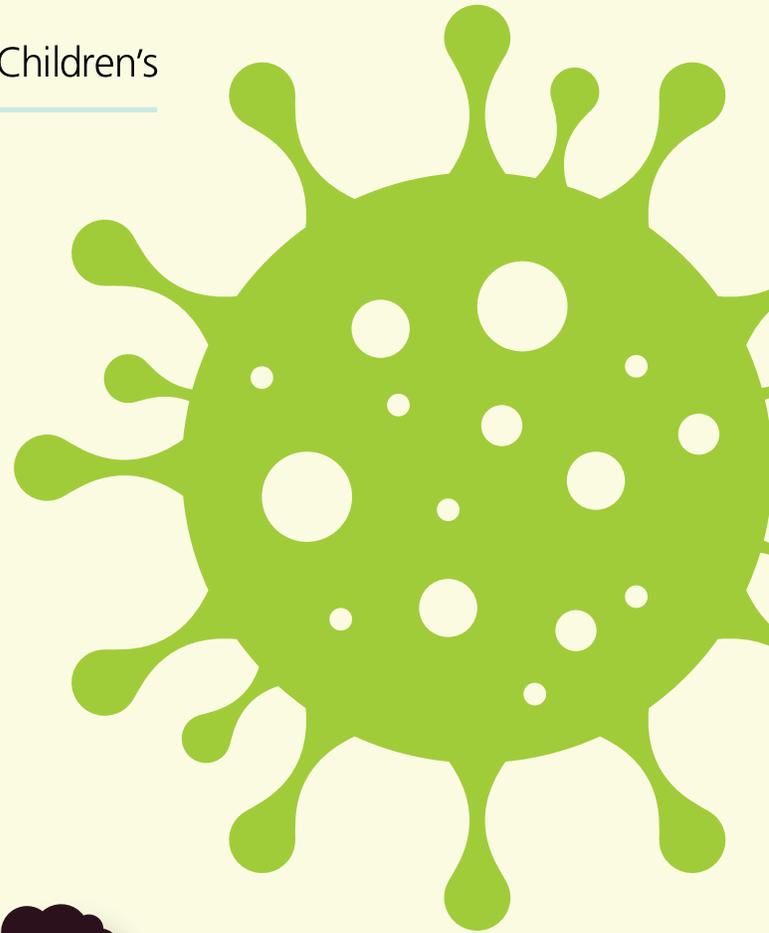


COVID-19: “Coronavirus”



University Hospitals
Rainbow Babies & Children's



**An Illustrated Guide for
Kids with Questions**



What is happening?

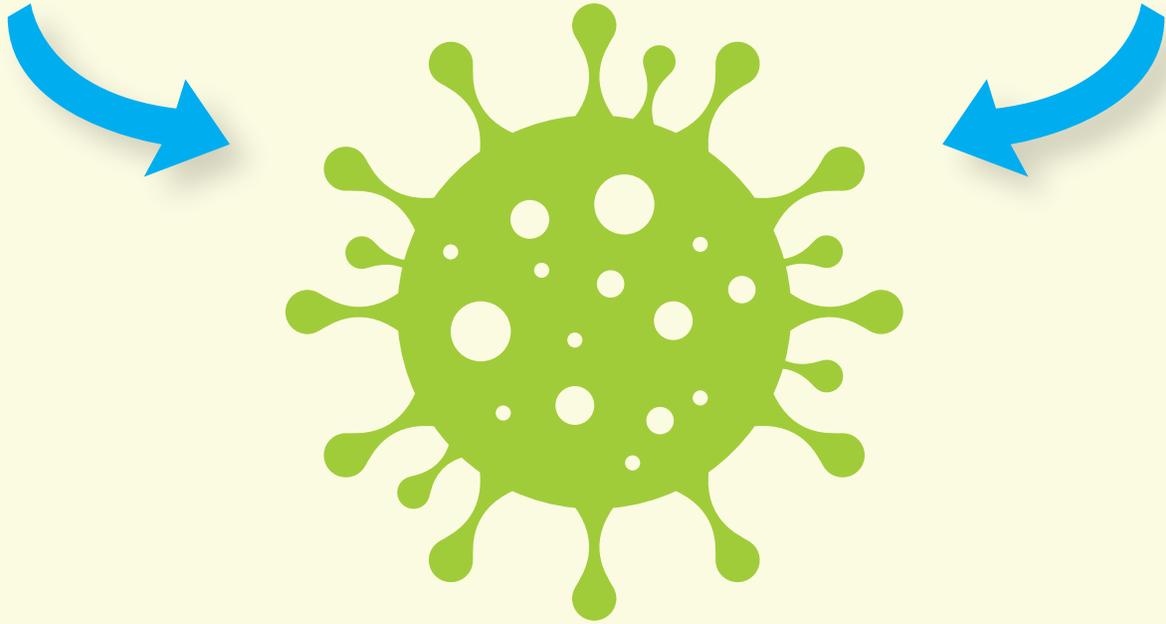
Many people around the world are getting sick from COVID-19, also known as the Coronavirus.

