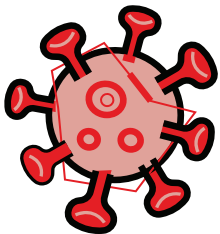# Children's National®

# A KID'S GUIDE TO CORONAVIRUS
Staying Healthy and Safe

Coronavirus is a new germ that makes people sick.

Most people only get a little bit sick from coronavirus. Most people get better from coronavirus while they stay at home. Some people go to the hospital to get better from coronavirus.

Coronavirus makes people cough and have fevers for a little while.

Coronavirus makes most people feel like they have a cold or the flu. They feel tired and sick for a while but then they get better again, just like after a cold.
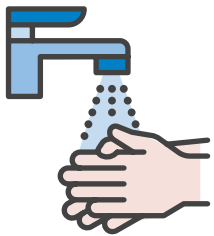
What can kids do to help?

- **Wash your hands often with soap and water** for as long as it takes to sing the ABCs after you blow your nose or use the bathroom and before you eat.
- **Cover your cough** with your elbow.
- **Try not to touch your face** because that can move germs from your hands to your face and make you get sick.

Staying home helps keep people healthy.

Lots of schools are closed and meetings are cancelled. This is so the coronavirus does not spread to lots of different people. Staying home helps keep older people from getting coronavirus. If school is cancelled that does not mean that you should be scared.

It is not your job to worry.

Lots of adults are all working hard to keep you and everyone safe. If you are worried, talk to an adult about it. Keeping people safe is a grown up job, not a kid job.

For more information, visit **ChildrensNational.org/covid19-kids/**