

WHAT IS CORONAVIRUS?

Coronavirus (COVID-19) is a virus that affects the lungs, nose, mouth, throat, and other parts of your body involved with breathing. It is passed through sneezing, coughing, running noses, and saliva.

HOW IS CORONAVIRUS SPREAD?

When someone sneezes, blows their nose, or coughs without washing their hands or covering their mouth, the germs are spread. It is SO important to wash our hands to help keep ourselves and others safe and healthy!

WHY ARE WE STAYING HOME FROM SCHOOL?

Your parents, teachers, principals, and other adults want to make sure that you and everyone else are safe and healthy.

Scientists want us to stay away from large groups of people. This includes staying away from your classroom full of your classmates and friends! Avoiding large groups of people will help keeping the virus from spreading.

CAN KIDS GET CORONAVIRUS?

Yes. Kids can get the virus, but right now they are not getting as sick as grown-ups. Keeping you and your friends healthy, by avoiding large crowds will help make sure grown-ups (your parents, teachers, grandparents, etc.) also stay healthy.

WHAT SHOULD I DO TO STAY SAFE AND HEALTHY?

1. Wash your hands for at least 20 seconds. Be sure to wash in between your fingers and under your fingernails.
2. Try to not touch your face, nose, and mouth, especially with dirty hands.
3. Eat healthy and get some exercise!
4. If you need to sneeze or cough, cover your mouth with a tissue or the inside of your elbow.
5. Try to avoid being around a large group of people.