



## **Coronavirus and My Life**

The coronavirus disease can cause illness in my community. The coronavirus is also called COVID 19. The coronavirus spreads easily and many people that have it do not even know they have it or get sick. It is a new virus and doctors are still learning about it. Schools have closed so that the coronavirus does not spread as fast. Many people are nervous and are talking about it and that can make me nervous. It is okay to feel nervous when something is new. People who have the coronavirus need to stay home to get better or go to the hospital. Most kids do not get that sick, but they have to help by not spreading it to other people. By listening to doctors, people will get better and stay safe.

I can help keep my family and myself safe by listening to doctors and experts. I can:

1. Wash my hands often, scrubbing for 20 seconds.
2. Cough in my elbow
3. Keep personal space around others by at least 6 feet.
4. Keep my hands down and not touch my face.
5. Stay home more instead of going to school or my other activities.

Some people might even get sick and not have the coronavirus, it might be the flu or allergies. If someone I know gets sick, they will listen to the doctors to get better. It is okay to feel nervous, but my family and I will be safe.

Because school is closed, I will have to do work at home. I want to do this work so that my friends and I do not have to do school in the summer. I will listen to my parents and get on the computer when it is time. I will make sure that I am in touch with my teacher and follow her directions. I will get my work done and make my parents and teachers proud.

Even if I am not at school, I can still talk to my friends. I can talk to my friends on the phone or when my class is on the computer. I can send my friends emails or funny pictures. I can stay in touch without seeing my friends.

The coronavirus is new and sometimes new things can make us scared or worried. But there are many adults working to keep me and my family safe. I will wash my hands, keep personal space, keep my hands down, and do my school work at home. My parents and teachers will be proud that I am helping my community. Even if I am nervous, I can keep in touch with my friends. I can do it!

