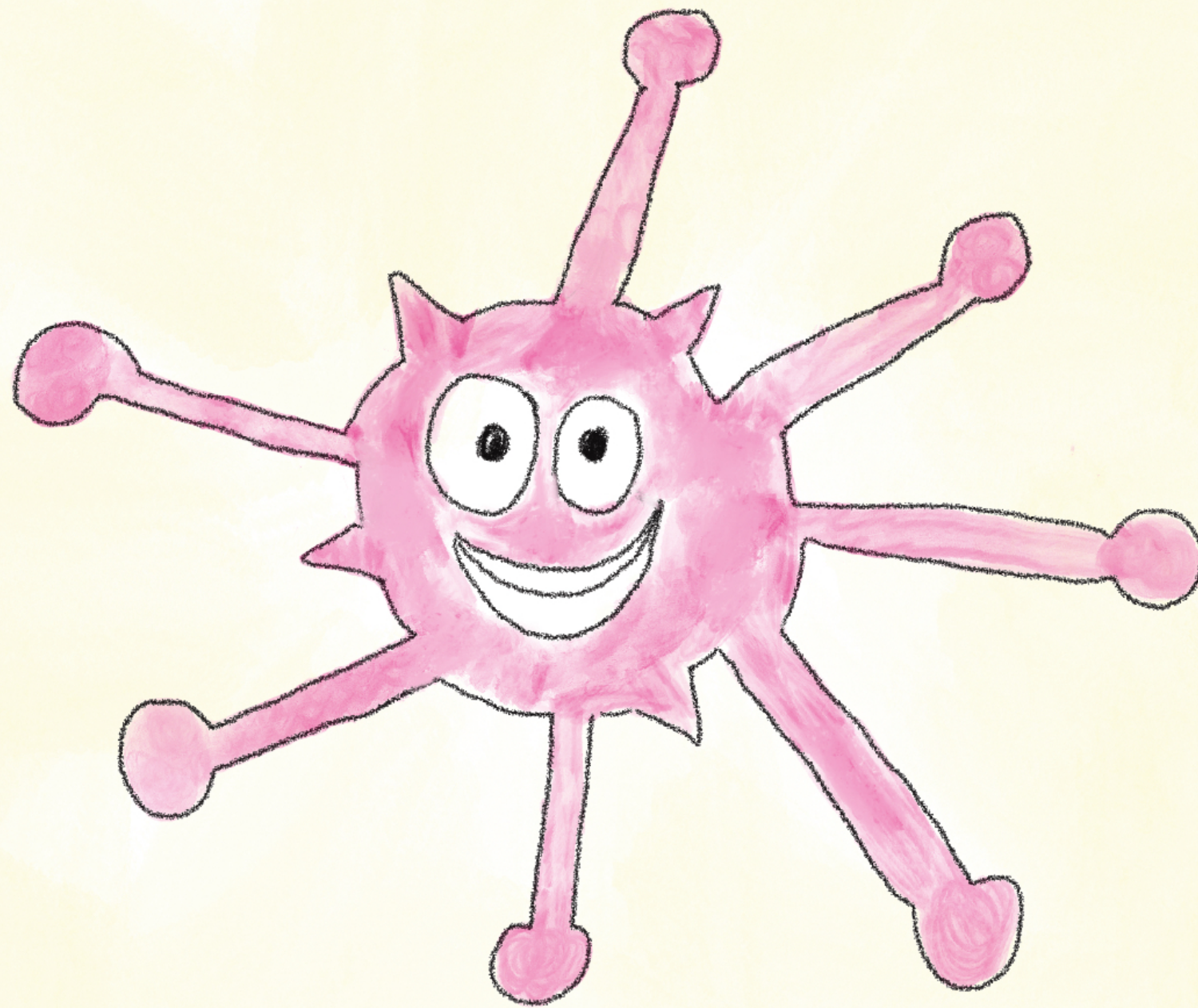


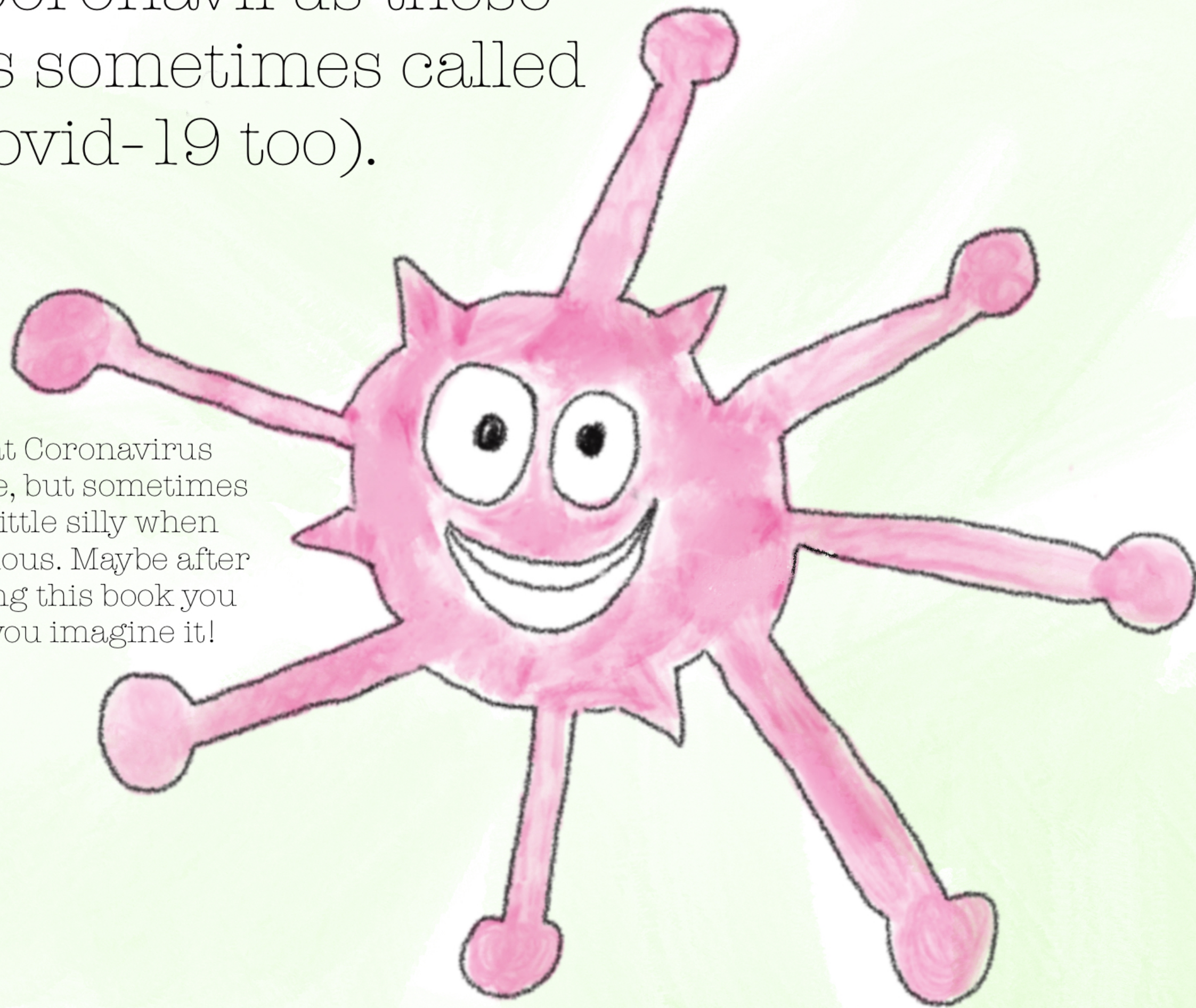
What is Coronavirus?



Christine Borst, PhD, LMFT

You may be hearing a lot about Coronavirus these days (it's sometimes called Covid-19 too).

This is not what Coronavirus actually looks like, but sometimes it's fun to be a little silly when things are so serious. Maybe after you finish reading this book you can draw how you imagine it!



Coronavirus is a virus, kind of like a cold or the flu, that makes people sick.

Most people who get Coronavirus will only feel a little sick, or not sick at all. Many people with Coronavirus will not even know they have it.



A small amount of people who get Coronavirus may get very, very sick.



