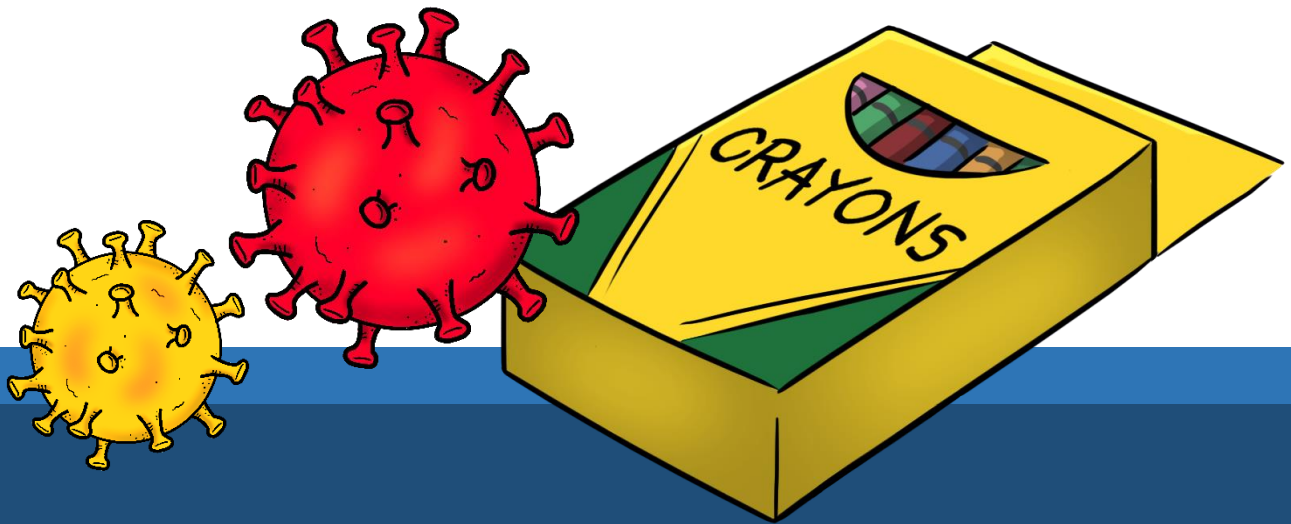




COVID-19 Activity Book

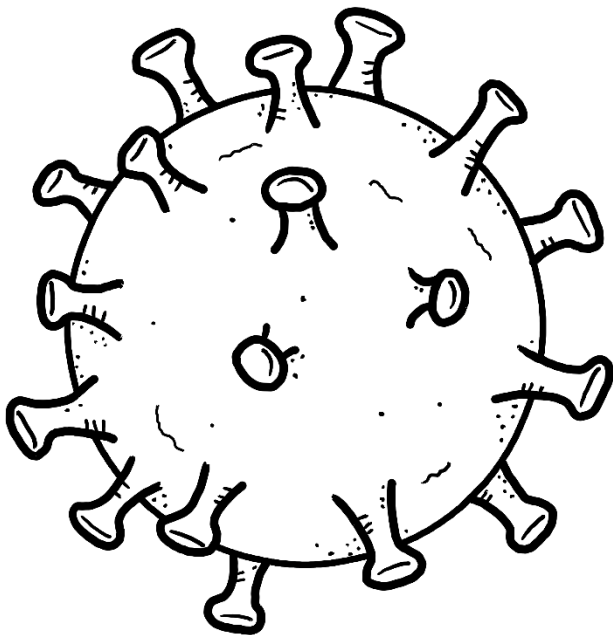


What is COVID-19?

Have you heard about COVID-19 before?

- YES
- NO

What do you think COVID-19 is?



Answer:

COVID-19 is a newly discovered type of coronavirus that you might have heard adults talk about. Some people say it feels kind of like having the flu.

