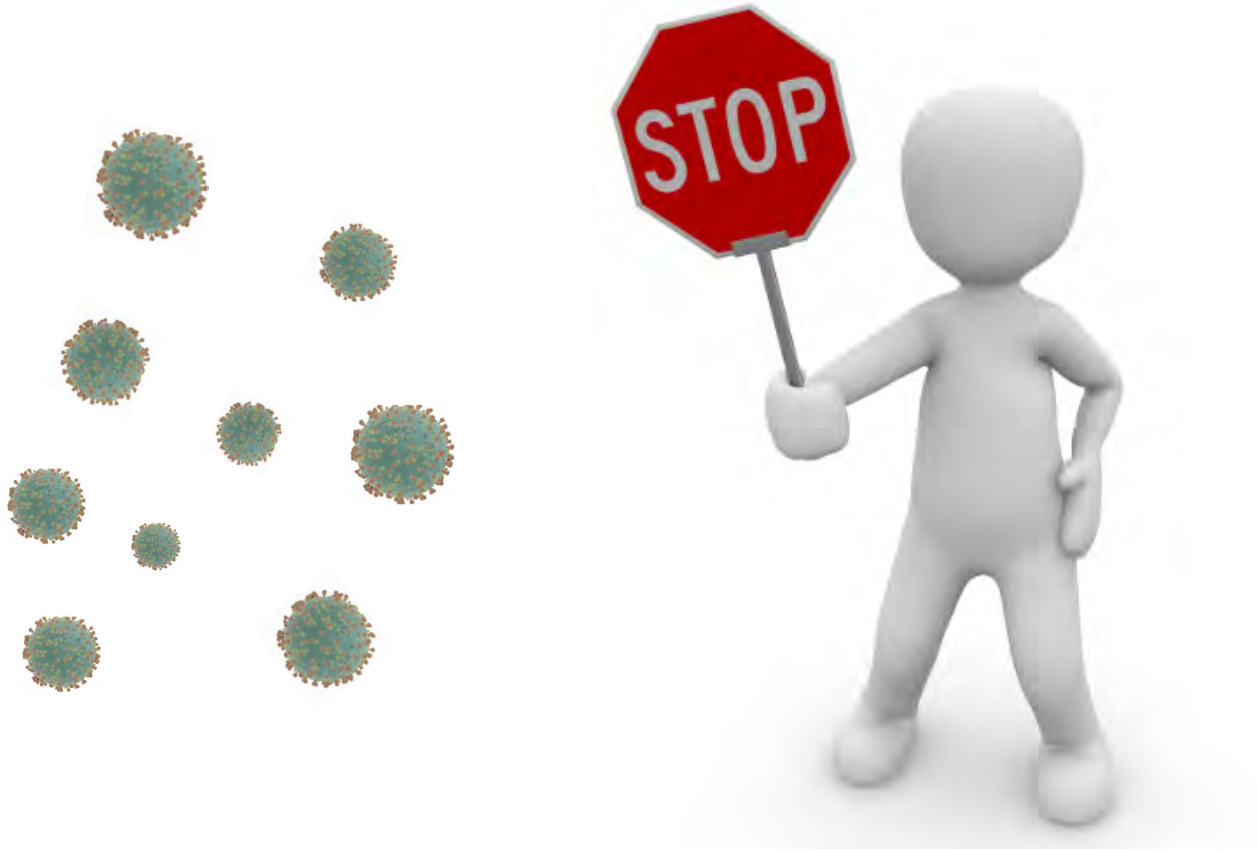
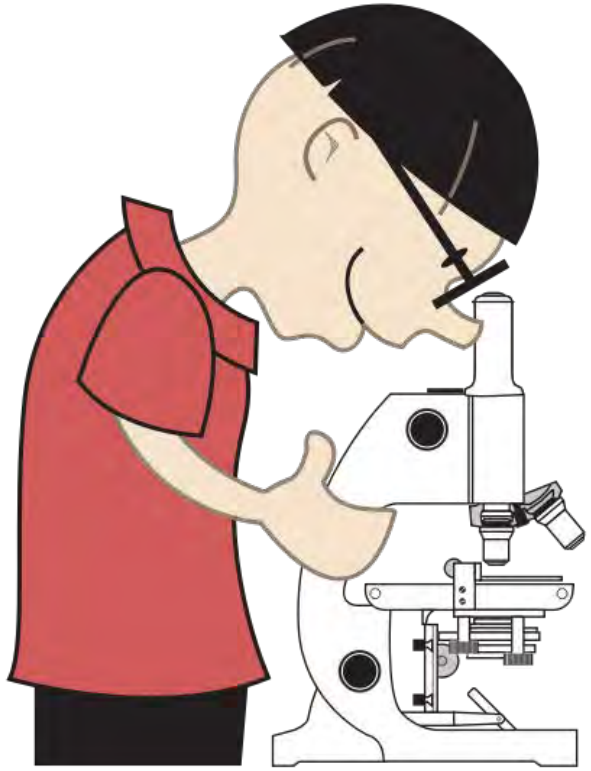
# Coronavirus
# is an unexpected problem.