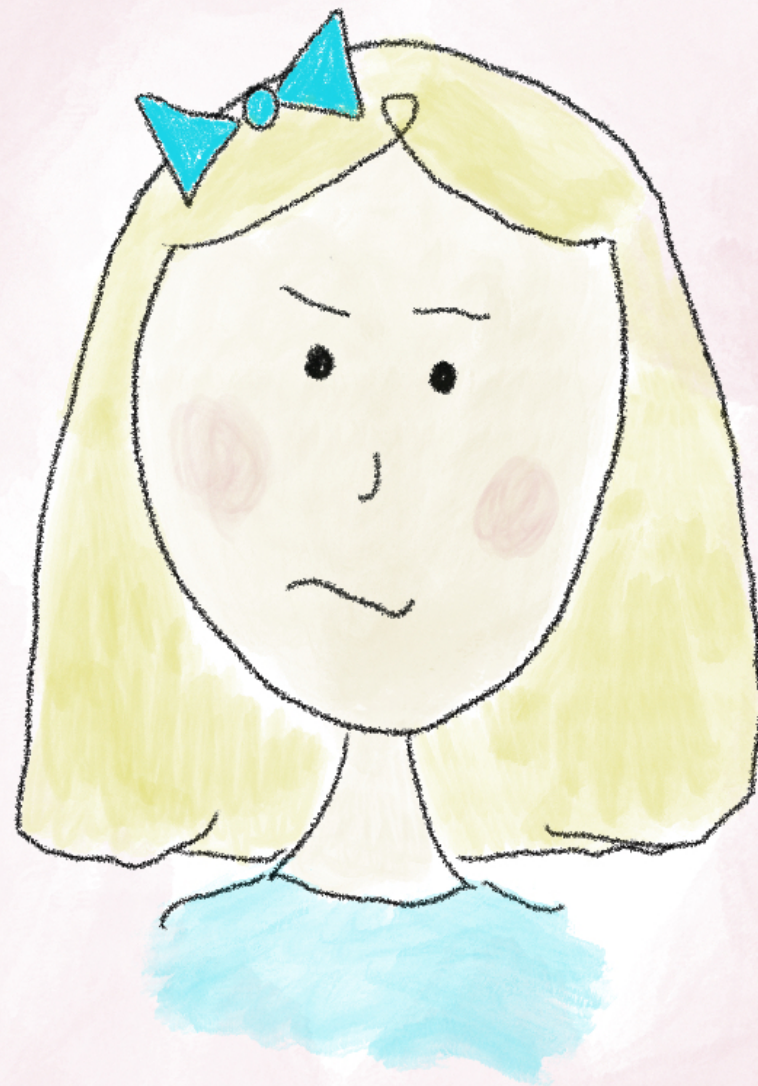
Coronavirus can be spread if someone with it coughs or sneezes into the air near another person, or if they touch a surface (like door handles or playground equipment) and someone else touches it after them. Doctors and scientists are learning more about how it spreads every day.

People can get Coronavirus no matter what they look like, what color skin they have, or where they live.



The good news? You don't need to worry about this! It is the job of the grown-ups in your life to take care of you, and they are doing everything they can to keep you and your family safe.

It probably feels a little strange not going to school, stores, parks, and play dates. Maybe the grown-ups in your life used to leave your house to go to work, and now they are doing work at home while you are there too.



It can be tough to stay home all of the time, and it's okay to feel grumpy or tired of being around your family, even though you love them. Grown-ups might act a little cranky too.



