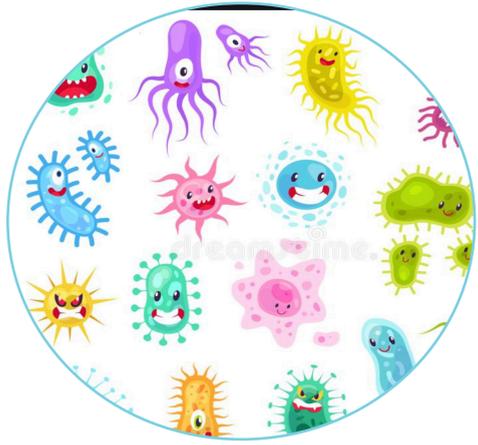
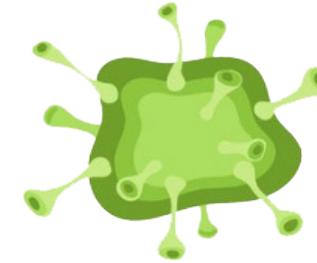


What is  
the  
Coronavirus?



Germs are tiny particles that are everywhere, but we can't see them. Most germs are safe and healthy. They are at my school, the grocery store, parks, on my own body and other people's bodies. Healthy germs can help our bodies be stronger.



Other germs can make me feel sick, like the germs from sneezing, coughing, or going to the bathroom. I always wash my hands when I'm around these types of sick germs because they could give me a virus like a cold or the flu.



There are scientists and doctors whose job is to make medicine that protects us from the germs that cause viruses. Cold and flu are types of viruses that have been around for a long time, so we have already learned ways to get better from them.



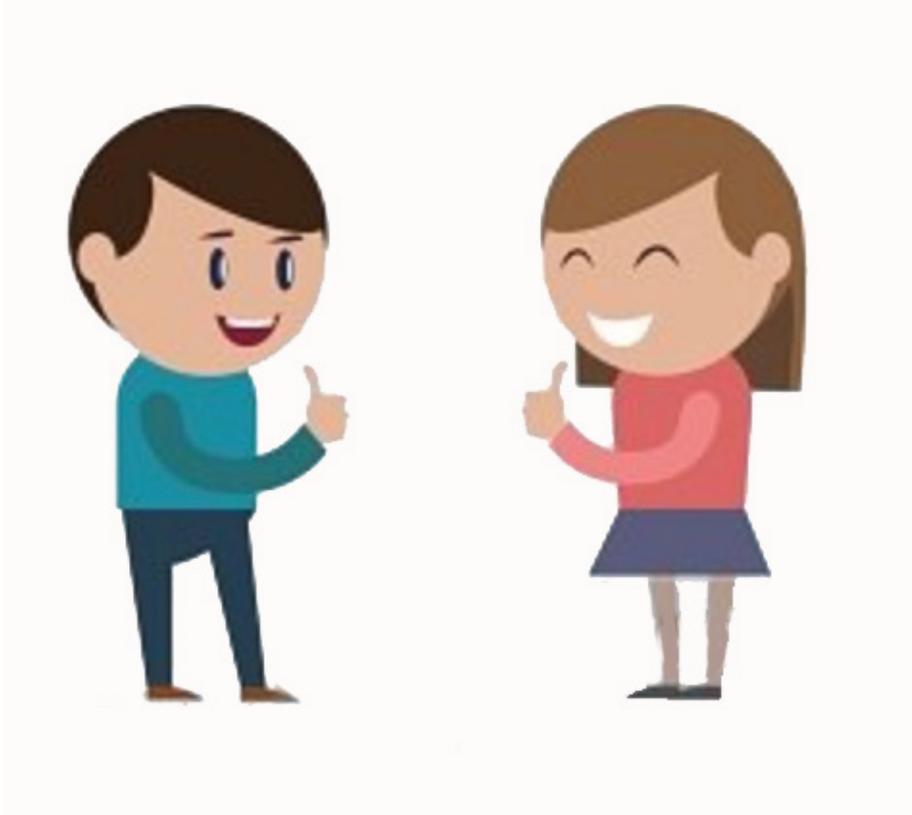
The coronavirus is a newly discovered virus. Medical researchers need time to create a medicine that can protect our bodies from these new germs. Scientists and doctors all over the world are working hard on that right now!



There are still many people getting sick from the coronavirus germs, so my community has a plan for everyone to spread fewer germs. That means everyone will spend more time at home right now and work hard to be extra safe. Places that have big groups of people have more germs, so those places, like my school, will be temporarily closed.

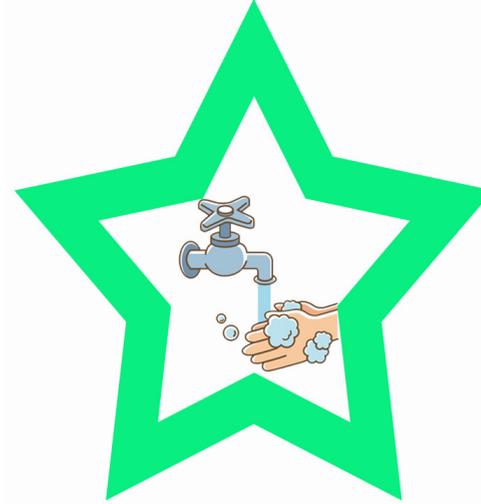


Most people who get the coronavirus just feel like they have a bad cold. They can feel better by resting at home, just like when you have a cold or flu. Some people, especially people who are old or already sick, may need to go to the hospital so that a doctor can help them get better.