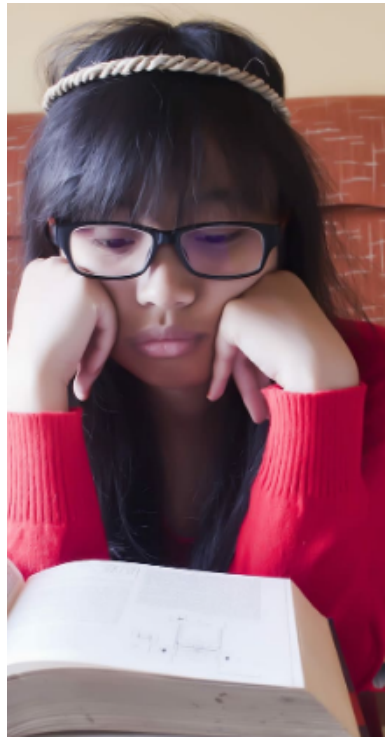
Tiny germs and viruses make us sick. These germs and viruses can be on handles, tables, tablets, pencils, cups, toys or even pets! They can also be on you and me!  Coronavirus is one of the germs that make people sick.

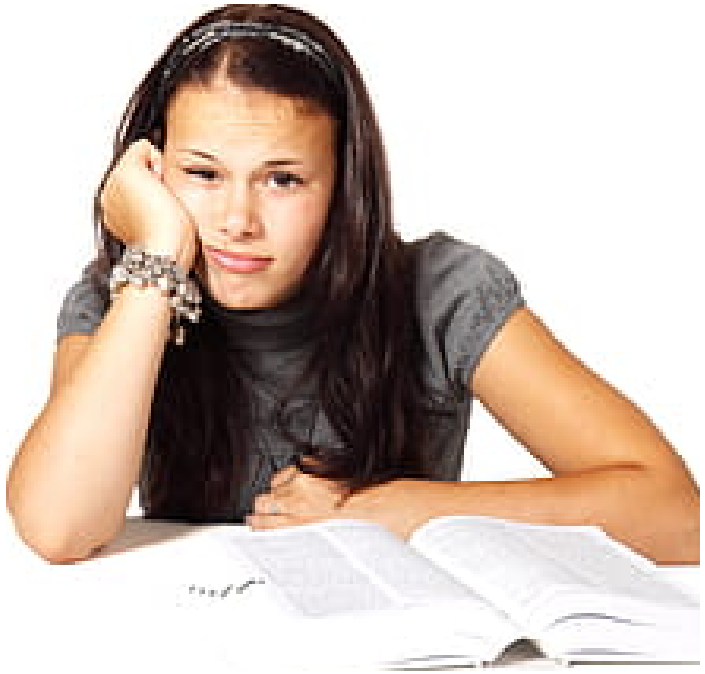


There are a lot of germs and viruses around right now. People are talking about a special kind of virus called coronavirus or COVID-19. It causes people to get very sick. People are very concerned about stopping it from spreading.

Many of the schools and businesses around us are taking a break from work so that people who are sick can get better without spreading the viruses around.

We may have to stay home and won't get to visit the places we like to go for a while.  We might not get to see our friends for a little while. We may even have to do school work from home.

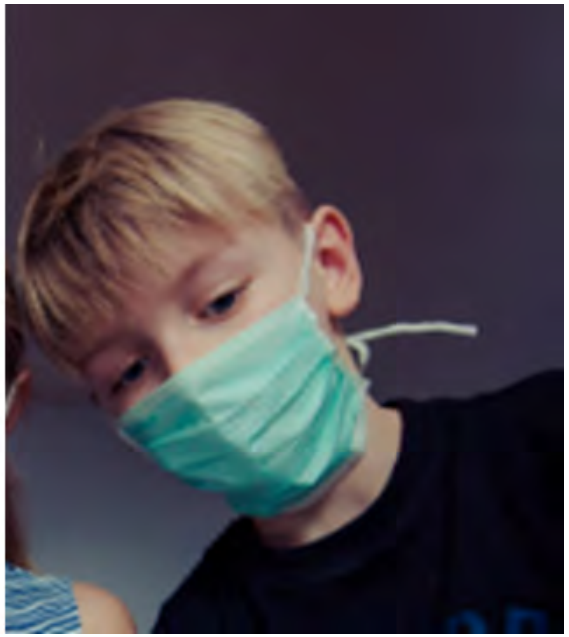




That's okay, it will only last for a little while and then things should get back to normal.