Some people are scared, some are not worried, and some are prepared.

Not everyone will get sick!

What is a virus?

A virus is very small and can only be seen with a strong microscope. The COVID-19 virus looks like a spikey ball.



A virus by itself isn't even alive! But if it gets inside of your body, the virus might start to make copies of itself.

If this happens, there is a big chance you will get sick!



How do I get COVID-19?

A virus can't crawl or jump into your body by itself. It needs to be breathed in or rubbed on your face to catch it.

Breathing in air from a sick person's cough is one way.



Touching something that a sick person might have sneezed or breathed on, and then touching your face can also make you sick.



This virus is complicated!

Not everyone who has COVID-19 will feel sick.



Some people have the virus,
but feel fine.

Some people have the virus,
and feel sick.



Some people will have the virus and get so sick that
they need to go to the hospital.

Most people that get sick with COVID-19 will get better!

How does it make you feel?

Most people that get sick from COVID-19 will feel like they have the cold or the flu.



You might have a fever...



You might have a cough...



You might not be able to take deep breaths...



You might feel very tired...

You can help!

People who are old or already sick need to be extra careful.

Help protect your friends and family by pretending that ALL sneezes and coughs (from you or from others) are extra gross!

Cover all your coughs and sneezes and turn away from others when you feel one coming!



Try to keep your coughs and sneezes from spraying by using a tissue or your bent elbow!

You can help!

One of the **BEST** ways to protect your health is to **WASH** your hands as much as possible! Its so easy!

Wash your hands after touching something that a lot of other people might have also touched, like doors, light switches, and money.

Make sure to wash your hands if you cough or sneeze into them in order to stop the spread of your **OWN** germs!