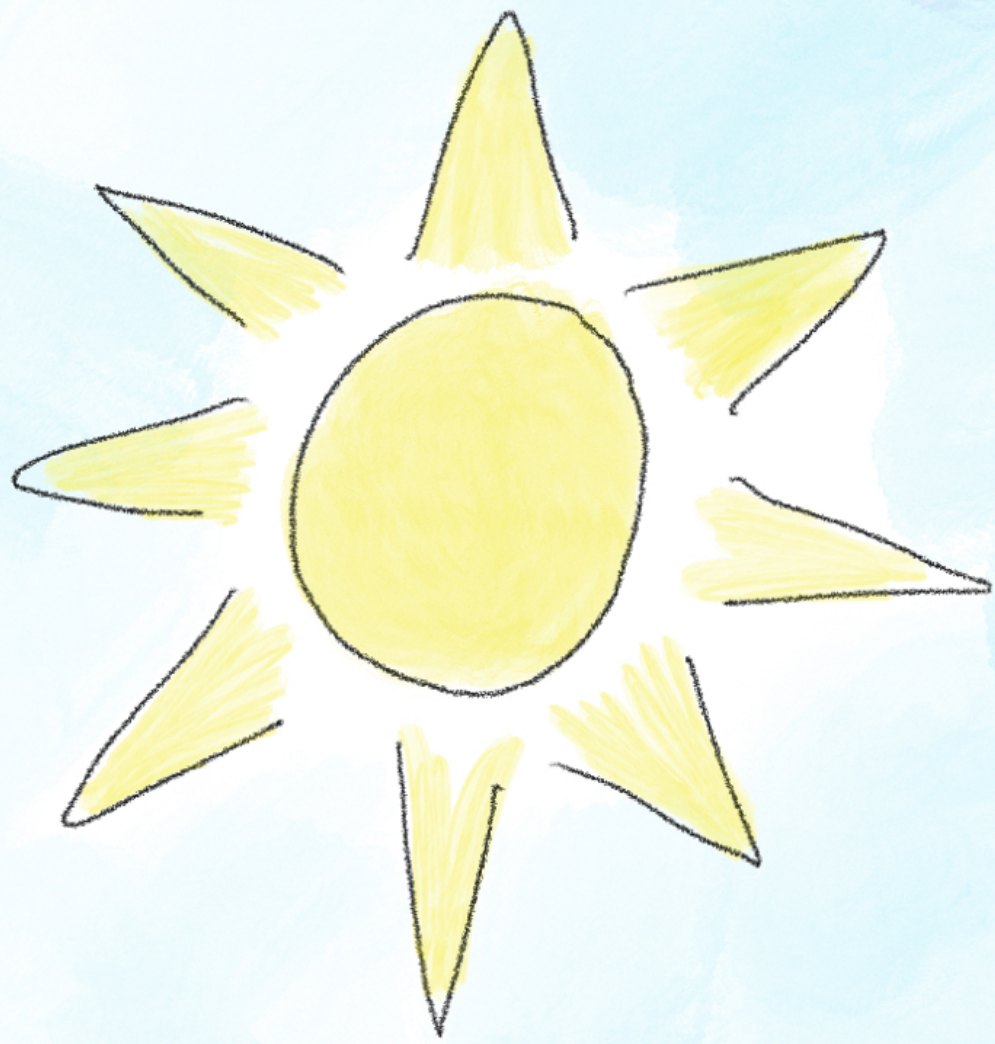
If we all stay
home, less
people will get
the virus, and
the doctors,
nurses, and
other
healthcare
workers can
work hard to
get everyone
healthy again!

Here are a few things you can do
while the grown-ups are taking care
of making the virus go away:



Wash your hands after
you go to the bathroom,
before you eat, if you
cough or sneeze, and
when you finish playing.
Be sure to wash with
soap for at least 20
seconds - that's long
enough to sing Happy
Birthday twice!

Keep your own body healthy by drinking lots of water, eating a rainbow of foods (like fruits and veggies), and getting a good night's sleep.



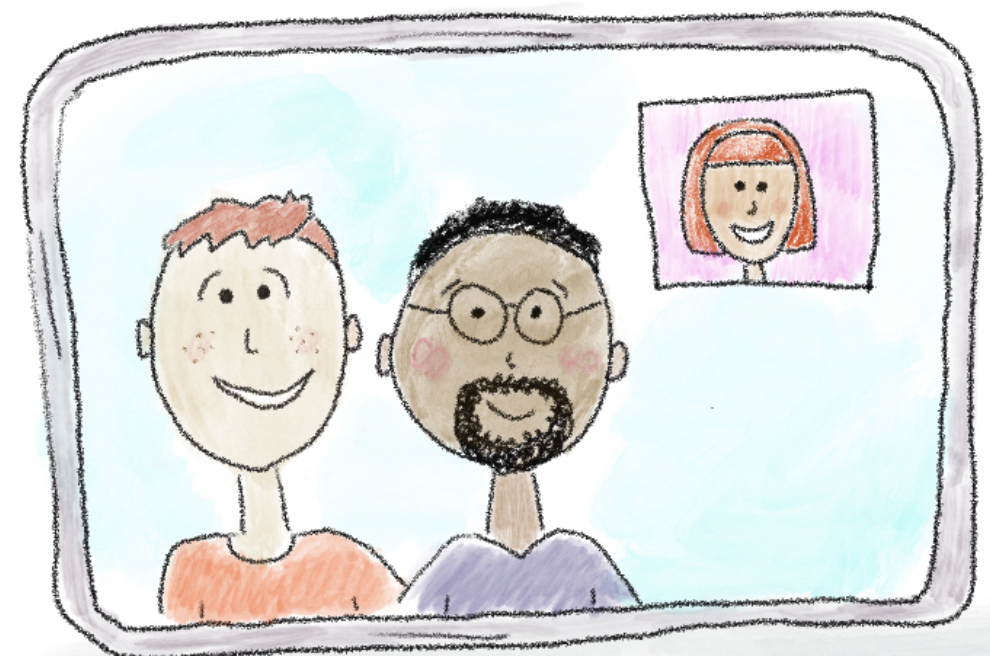
If you can, get lots of sunshine and fresh air! Play in your yard (if you have one), sit on your porch, or even go for a walk, hike, or bike ride with your family. Just remember to stay away from other people for now. If you see your neighbors, just smile and wave - this won't last forever!

