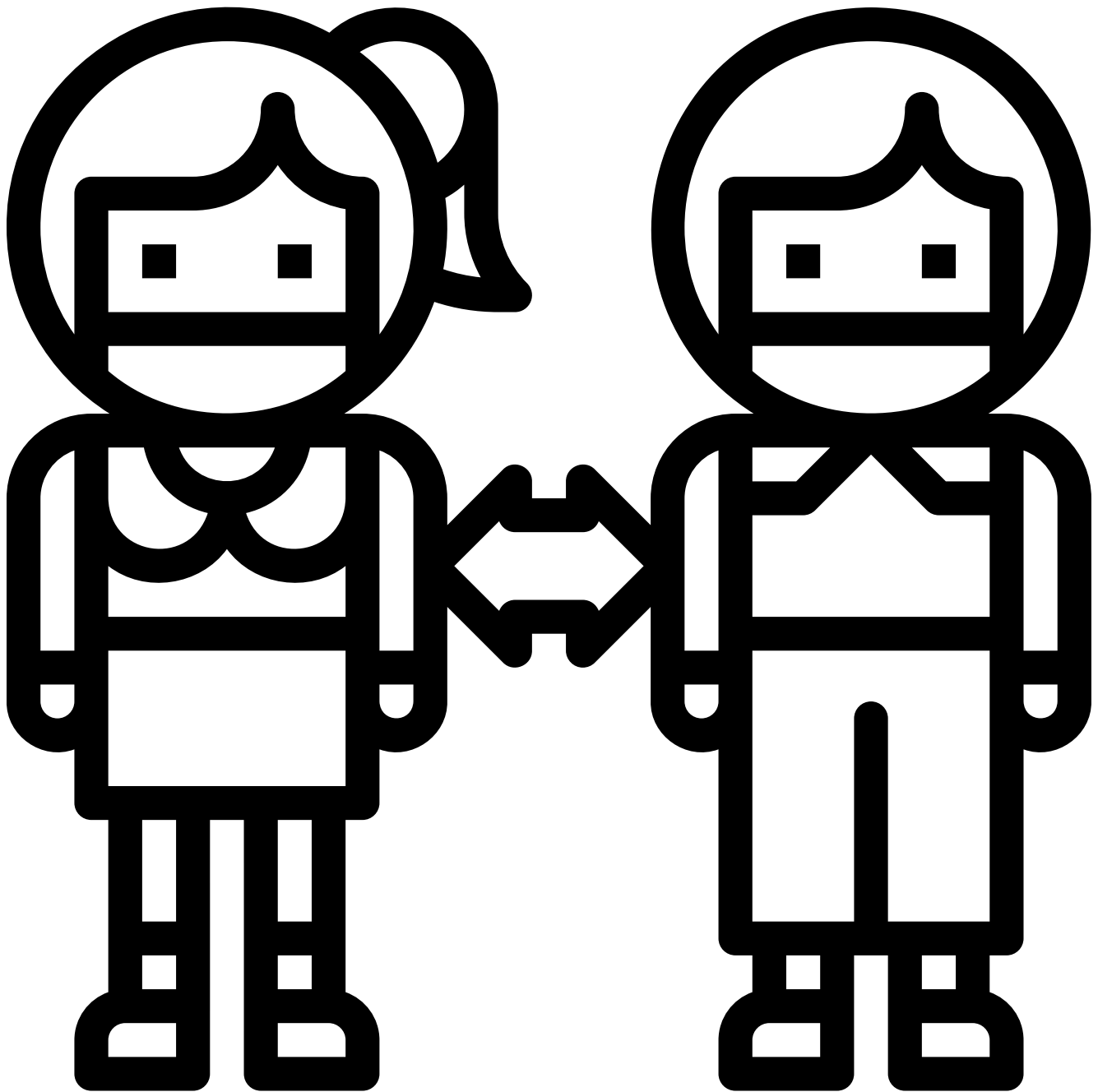


# COVID-19 and ME!

**Activity book by Medical Center Barbour**



# What is COVID-19?

Have you heard about COVID-19 before?

