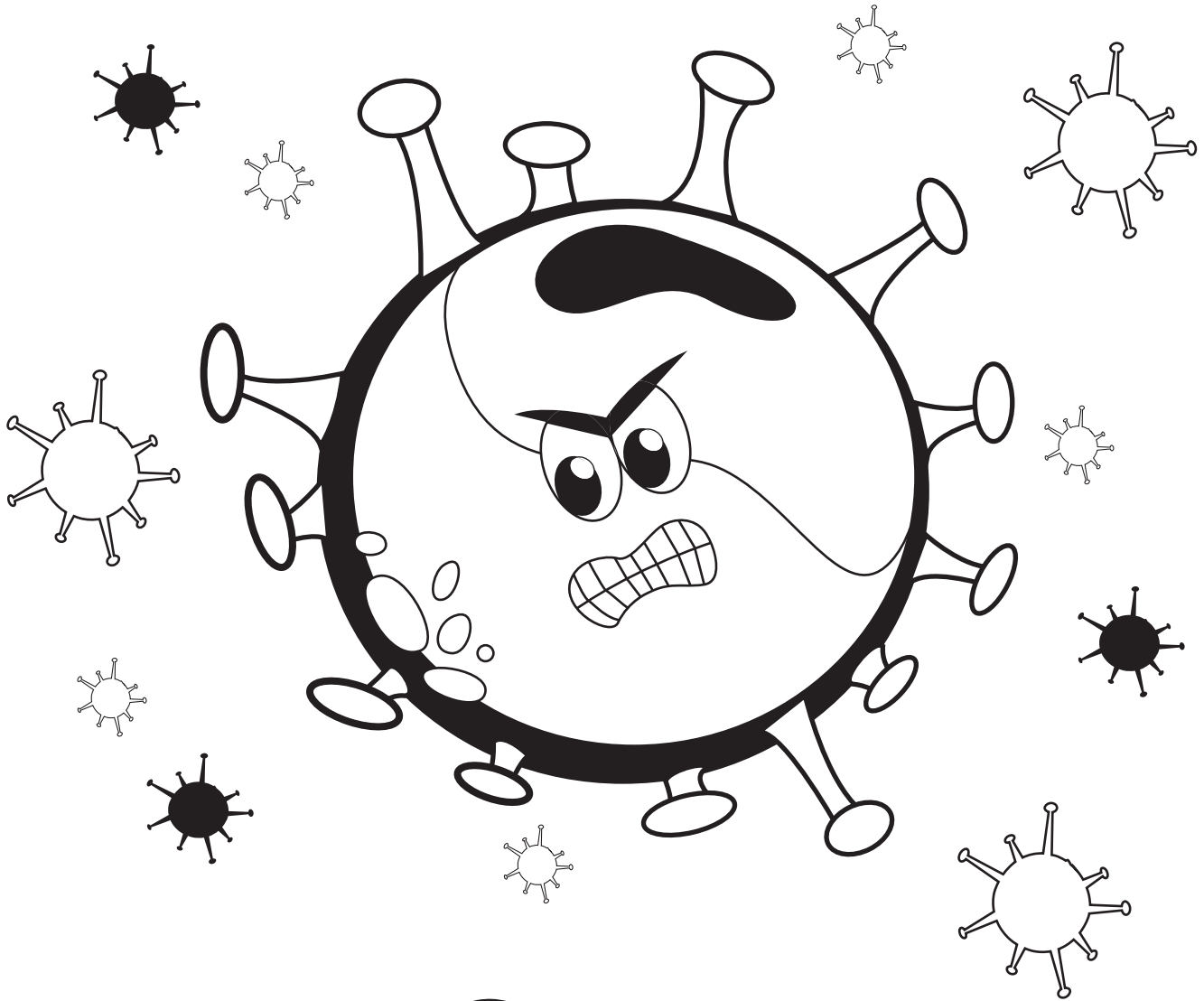


What is COVID-19? (Coronavirus)