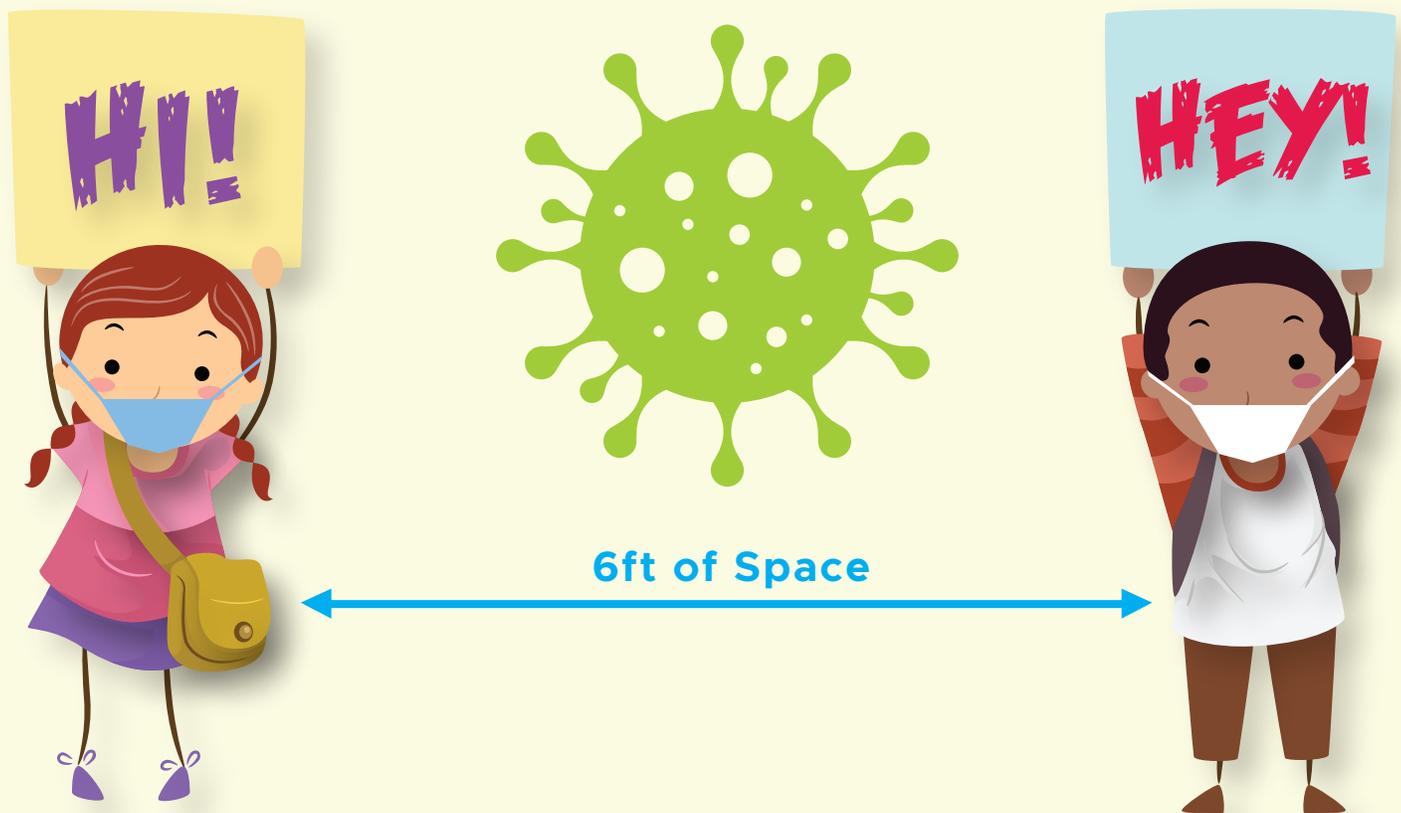
COOL TIP- If you sing the 'Happy Birthday' song 2 times in a row while scrubbing, you just washed for the perfect amount of time!



Why are people acting so weird?

While people are waiting for COVID-19 to go away, you might see people staying far away from each other. You also might not see people hug or shake hands for a while.

This is ok! People are acting like this in order to stop the spread of the virus.



Some people might want to wear a mask to cover their faces. This is ok! They are still a normal person behind the mask! Wearing it makes that person feel better.

Other people might work really hard to be prepared for staying home more. This is ok too! Being prepared makes that person feel better.

The days feel so different!

When people gather in large groups, the virus spreads quickly. Many places have decided to close in order to slow down the spread, and some people are staying home more often.

Has your school been closed for a long time?

Are your clubs and teams cancelled?

Maybe you miss seeing your family members as often as before?

Have you been staying inside a lot?

Do you miss visiting your friends?

It's ok! We understand how you feel!

What should I do with all this extra time?

You can read, draw, play with your pet, be a superhero and more! It's ok if you have questions or feel scared. Talk to someone you trust about the way you feel!



This fight has many heroes!

There are so many people working hard every day to make things safe for you and your family.

If you see something scary in the news, remember that all around the world we have heroes working together to stop the virus!



Hardships often prepare ordinary people
for an extraordinary destiny...

-CS Lewis