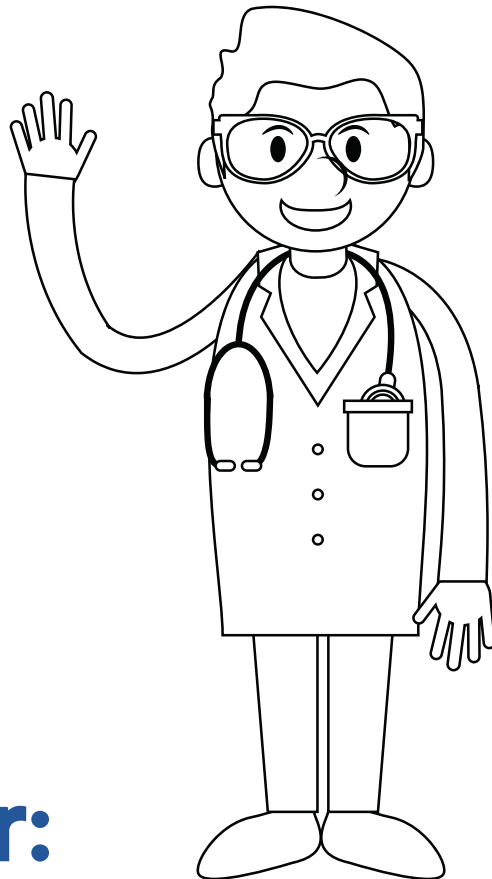
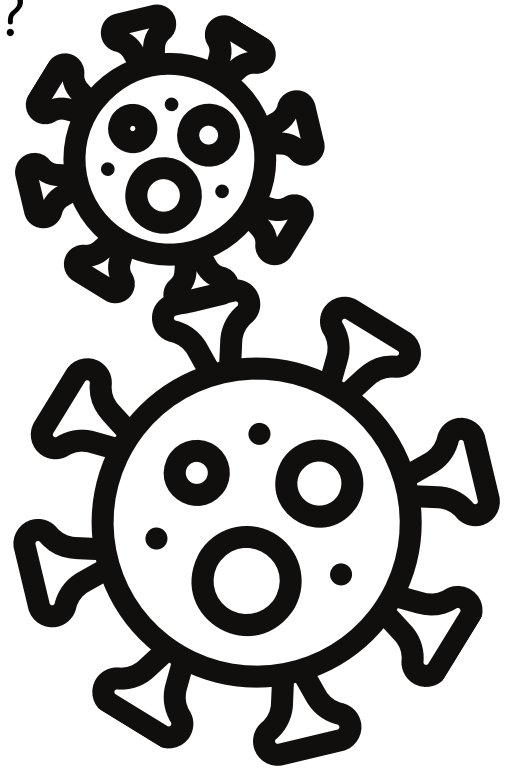
- o YES
- o NO

What do you think COVID-19 is?

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## 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, but it can makesome people very sick.

# What does COVID-19 feel like?

Have you had or heard of the flu before?

