There is a new virus that is making people sick. The sickness caused by the virus is called COVID-19.

You’ve heard of people getting the flu. It’s a little bit like that.

It can cause a fever, cough and make it hard to breathe.
The main way this sickness spreads is through little droplets that go into the air when someone coughs or sneezes.

People can get sick if they breathe in droplets from someone who has the virus or if they touch their eyes, nose or mouth after touching something the droplets have landed on.
How are you feeling during the COVID-19 pandemic?

This virus has changed our lives in many ways. It can be tough not going to school or seeing your friends. Draw a self portrait of how you are feeling. Look at the examples of emotions below.

Pandemic: When a sickness spreads over a whole country or the world.

Name: ______________________ is feeling ____________.

4 things I can’t wait to do when the COVID-19 pandemic is over:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
How can you and your family stay healthy?

Help stop the spread of this virus. Use these tips to avoid catching it or spreading it to others.

Helpful tips

- Wash hands for 20 seconds
  - Sing Happy Birthday twice
- Wear a mask* and avoid large groups
- Cover coughs and sneezes
- Stay home
- Safely clean surfaces that are touched a lot
- Throw used tissues in the trash

*Children under 2 should not wear a mask.
Stay connected at home

Social distancing (avoiding large crowds, not visiting friends and family) doesn’t have to mean social isolation (feeling alone).

Stay connected checklist

☐ FaceTime a friend
☐ Play outside with your puppy
☐ Write a letter to grandma
☐ Draw a picture for the hospital team
☐ Play a game with mom or dad
☐ Call your cousin
☐ Explore in your backyard

Toilet paper pursuit

It’s important for adults to limit trips to places like grocery stores and pharmacies. Kids should skip these outings, but you can still help!

Can you help mom find the toilet paper and fruit in this maze?

Word search

Word List

covid-19  spring  cough  clean  play
healthy  family  fever  mask  hero

chrichmond.org/covid-19
Who is your superhero?

Think of someone who is helping you during this difficult time and draw them as a superhero. How are they saving the day?

My superhero is my ____________________________.