

A Story about Coronavirus

Sometimes when people get sick they need to stay at home so they can get better and so they don't get anyone else sick. There is a new illness that is making some people sick called coronavirus. Coronavirus is making people sick in all areas of the world.

The part of our body that fights sickness is called our immune system. For most people, if they get coronavirus, their immune system will fight it off. They have **strong** immune systems.



People with strong immune systems could have coronavirus and not even know it. That means that they think they are healthy because their body feels good, but really they have the coronavirus. If a person with coronavirus is near someone else, the coronavirus germs could travel from their body to the other person.



Some people may have weak immune systems. That means that if they get coronavirus, it is dangerous for them because their body isn't as good as fighting off sickness. Right now, it's everyone's job to help fight coronavirus! It's my job to wash my hands and stay away from people with weak immune systems. That will help keep them safe!

It is important to stay home so that we don't accidentally spread coronavirus to other people, and so that we don't catch coronavirus. To help protect people from getting sick, stores, restaurants, libraries and schools are closed right now.



Staying at home and not getting to go to school or see my friends is new for me and may make me feel sad, upset, frustrated, or angry. It's okay to feel upset that I can't go to school or see my friends and some family right now.

If I feel upset, it's expected to use a cool down strategy like taking a break or taking deep breaths. I can tell mom or dad how I feel. They may be able to do something fun with me at my house or outside to help cheer me up.

If I miss a friend or family member, I can ask to call them or video chat!



Doctors and scientists are working on finding medicine that will help stop the spread of corona virus. When the corona virus stops spreading so much, we will get to leave the house more often, and will get to see our friends and other family members again.

Right now, I can help myself and other people by following directions and washing my hands.



We can work together to help fight coronavirus!