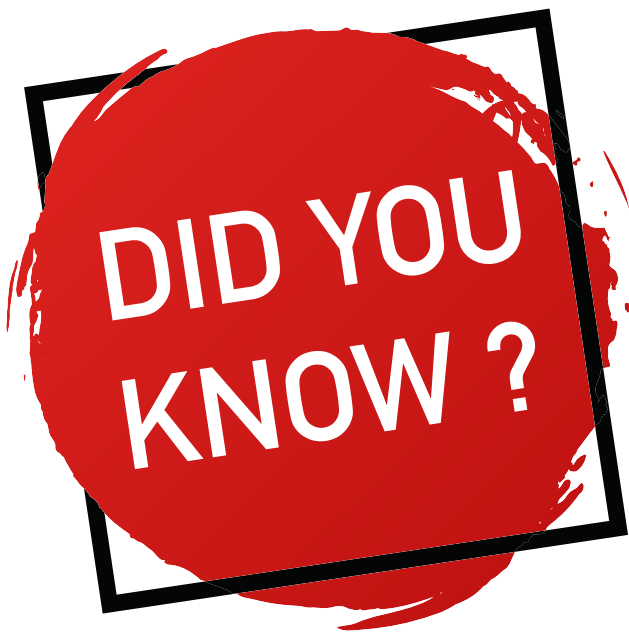
- o YES
- o NO

When a virus makes someone feel sick, these feelings are called symptoms. COVID-19 and the flu have some of the same symptoms.

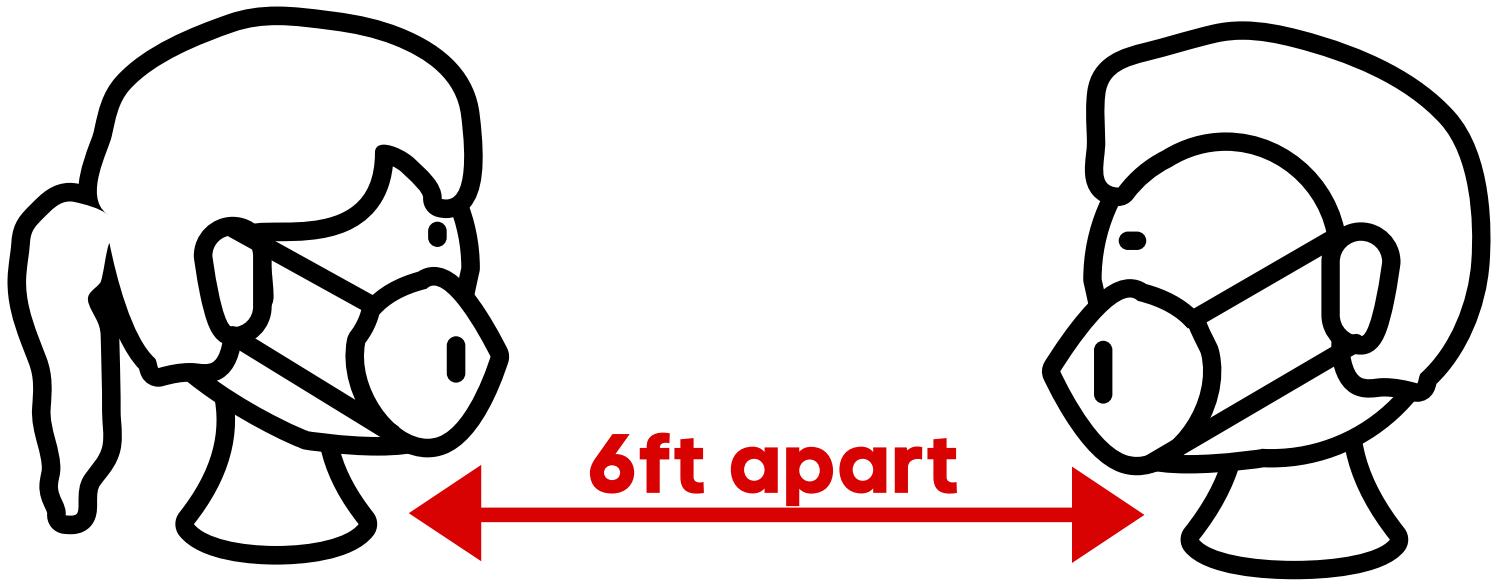
What symptoms do you think people have when they have the COVID-19?

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





Sometimes a person with COVID-19 feels all of these symptoms, sometimes they just feel a few of them, and sometimes they have no symptoms at all!



**How does someone get sick with COVID-19?**

What do you think?