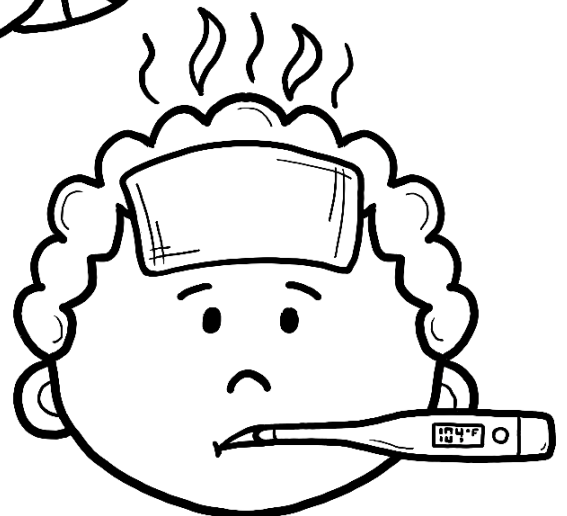
What does COVID-19 feel like?

Have you had or heard of the flu before?

- YES
- NO

When a virus makes someone feel sick, these feelings are called symptoms. COVID-19 and the flu have some of the same symptoms. What symptoms do you think people have when they have the COVID-19?

- Cough
- Hard to breathe
- Sore throat
- Fever
- Throwing up
- Diarrhea



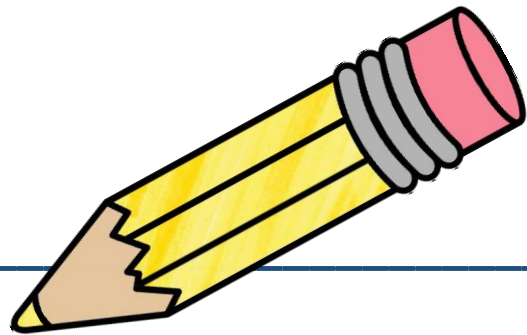
DID YOU KNOW?

Sometimes a person with COVID-19 feels all of these symptoms, and sometimes they just feel a few of them.

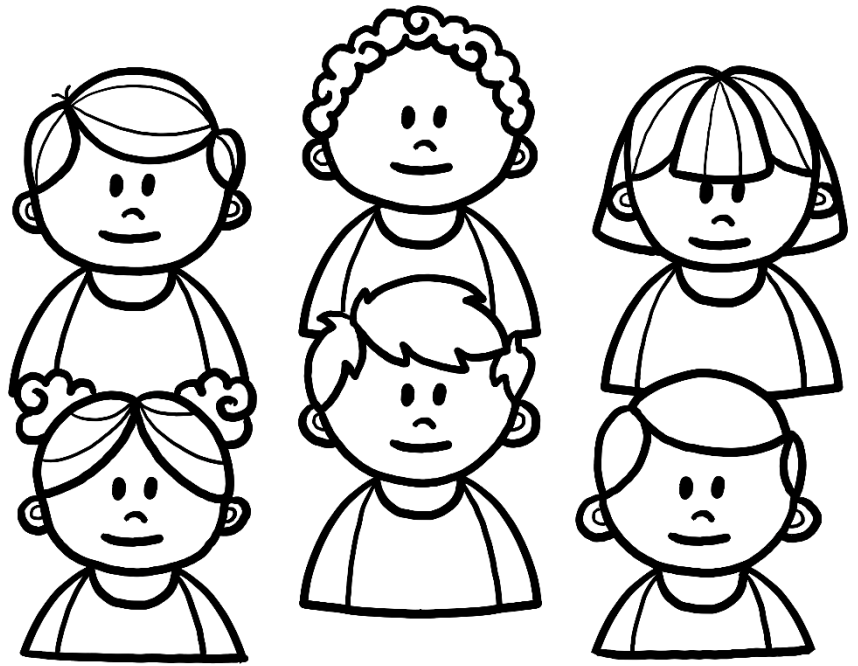


How does someone get sick with COVID-19?

What do you think?



COVID-19 can easily spread from one person to another, especially when someone who is sick coughs or sneezes.



It is very important to cough or sneeze into your elbow or a tissue. Be sure to wash your hands right away for 20 seconds!