Draw pictures and write notes for your family and friends - they will love getting mail!

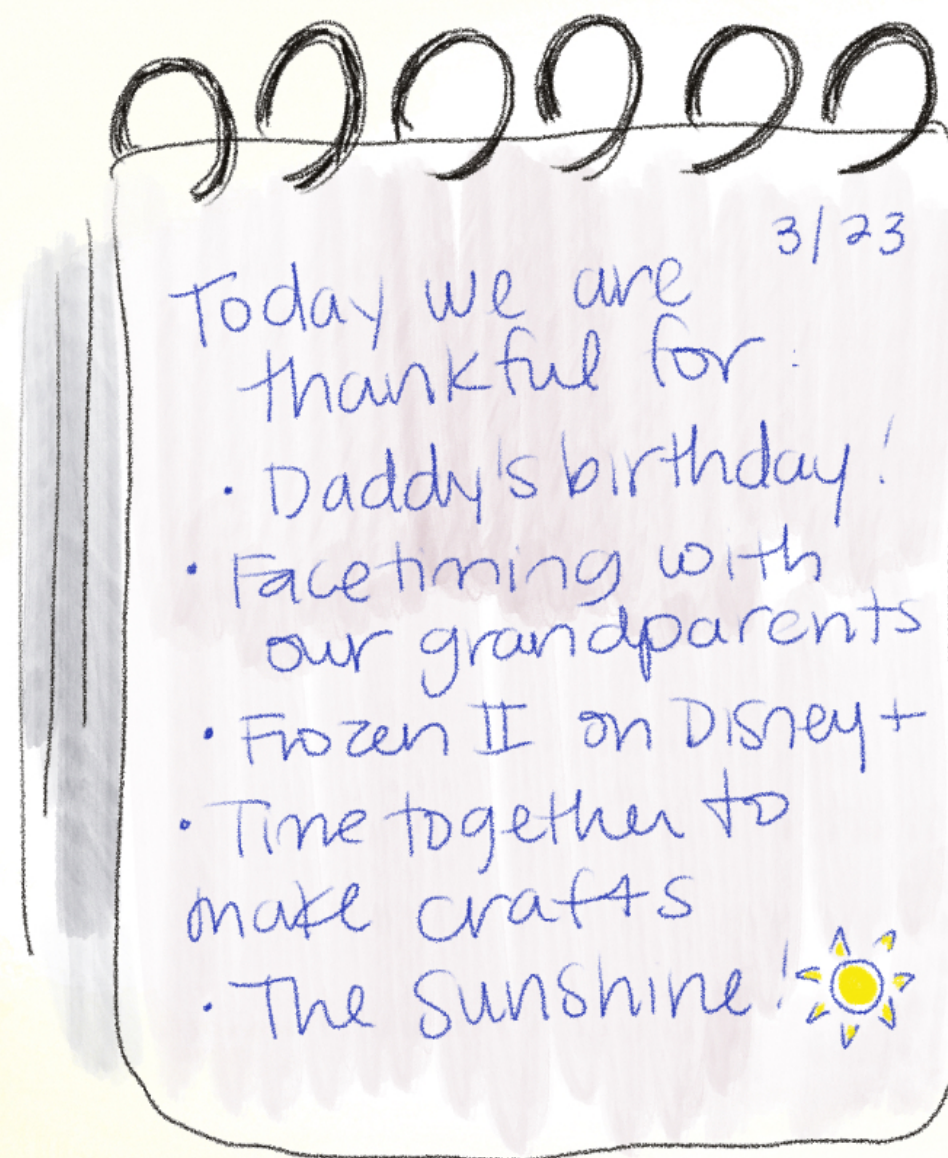


Call your friends, grandparents, aunts, uncles, and cousins to say hello!