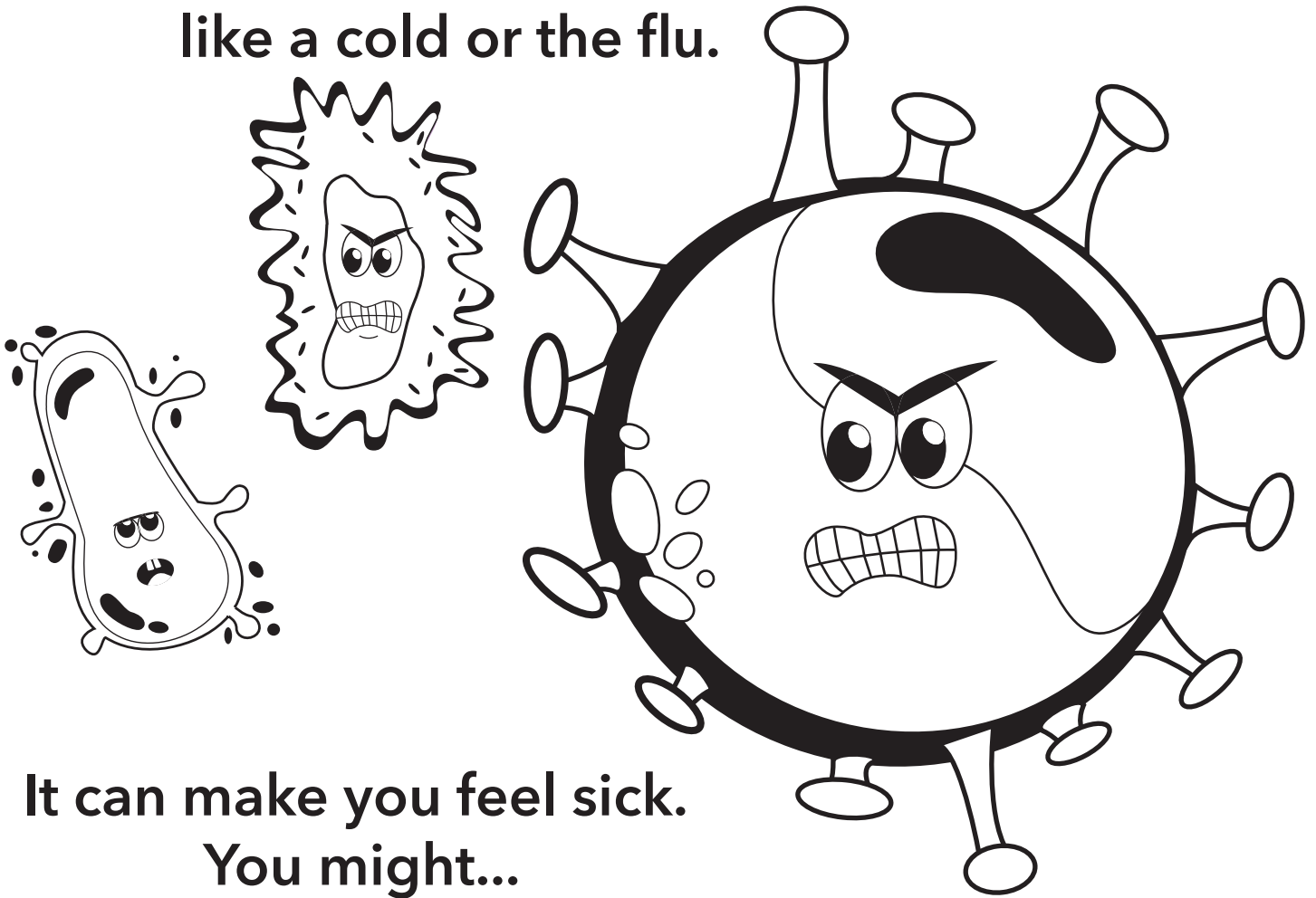
A Guide for Kids



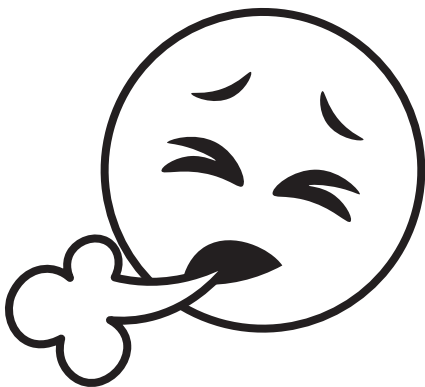
Arkansas
Children's

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**COVID-19 (Coronavirus) is a virus,
like a cold or the flu.**



