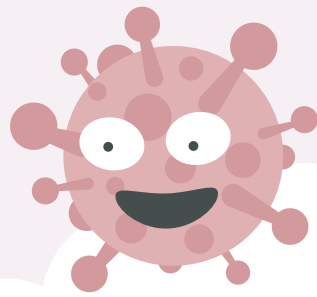


# A KIDS' GUIDE TO CORONAVIRUS



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[www.myhappymind.org](http://www.myhappymind.org)



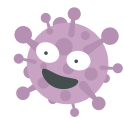
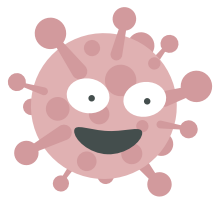
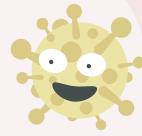
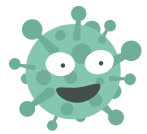
Viruses are **VERY** common and you will probably have had several of them in your life already and recovered just fine! For example, a cold!

Coronavirus or COVID-19 is a new virus which is why we don't know much about it.

What we **DO** know is that is in the same family of virus's as the cold and flu!



**FUN FACT:**  
'Corona' is Latin  
for the word  
'Crown'



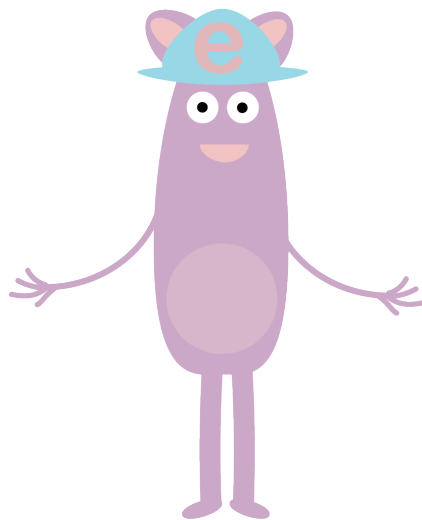
'Corona' is Latin for the word Crown.  
It has this name because of how the  
virus looks under a microscope!

It has traveled all  
around the world, passing from person  
to person along the way.

The most common symptoms  
of Coronavirus are...

- A high temperature (fever)
  - A cough
- Difficulty breathing

**BUT** it doesn't stay for long and  
most people get better  
(especially kids!)





**We can do lots of things to  
prevent catching coronavirus!**

**We can...**

Wash our hands with soap & water  
often (sing the **WHOLE** alphabet  
song while you do it!)

Cover your mouth with a  
tissue when you sneeze or cough  
(then put it straight in the **BIN**)

Use hand sanitiser regularly  
and let it dry on your hands.  
(rub it in and count to 10)

**You and your family may be asked to stay at home for a while until the virus has calmed down.**



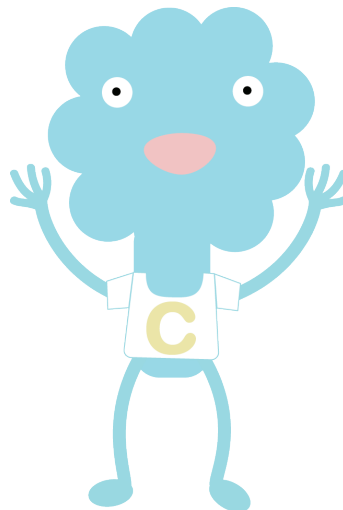
**FUN FACT:** *Having to stay at home when you're sick is known as 'self isolating'*

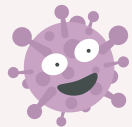
**You do not need to panic if this happens to you, it's just to help stop the germs from spreading!**

Want to learn why hand hygiene is SO important?  
Try this!

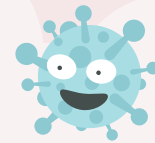
1. Grab a plate or bowl and put a little water in it.
2. Add some ground pepper.... The pepper represents the virus.
3. Now - put your finger in the water & pepper - your hand now has pepper on it right? Remember that pepper = the virus.
4. OK now put some soap on your finger, don't rinse it off...
5. Put your soapy finger into the water and pepper and watch the virus run!

This is why hand hygiene is so important - when our hands are clean the virus can't stick to it!





# TIME FOR A QUIZ!



Question 1 - What virus is the cousin of Coronavirus?

A) A cough

B) The Flu

C) A sore toe

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Question 2 - What does Corona mean in Latin?

A) Crown

B) Hat

C) Wig

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Question 3 - What is Coronaviruses Scientific name?

A) COVID-20

B) COVID-102

C) COVID-19

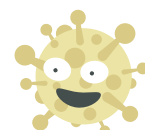
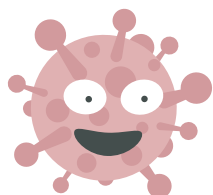
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Question 4 - What should we cough and sneeze in to?

A) A tissue

B) Your sleeve

C) The air





And finally...we should be cautious about the coronavirus BUT we don't need to panic.

If we follow all of the instructions from adults that look after us we will all be safe and able to beat coronavirus together!