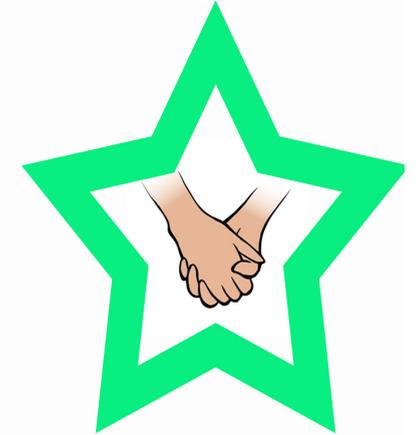


Most kids don't get sick from coronavirus germs. I still have an important job to help my community! When I keep my hands clean and try not to touch anything that I don't have to, it will help my friends and family stay healthy!

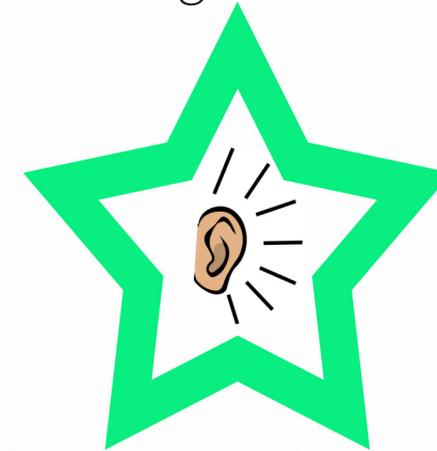
## MY PERSONAL HELPING PLAN:



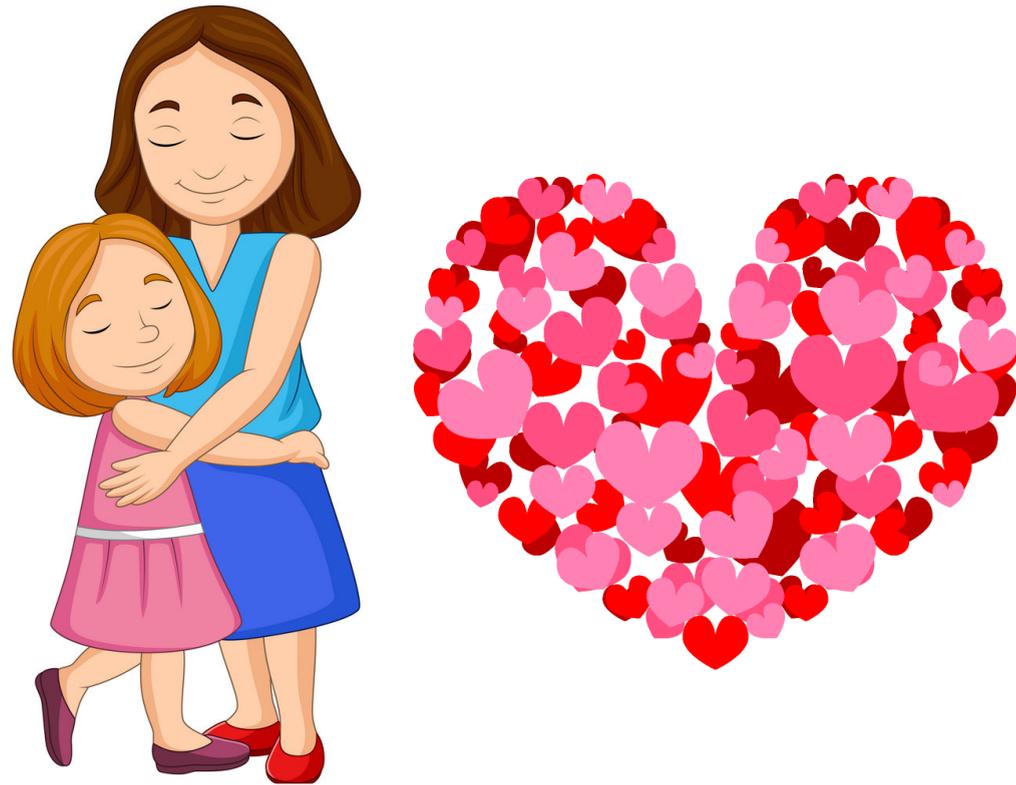
1. Wash my hands (often!) for the whole ABC song



2. Try not to touch things that I don't REALLY need to



1. Be flexible and follow the plan my parents and teachers make



It might feel weird to adjust to changes like not going to school or my other favorite places. It's okay to feel sad or confused. These changes are just temporary. I can always talk to my parents about how I'm feeling. They will help me make a plan and find new ways to have fun safely!



Many helpers are working to protect everyone from coronavirus. It's NOT my job to worry. My parents will always take care of me and keep me safe. Once the adults know that everything is healthy again, my routine will go back to normal!