**It can make you feel sick.
You might...**



**have a cough
and/or shortness
of breath,**



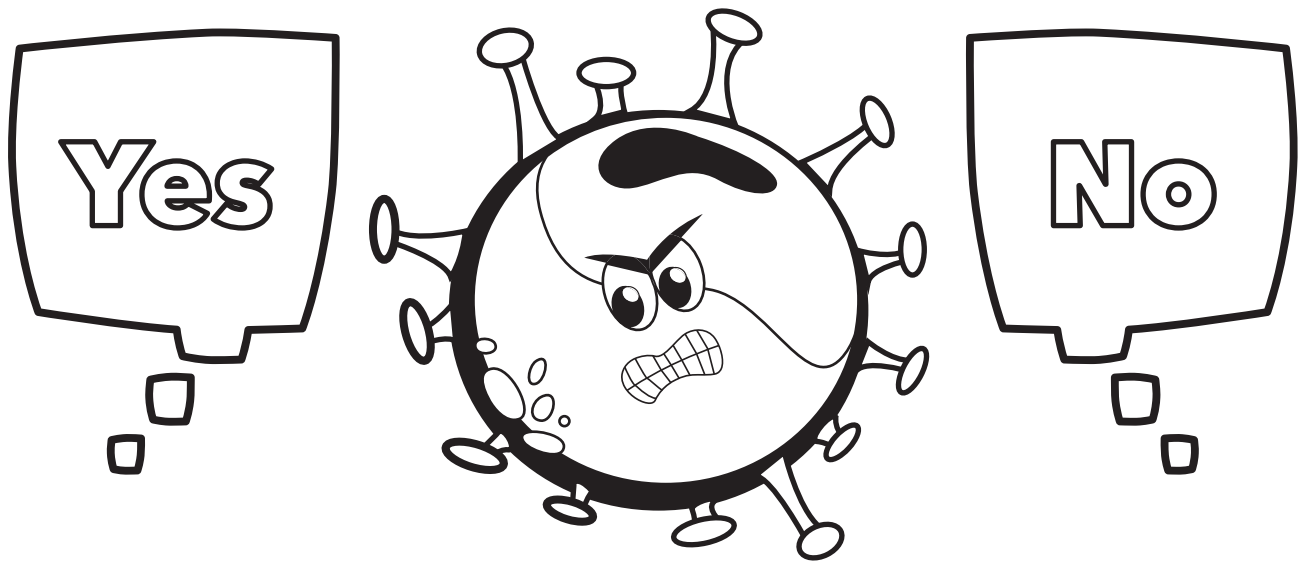
have a fever,



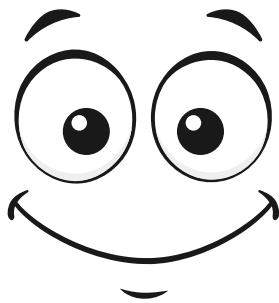
**feel really tired
or extra sleepy.**

**Most people that get sick will get
better in a few days.**

Have you heard someone talk about
COVID-19 or the Coronavirus?



How do you feel when people talk about it?
(There is no right or wrong answer.)



