What is COVID-19?
(Coronavirus)
A Guide for Kids
COVID-19 (Coronavirus) is a virus, like a cold or the flu.

It can make you feel sick. You might...

- have a cough and/or shortness of breath,
- have a fever,
- feel really tired or extra sleepy.

Most people that get sick will get better in a few days.
Have you heard someone talk about COVID-19 or the Coronavirus?

Yes
No

How do you feel when people talk about it?
(There is no right or wrong answer.)

Happy Sad Scared
Nervous Angry Confused
Draw how you feel.
Remember - It’s okay to feel this way.
COVID-19 has been on T.V. a lot. Why are so many people talking about it?

The virus can travel from person to person and stay on things people have touched.
There are some things you can do to help!

Wash your hands for 20 seconds. Sing a song, like Happy Birthday or the ABCs, to help you count.

Cough or sneeze into your elbow or a tissue. Throw the tissue away.

Stay at home and away from others.
What questions or thoughts do you have?

Share these with an adult.