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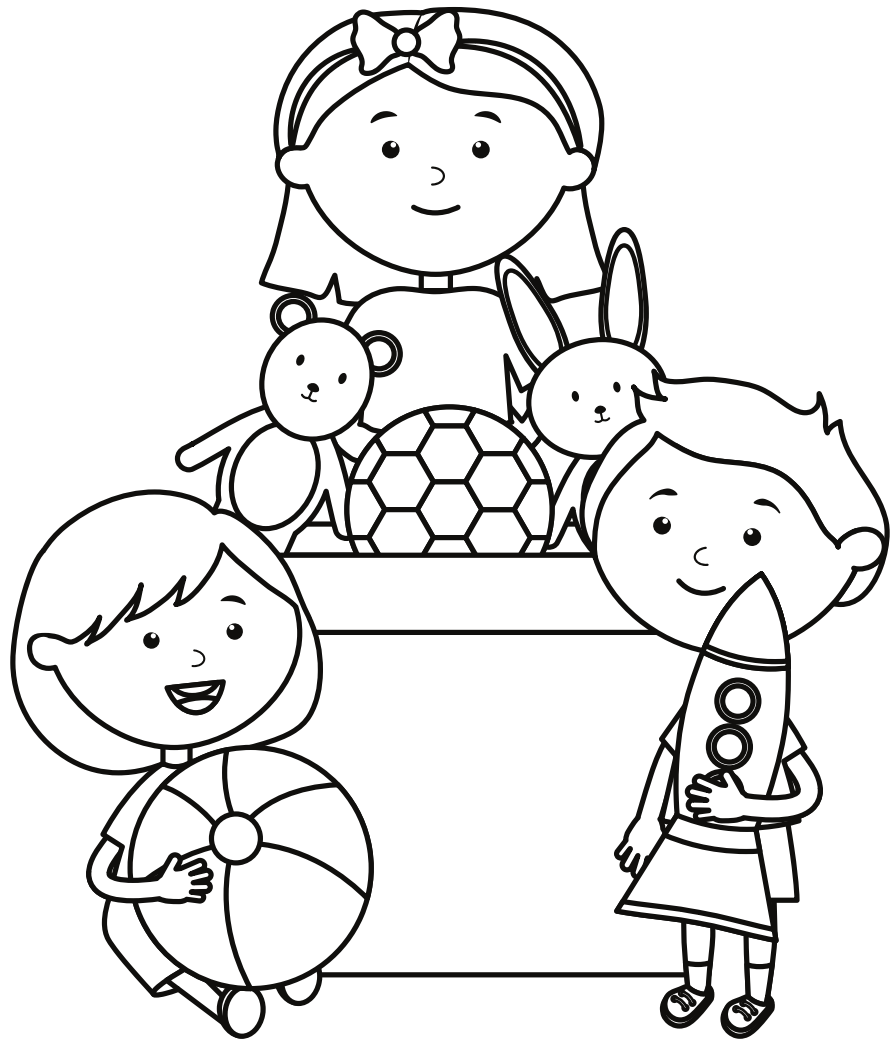
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When people with COVID-19 cough, sneeze, sing, talk, or breathe, they produce respiratory droplets. These droplets can be spread to a healthy person and make them sick when they breathe them in.