Happy



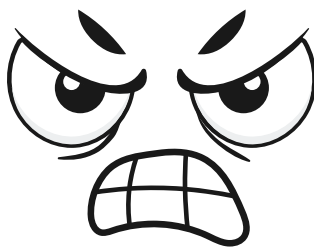
Sad



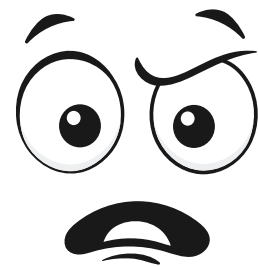
Scared



Nervous

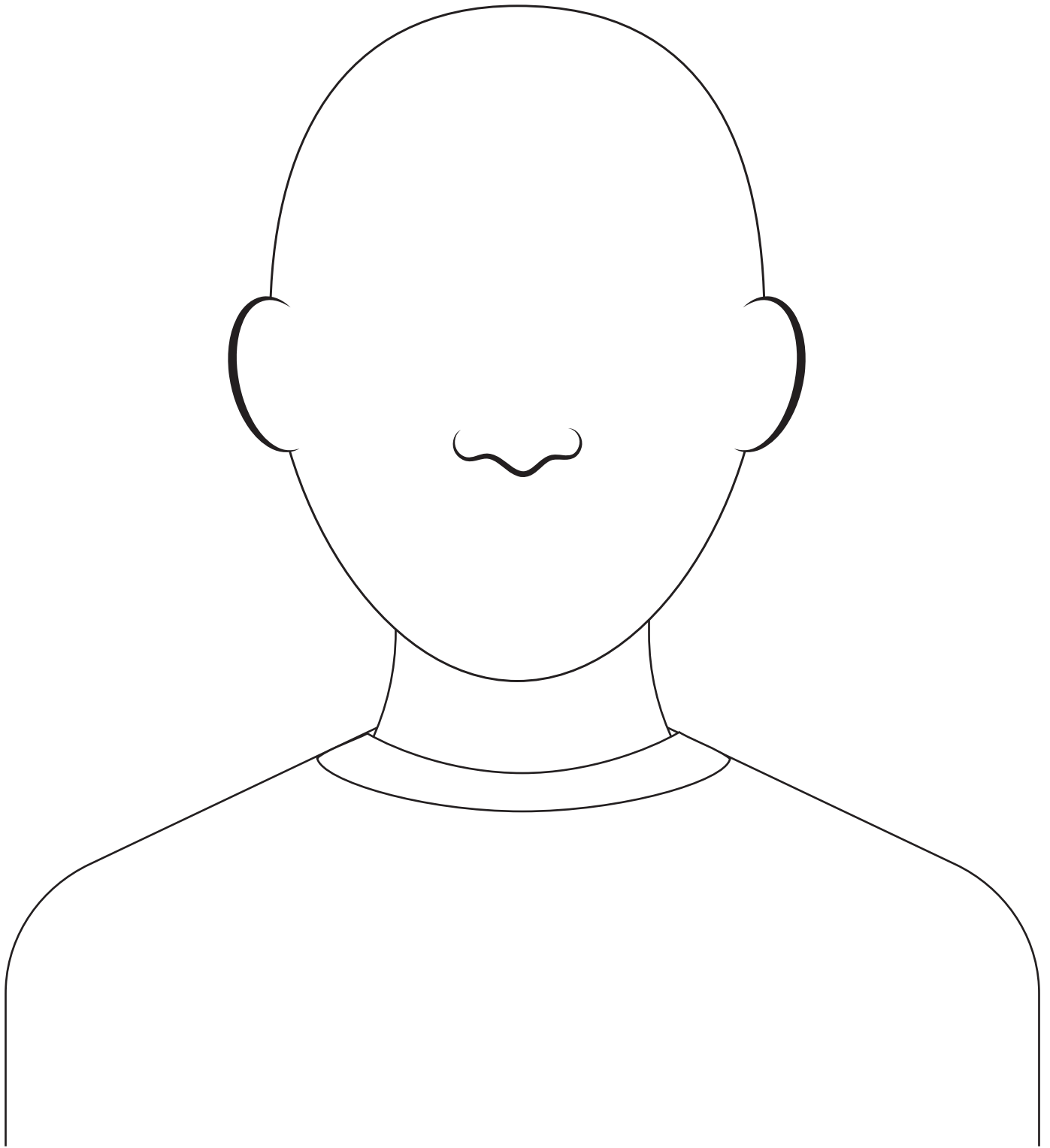


Angry



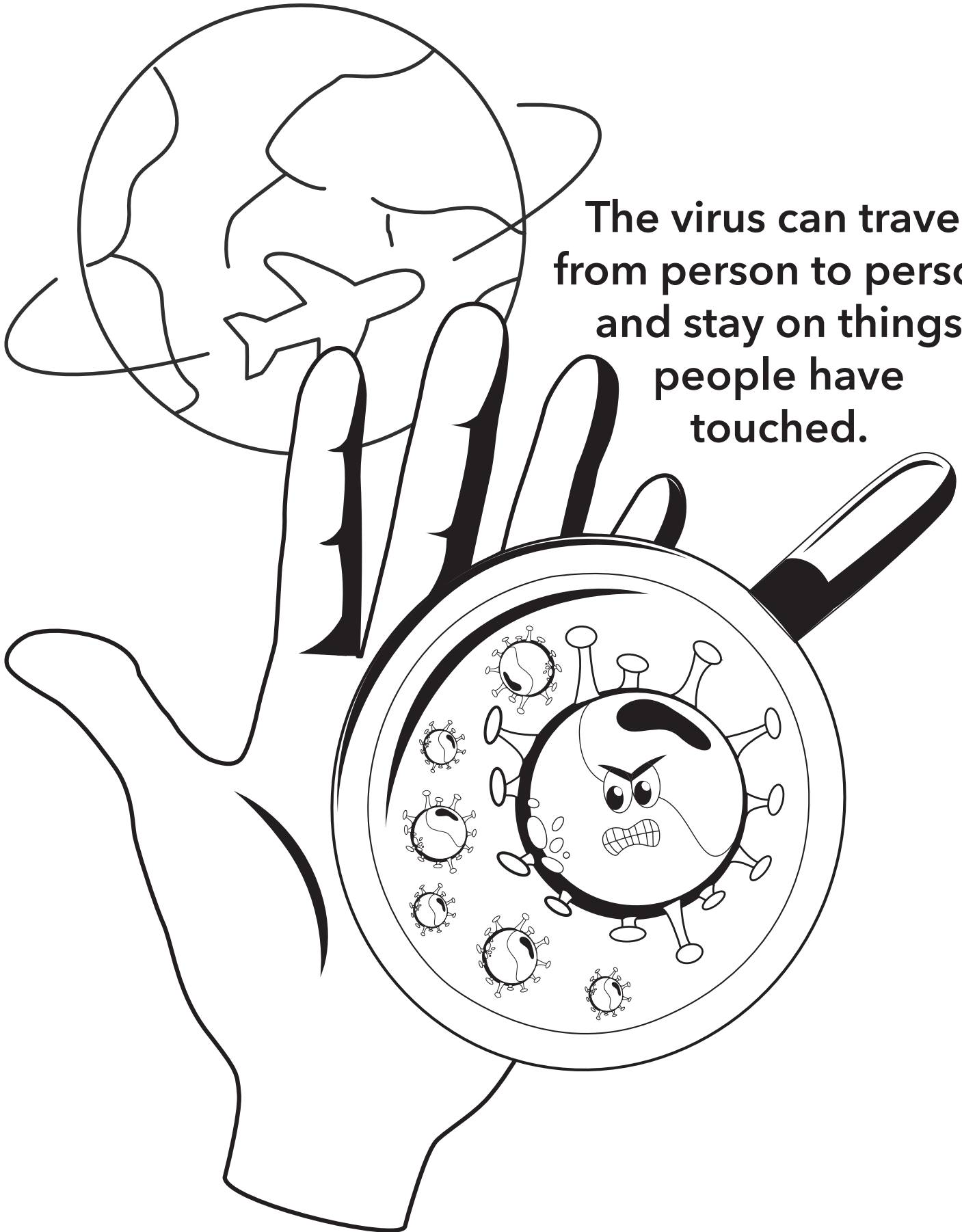
Confused

**Draw how you feel.
Remember - It's okay to feel this way.**



**COVID-19 has been on T.V. a lot.
Why are so many people talking about it?**

**The virus can travel
from person to person
and stay on things
people have
touched.**



There are some things you can do to help!

**Wash your hands for 20 seconds.
Sing a song, like Happy Birthday,
or the ABCs, to help you count.**



**Cough or sneeze into your
elbow or a tissue. Throw the
tissue away.**

**Stay at home and
away from others.**



What questions or thoughts do you have?

Share these with an adult.