We might see people wearing a face mask. Some people who are sick might be able to spread a virus to others if they sneeze or cough without covering their mouth and nose.  So they might wear a mask to stop the spread of germs.  It's okay if people want to wear a mask. That is their choice.

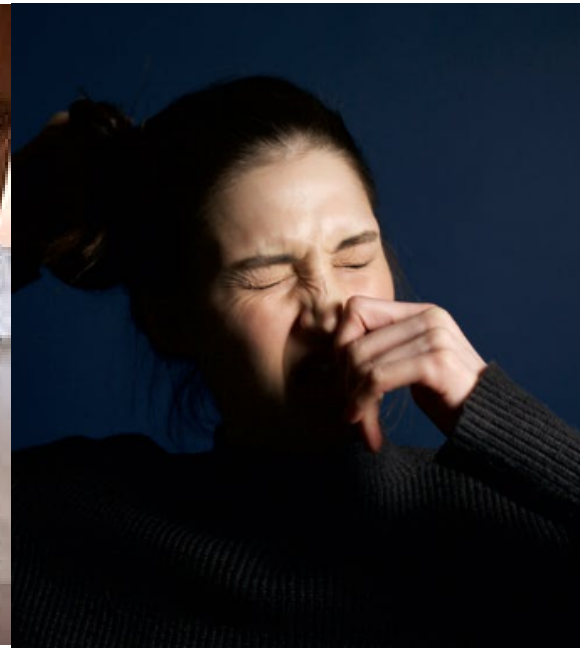
Some people want to wear a mask because it helps them feel protected from germs and pollution in the air.  That is okay too.



We don't need to ask people if they have coronavirus. The only way to know if someone is sick is for them to see a doctor and get tested.

Not everyone will get coronavirus. People who are sick might have other kinds of colds or flu viruses too. When someone gets sick, they should stay home and get rest and lots of water. That's the way to help them get better and not spread germs to their friends.

When we see someone who is sick or is sneezing or coughing, it's a good idea to keep away from them for a while. We don't play with their toys or touch their things. We can still be their friend.  We wish them to "get well soon."



Germs and viruses can get on our hands and fingers from touching things that sick people were around.  A virus can get into your body through the skin around the eyes, nose and mouth.  It is important to keep fingers and hands away from your eyes, nose and mouth. The rule is:  don't touch the "T" zone unless hands are washed and clean.

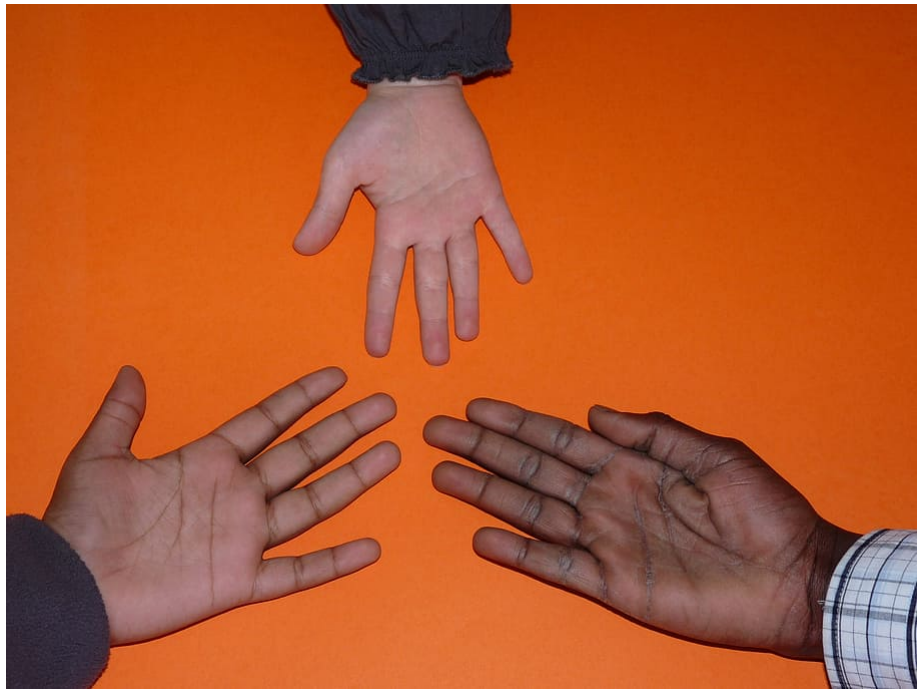
Also, keep things out of your mouth unless they are cleaned first with soap and hot water. Make sure to clean the things that have been in your mouth.  This stops the spread of germs.