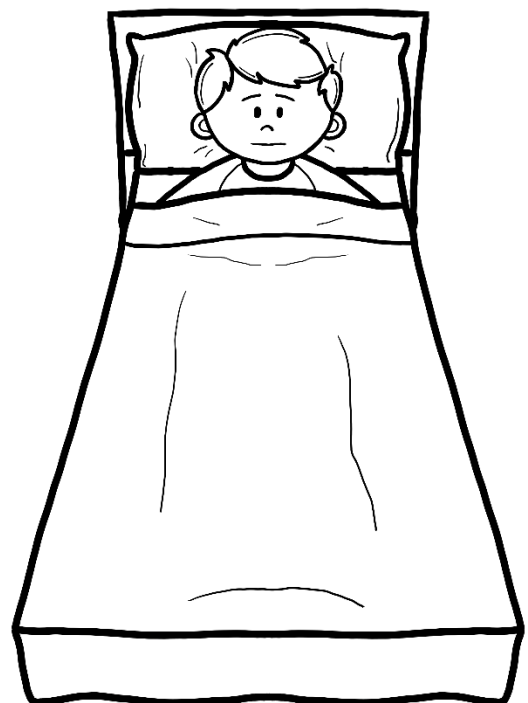
A cough or sneeze sends tiny germs into the air which then land on things people touch.

Who is doing a good job not spreading their germs?



When you cough or sneeze, where should your germs go?

- Into your elbow
- On your hand
- On your friend
- Into a tissue
- Into the air
- Into a hospital face mask



Congratulations!

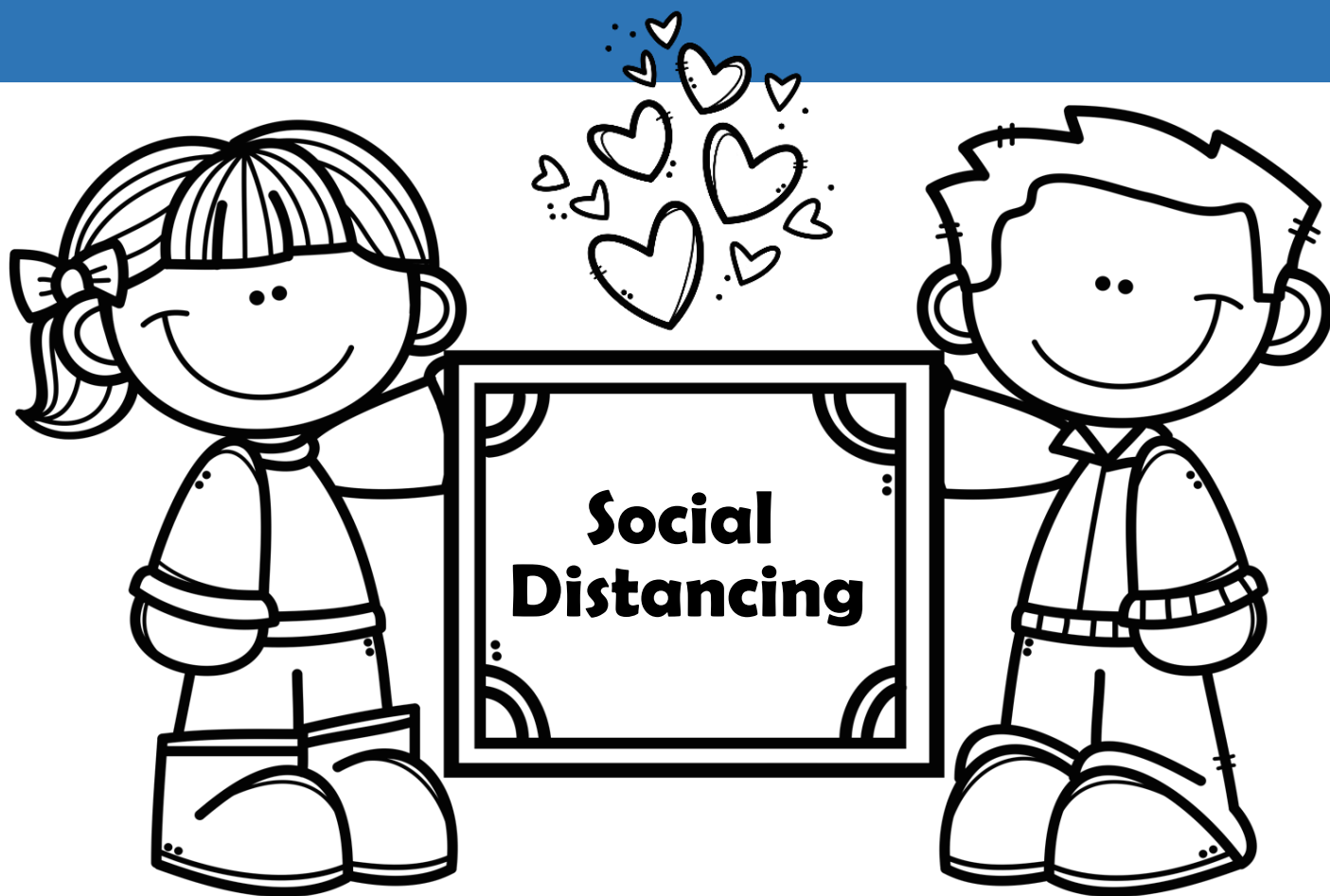
These friends did a great job covering their mouth and nose. They are helping to stop the spread of COVID-19 germs!

