





One new kind of germ is called coronavirus, or COVID-19. Most people only get a little bit sick with a fever and cough with coronavirus. Then they get better.

1

FEVER



COUGH

2



3

TIREDNESS



WET

1



SOAP

2



3



WASH

5



DRY

4



RINSE

To keep myself healthy, I will wash my hands. People may ask me to wash my hands more than usual.

I will wash my hands after I cough  
or sneeze, after I blow my nose,  
after I use the bathroom, and  
before I eat.





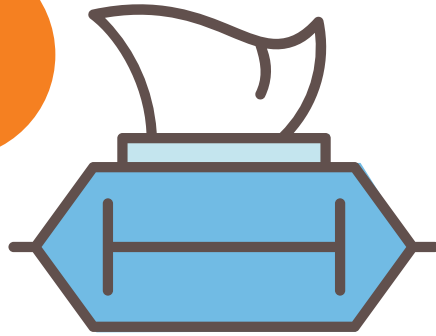
**HAND SANITIZER**

If I can't wash  
my hands,  
I will use hand  
gel instead.

Germs live in  
coughs and  
sneezes. I will  
cover my mouth  
with my elbow  
when I cough or  
sneeze.



1



USE TISSUE

2



3



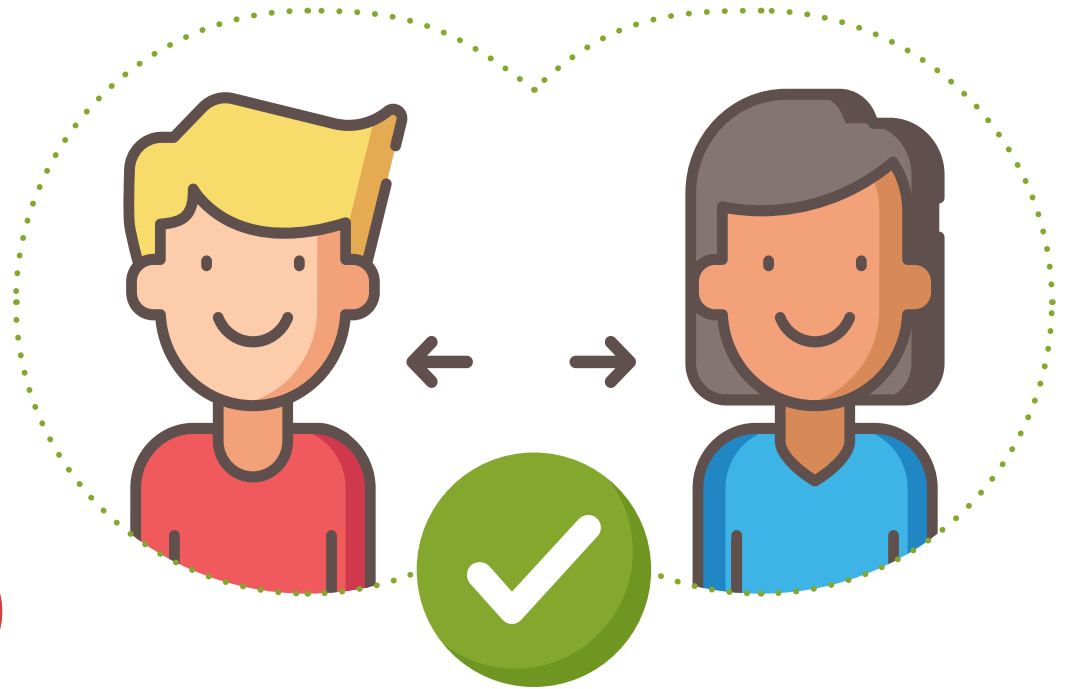
I will use a tissue  
if I need to pick or  
blow my nose.  
Then I will throw  
away the tissue and  
wash my hands.





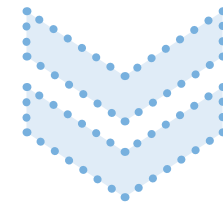
**NO  
HUGS**

**NO  
HIGH  
FIVES**



I will try not to touch people outside my family as much as usual. I can wave, instead of giving hugs or high fives.

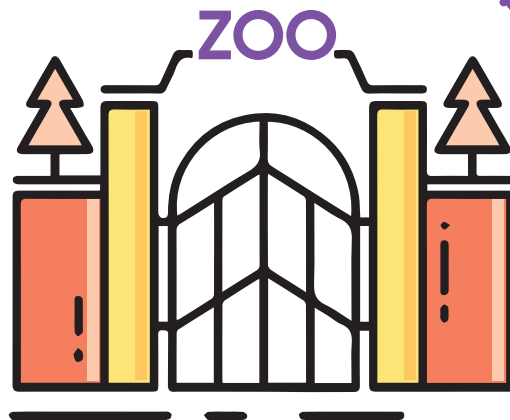
My school may close to keep everyone healthy. While I am home I will do my school work or other activities. Then my school will reopen.



**STUDY AT HOME**



MUSEUM



ZOO



LIBRARY

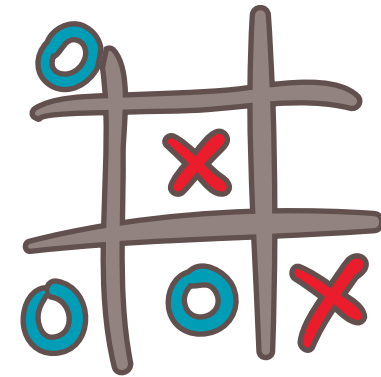
Other places I like to go when school is closed may also be closed to keep everyone healthy.

I can play outside or go for a walk  
in my neighborhood. I can have  
fun at home. When it is safe, I will  
go back to school.



**MAKE ART**

**READ**



**PLAY GAMES**



If I am sick with coronavirus, my family will take care of me. I may go to the doctor. Then I will get better. If someone in my family gets sick, they will see a doctor. I may not see them while they get better.



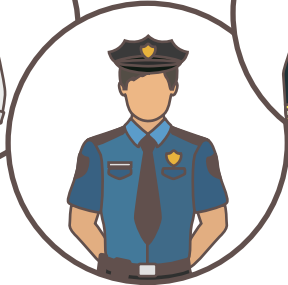
It is ok if I feel scared,  
sad, or angry. I will talk to  
a grown-up about my feelings.  
They will help me feel better.

There are many grown-ups who are working hard to keep everyone safe and healthy.

**SOCIAL WORKER**



**POLICE-MAN**



**FIRE-FIGHTER**

**DOCTOR**



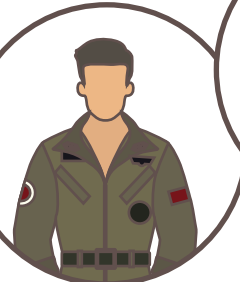
**CONSTRUCTION WORKER**



**NEWS REPORTER**



**ENGINEER**



**MILITARY**



**NURSE**



**TEACHER**

I am safe.  
I have many people  
who love me and  
will take care  
of me.



Children's National®