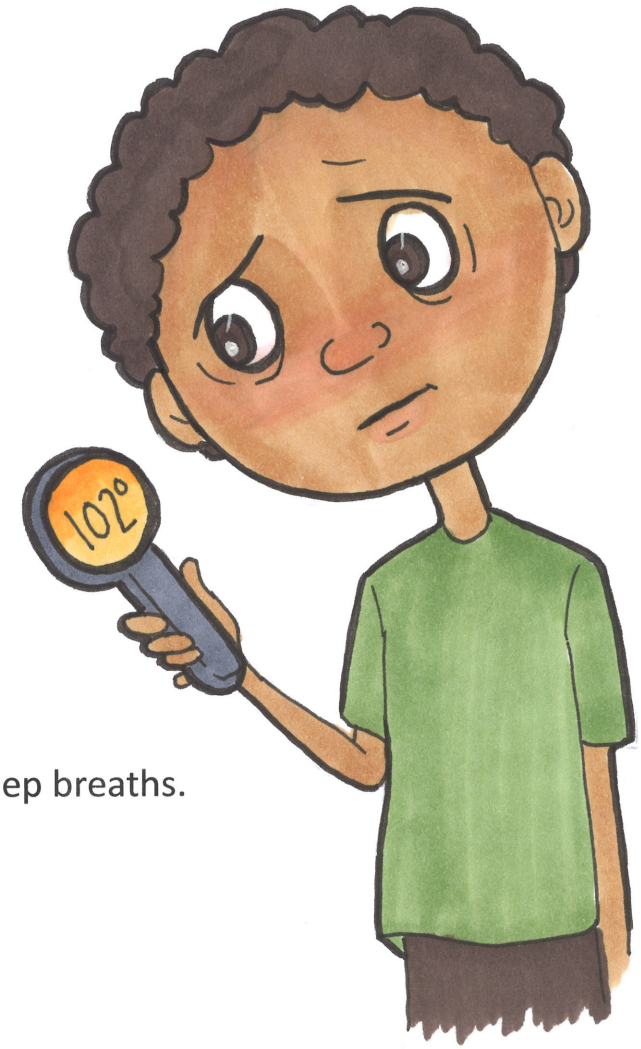
They...

...may have a fever.

...may have a cough.

...may not be able to take deep breaths.

...may feel very tired.




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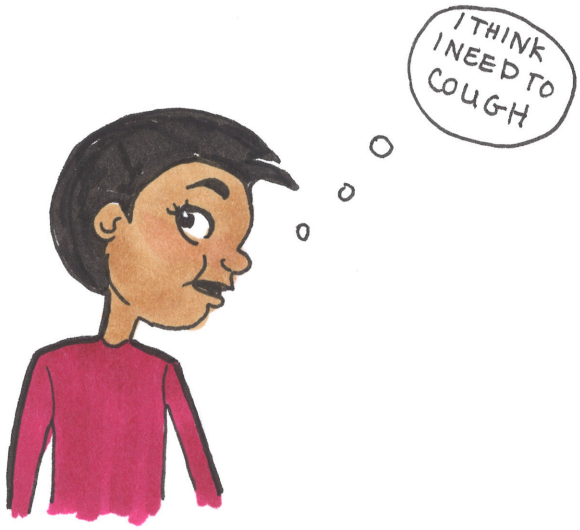
# YOU CAN HELP!

People that are old, or are already sick, must be extra careful.

To help protect each other from the virus, we need to **pretend** that our own coughs and spit, and other people's coughs and spit, are extra yucky!

Be careful when you cough and sneeze. Turn away from other people.








Try to stop the air from your coughs and sneezes from spraying everywhere by using a tissue or your bent elbow.

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# YOU CAN HELP!

One of the BEST ways you can protect yourself and others, is by washing your hands. It sounds simple, but it makes a big difference.

Wash your hands after touching something a lot of other people might have also touched.




Wash your hands if you get any air from your cough or sneeze on them. Wash your hands if you get snot or spit on them.



**DID YOU KNOW:**

Most people don't wash their hands long enough? When you wash your hands, sing the 'Happy Birthday' song two times in a row.
Don't stop washing your hands until you're done singing.
**If you do this, you washed your hands for the perfect amount of time.**

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# WHY ARE PEOPLE ACTING STRANGE?

While we are waiting for the virus to go away, **people will stay farther away** from each other. You may not see people shake hands or hug for a while. This is so that the virus doesn't get passed on.

Some people may choose to wear masks to cover their faces. Don't worry, it's still a normal person behind the mask! Wearing the mask makes them feel better.




Some people might work really hard to feel prepared for staying home more. Being prepared makes them feel better.



If someone you care about gets sick, you may not be able to see them. Maybe you can draw them a picture or make them a get-well card.

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# DAYS FEEL DIFFERENT

Large groups of people can spread the virus quickly.
To slow down the virus, many places have decided to close,
and some people have decided to stay home more often.

Maybe your school has closed for a little while?

Or you aren't going to church like normal?

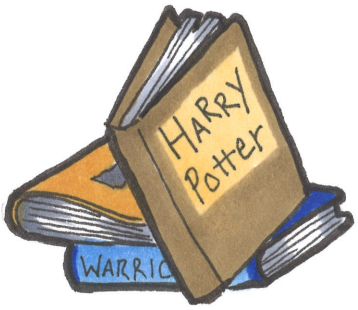
Maybe you aren't seeing some family members as often?

Or you are staying home more?

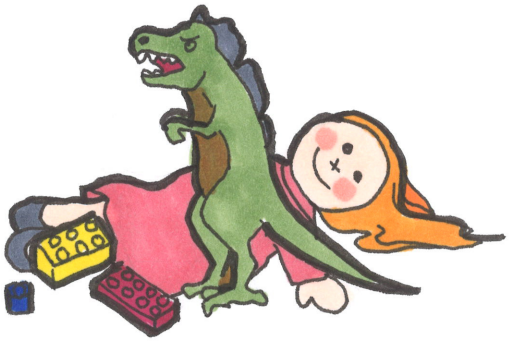
Maybe you are eating more food cooked from your own kitchen?

Or you aren't visiting your friends' house anymore?

Take your extra time to read, draw, and play!





**If you have questions or feel scared, it's okay to talk to someone you trust.**

Adrianne Presnell (adriannern@gmail.com)/March 17th, 2020

# THERE ARE MANY HELPERS

People from all over the world are working together to make things better.



IF YOU SEE SCARY THINGS IN THE NEWS, REMEMBER TO...

"Look for the helpers. You will always find people who are helping."

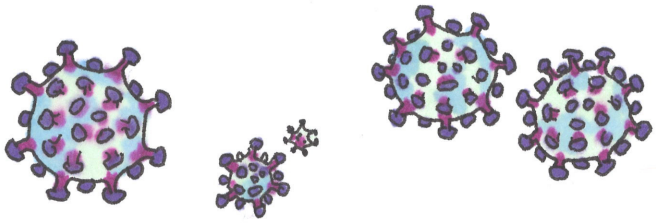
– Mr. Rogers' Mother

Adrianne Presnell (adriannern@gmail.com)/March 17th, 2020

# NOW YOU KNOW!

You have learned a lot:

Many people are getting sick with COVID-19.
The sickness is caused by a virus.



Not everyone will get sick, and most people that do get sick will get better.



Not everyone with the virus will feel or look sick, so we must be careful.

**You can help by washing your hands and covering your cough.**
Remember, things are different now, but they will go back to normal.

**Now you know about COVID-19 and are prepared to help!**

Adrianne Presnell (adriannern@gmail.com)/March 17th, 2020