Answers:



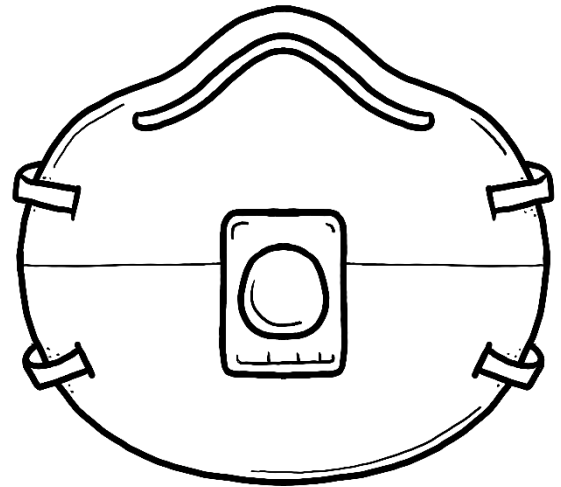
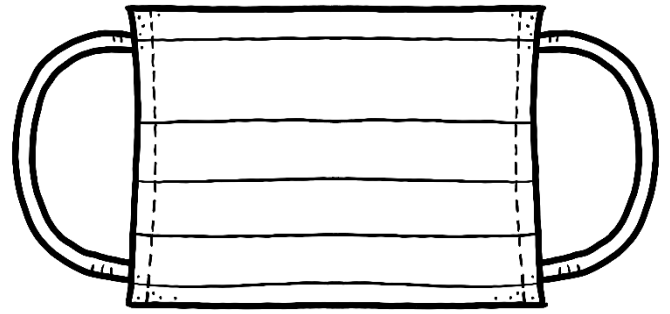
- ✓ Into your elbow
- ✓ Into a tissue
- ✓ Into a hospital face mask

What are some other things you can do to help?

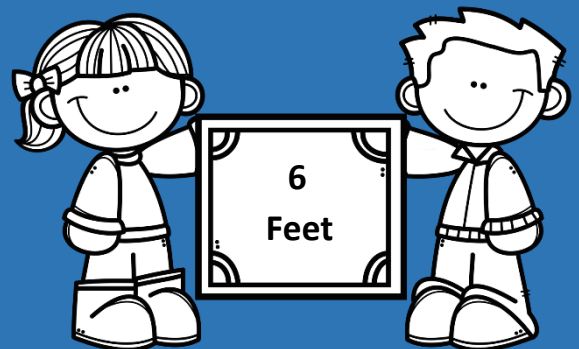


“Social distancing” is when healthy people choose to stay at home away from crowded places, schools, and other activities like sports. Each person should do his or her best to stay 6 feet away from others so we can stop the spread of COVID-19 germs.

It is ok for kids to be close to their families. Or, if someone is taking care of you in the hospital, it is ok for them to be close too. You might see hospital workers wearing face masks, yellow gowns, and gloves to stay safe from COVID-19 germs.

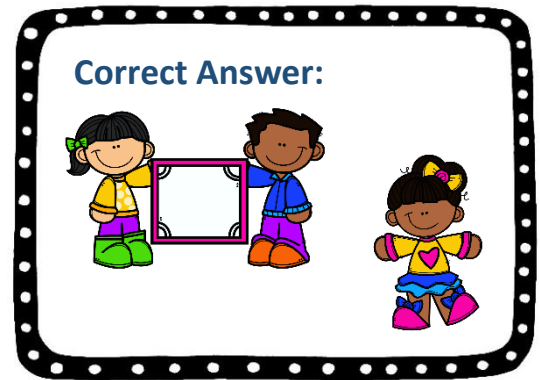


Circle the pictures of people who are social distancing.



