

A Kids guide to COVID-19

WHAT IS COVID-19?



Over the last few weeks, you may have heard grown-ups talking about a new type of virus that causes a sickness called **COVID-19**.

This virus first started making people sick in China, but it has now **spread all around the world**.

This virus spreads from one person to another through the air in **sneezes and coughs**.

The virus can also spread by **touching something that the virus has been on**, like a door handle, and then touching your eyes, nose or mouth.



WHAT DOES COVID-19 FEEL LIKE?



Have you ever had the flu? People who have gotten sick with COVID-19 often feel like they've gotten a really bad flu. They might have a **fever, cough**, and a **hard time catching their breath**.

Most kids and adults who have the virus will **feel better after a week or two**. A **very small group of people will get really sick** — these people are usually older and they might already have some health problems. We all have to **do our part** to make sure these people don't get sick!



HOW TO STAY SAFE AND KEEP THE VIRUS FROM SPREADING

01

Sneeze and cough into a tissue or your elbow

02

Be careful not to touch your face, eyes, mouth and nose

03

Wash your hands with soap and water for at least 20 seconds

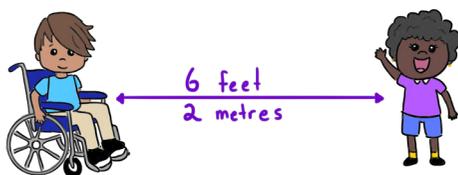
You might have heard grown-ups talk about “physical distancing”. This means putting space between people to stop the virus from spreading. **Stay at home as much as possible**, and keep 2 meters apart from others.

WHY IS SCHOOL CLOSED?



The virus can spread from one person to another quickly, so **being in a large group can make it easier for a lot of people to get sick!** That's why schools have

been closed and activities have been cancelled. It's important to **stay home** for now with your family. We want to make sure everyone is safe and healthy!



ACTIVITIES TO DO AT HOME

Although it might seem boring to stay at home, **there are tons of fun things you can do:**

- Make a **pillow fort**
- Find a new hobby like **arts & crafts** or **reading**
- Make an **obstacle course** in your house
- Learn to **cook**
- Do some **online schoolwork**
- **Video-call** people you cannot see in person
- **Go for walks outside** in areas where there are not a lot of people



DISCRIMINATION & COVID-19

Though this new type of coronavirus started making people sick in China, it is important to know that **someone's race or cultural background does not make them more or less likely to get or spread the virus**. It doesn't matter where you come from or what country your parents come from - anybody can get sick with COVID-19.

COVID-19 FACT CHECK

There is a lot we don't know about this virus, but **here is what we DO know:**

- Being in really hot or cold spaces doesn't stop you from getting the virus
- Many people who get the virus **will get better soon**
- Some people who get the virus don't even feel sick
- It's **ok to feel worried and scared** about all the changes that have been happening
- If you're feeling worried, **talk to a grown-up that you trust**
- A lot of people are working hard to make sure you're safe!