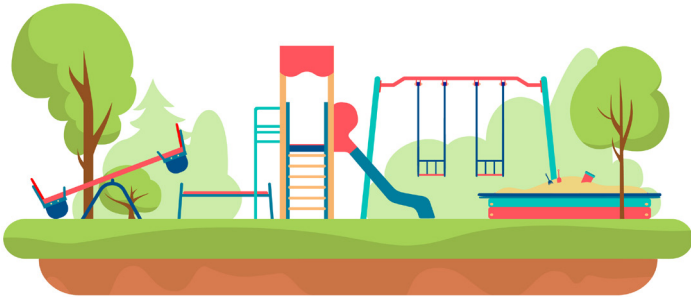




# What is the Coronavirus?

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Germs are tiny particles that are everywhere, but we can't see them. Most germs are safe and healthy!



Germes are at places like my school, the store, and the park. They can help my body get stronger!



Some germs can make me feel sick, like the germs from sneezing, coughing, or going to the bathroom.



I always wash my hands around these germs because they can give me a virus, like a cold or the flu.



Scientists and doctors make medicine that protect us from the germs that cause viruses. The cold and flu are viruses that have been around for a long time, so we have already learned what we need to feel better.



The coronavirus is a new virus. Scientists need time to create a medicine that can protect our bodies from these new germs. People all over the world are working hard on that right now!



There are still many people getting sick from the new coronavirus, so there is a plan to stop spreading germs. That means we will spend more time at home right now.





Places that have big groups of people have more germs. Those places, like my school, will be closed for a while.



Most people who get the coronavirus just feel like they have a bad cold. They can feel better by resting at home.



Some people, especially people who are old, may need to go to the hospital so that a doctor can help them get better.



Most kids don't get sick from coronavirus germs. I still have an important job to help my community! When I follow my helping plan, it keeps me, my friends, and my family healthy!

## MY PERSONAL HELPING PLAN:



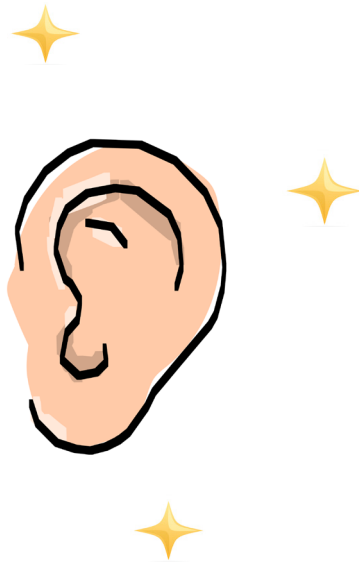
STEP 1: Wash my hands (often!)  
for the  
whole ABC song!

## MY PERSONAL HELPING PLAN:



STEP 2: Try not to touch  
my face and other things  
unless I need to!

## MY PERSONAL HELPING PLAN:



STEP 3: Be flexible and follow  
the plan my parents make!



It might feel weird not to go to school or my other favorite places. It's okay to feel sad or confused. These changes are just for now. I can always talk to my grown-ups about how I'm feeling. They will help me feel better and find new ways to have fun safely!





Many helpers are working to protect everyone from coronavirus. It's NOT my job to worry. My grown-ups will always take care of me and keep me safe. Once the adults know that everything is healthy again, things will go back to normal!