The best way to stay healthy and not get sick is to wash our hands a lot and not put things in our mouth except our food. Eating healthy foods helps us stay strong and healthy.

If you have to cough or sneeze, cover your mouth with your elbow or a tissue. If it's a messy sneeze, use a tissue, blow your nose into it and throw out used tissues in the trash. Then, wash your hands with soap and hot water.

Wash your hands really good, with hot water and soap.  Try to sing Row Row Row Your Boat  3 times while you are washing to make sure you take the time to get all the germs off.  Then, rinse hands off and dry them on a clean paper towel or cloth.

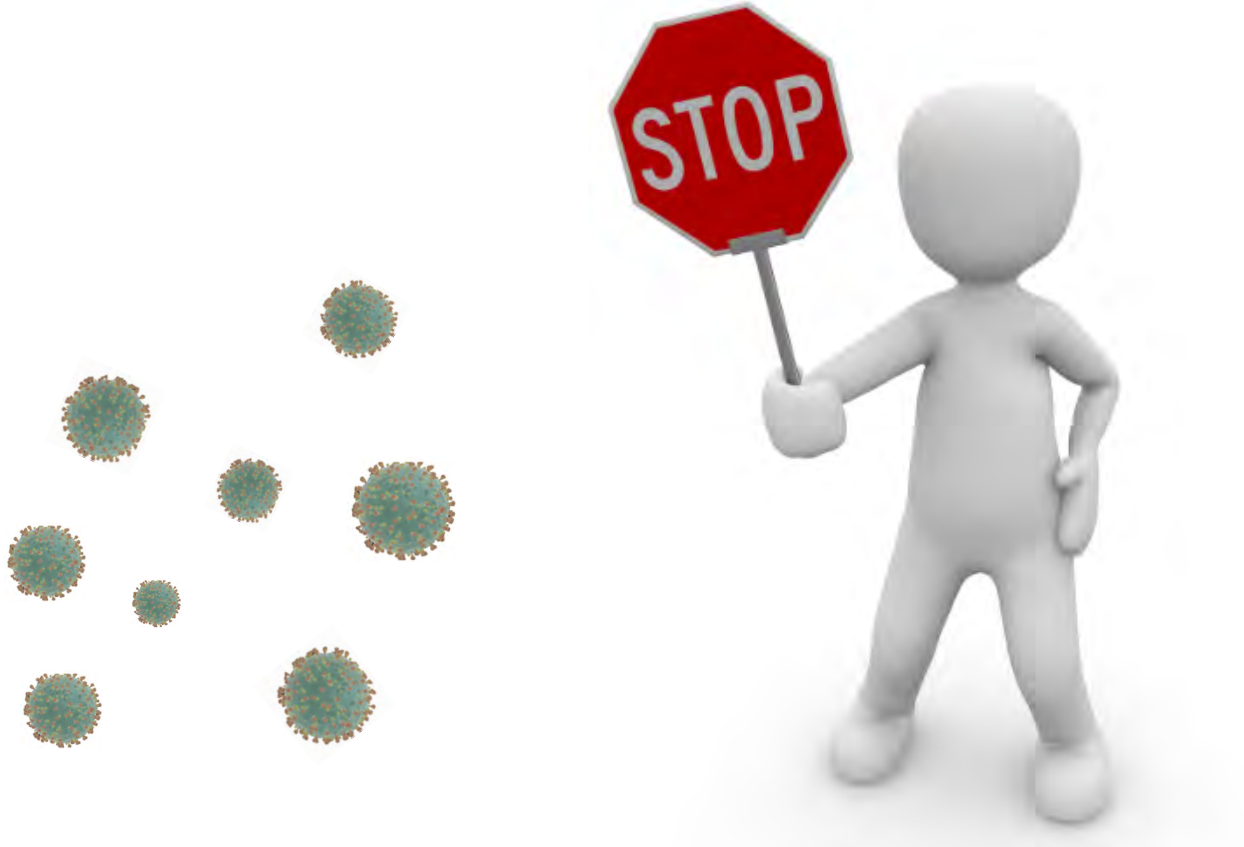
If you can’t wash your hands, you can use hand sanitizer! Rub it all over your hands until they are dry!



Everyone is happy when you have clean hands!

We can stay clean and healthy by washing hands, paying attention to our habits and staying away from people who are coughing and sneezing.

We will be able to go back to doing the things we like to do someday soon.  We will all wash our hands more and work together to be as healthy as we can be!



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