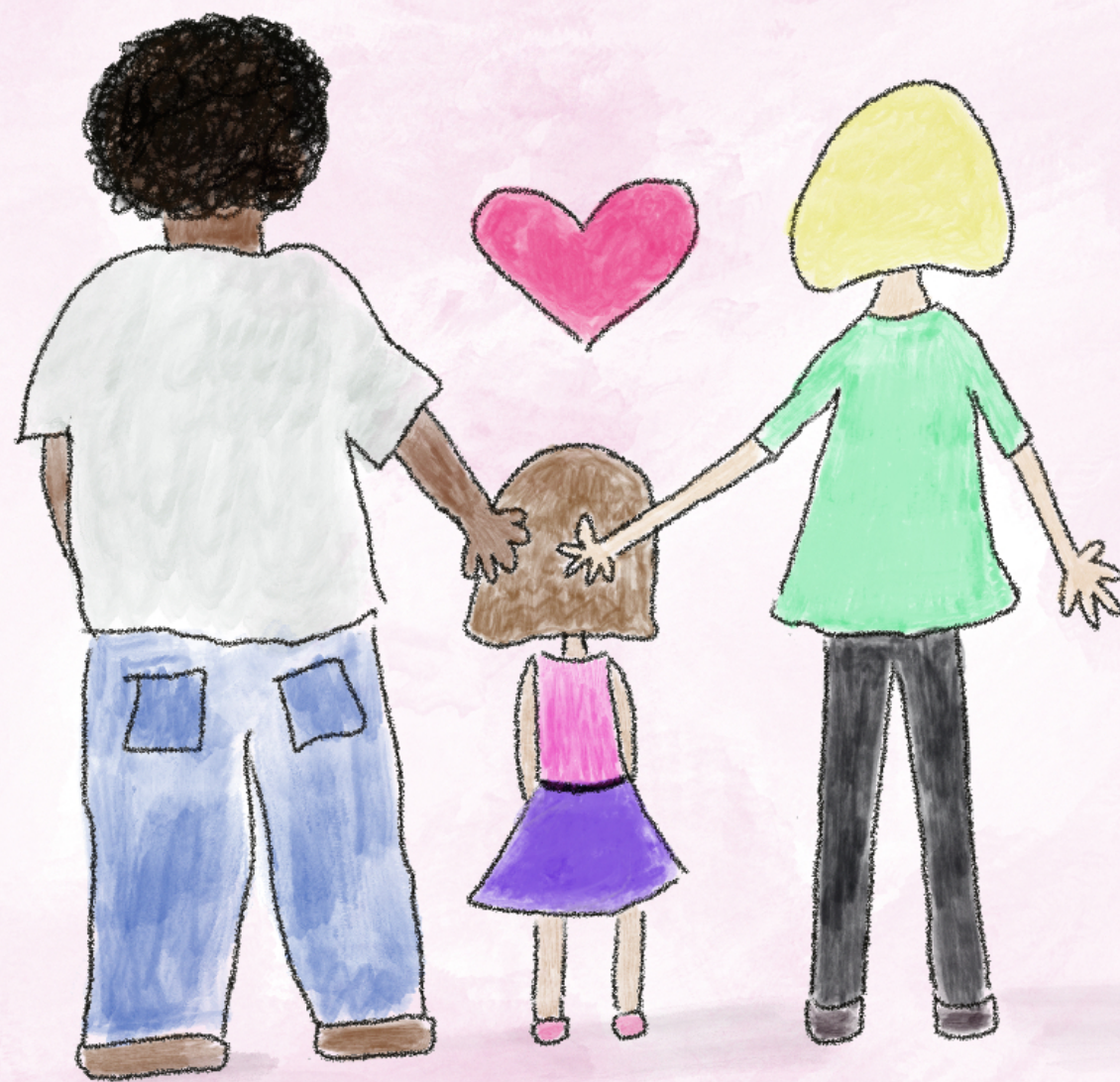
Do fun activities to move your body, even if you can't get outside! Turn on some music and have a dance party, or search the internet for kid yoga or kid exercise videos.



This might feel like a weird and scary time, but there are also many wonderful things happening. Making a list of things you and your family are thankful for every day may help everyone feel a little better.



Grown-ups don't know how long this will last quite yet, so we will all have to be patient together. Remember, it's okay to feel sad, mad, or scared, and it's okay to ask questions (even if we don't know all of the answers right now).



No matter what, you are safe,
and you are loved.

For Parents:

Please know that you are doing an amazing job. This isn't an easy time (understatement!), and helping kids feel safe and secure is so important. Remember to take care of yourself so you can take care of others.

Please feel free to share this book with anyone you think would benefit from it. If you enjoyed it, and are able, consider donating via PayPal or Venmo (@christineborst, last four of my cell number is 6887) - all donations will go to groups helping families and small businesses in need during this time.

Contact Christine at christineewalsh@gmail.com, and find her on Instagram at @christine_e_bee.