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



# Which friends are doing a good job of not spreading their germs?



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

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



# Great Job!

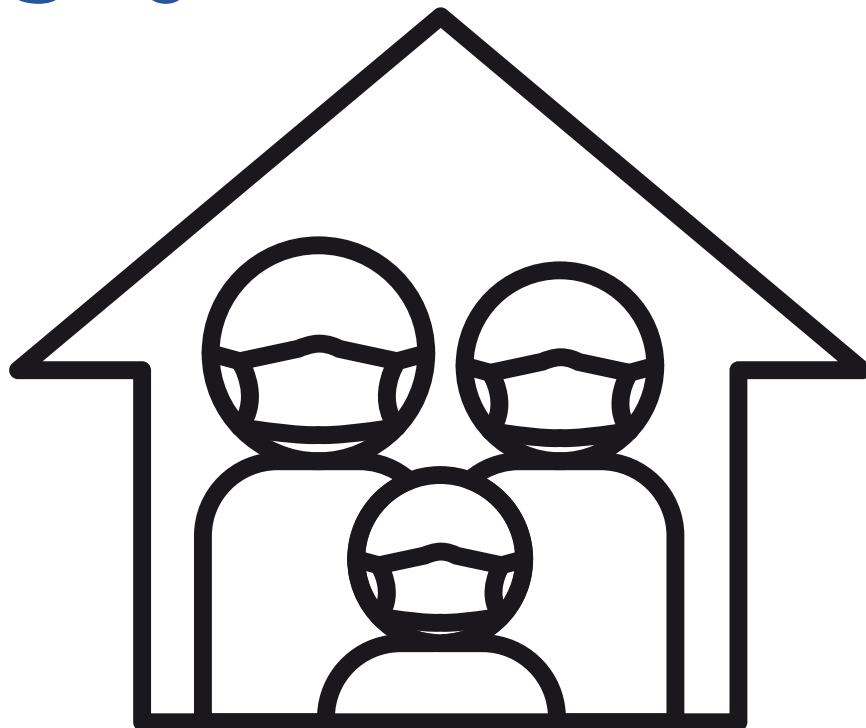
These friends did a wonderful job covering their mouth and nose. They are helping to stop the spread of COVID-19 and other germs!



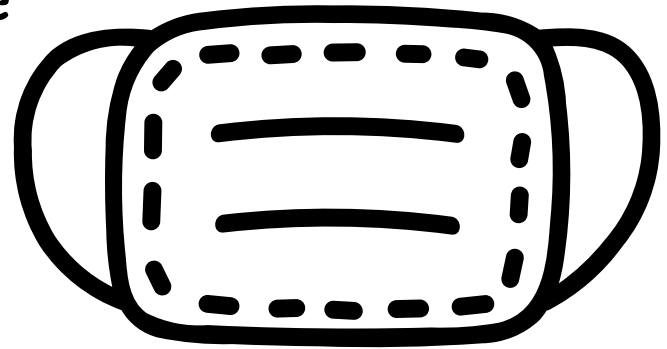
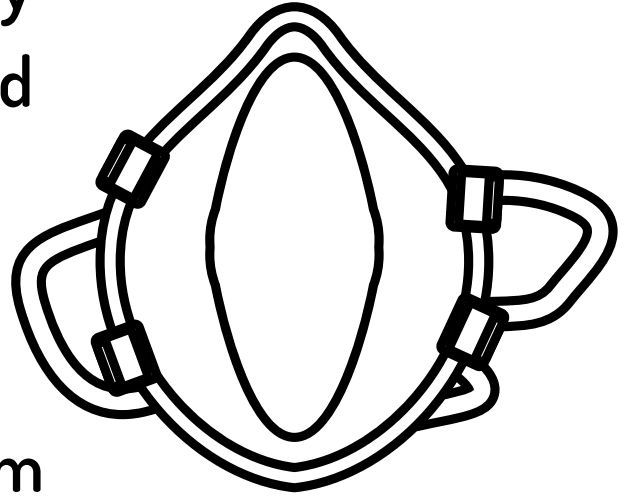
Answers:

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

**What are some other things you can do to help?**



“Social distancing” is when healthy people choose to stay at home and away from crowded places like restaurants and shopping malls. When you do go out, it's important to stay **6 feet away** from other people and to **wear your mask** at all times. It is ok for kids to be close to the family they live with every day, but it is best to avoid people who you could get very sick, like your grandma or grandpa. If someone like a doctor or nurse 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, gowns, and gloves to stay safe from COVID-19 germs.



# More ways you can help stop the spread of COVID-19:

- 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?**

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# Congratulations!

You know all about COVID-19 and how to keep  
yourself and others healthy!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