Congratulations!

These friends did a great job practicing social distancing by staying 6 feet away from others.

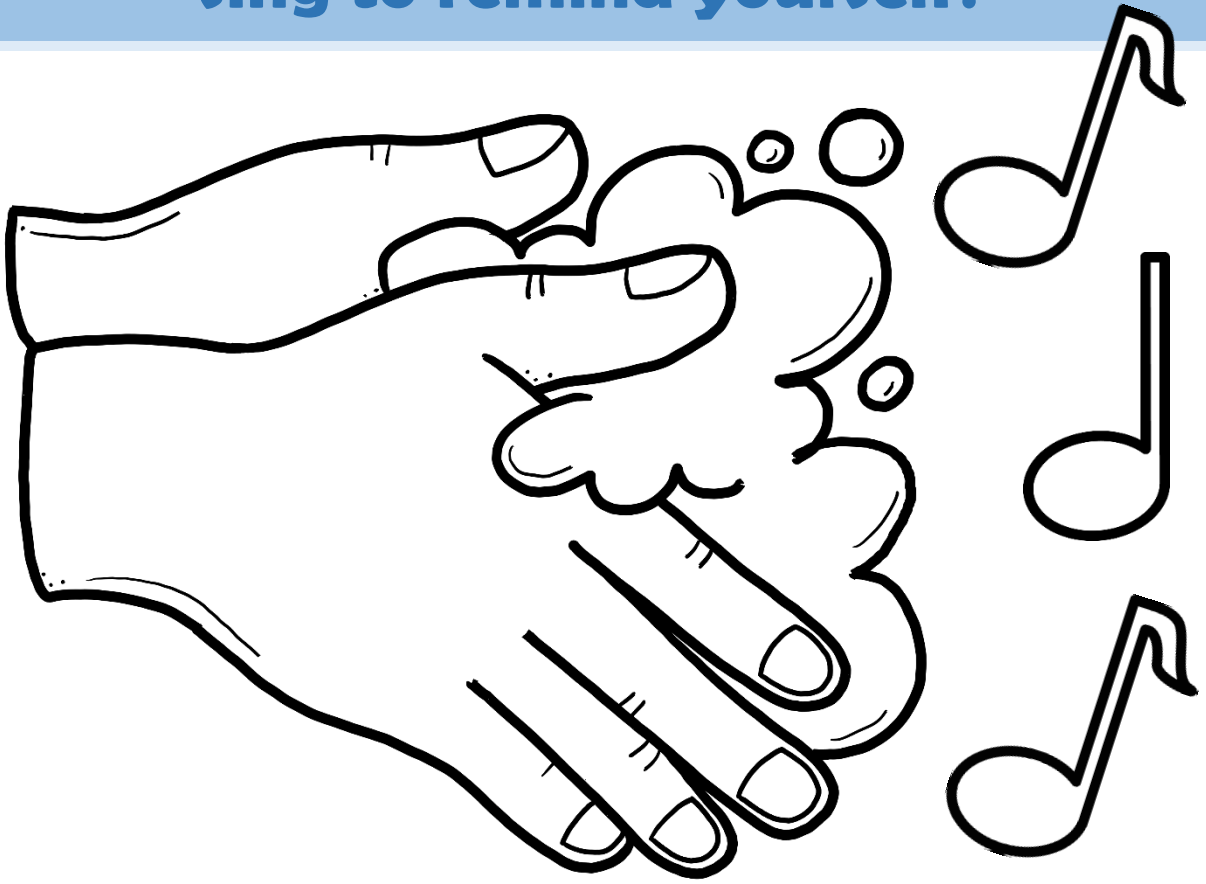


More ways to help:

- Wash your hands with soap for 20 seconds.
- Use hand sanitizer.
- Cough and sneeze into a tissue or your elbow.
- Don't touch your eyes, nose, or mouth.
- Stay at home when you feel sick.



It is important to wash your hands for 20 seconds each time. What song could you sing to remind yourself?



What song did you pick?

What questions do you have about COVID-19?

Congratulations!

**You know all about COVID-19 and
how to do your job of keeping yourself
and others healthy!**

(Name)

(Date)



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<https://www.hopkinsmedicine.org/johns-hopkins-childrens-center/patients-and-families/child-life/>

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