

COVID-19

For Kids



Sheryl Recinos, MD

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WaterBear Press, Los
Angeles, CA.

Paperback ISBN:
9781951542474

EBook ISBN:
9781951542467

At first, my teacher was
coughing at school.





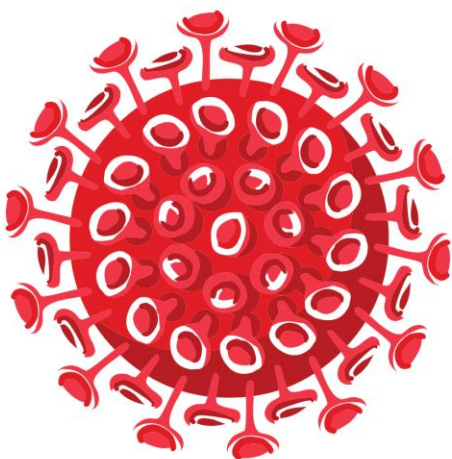
Then, the school had to
close and everyone had
to go home.

My dad told me there is
a dangerous virus
called COVID-19.



School is so much fun.

I was sad to find out
that I had to stay home.



COVID-19 is a virus.

It is very tiny and we
cannot see it with our
eyes.



My mom and dad told
me that germs spread
when we cough.



It spreads from one
person to another and
can make some people
very sick.

I have to cover my
mouth if I sneeze or
cough.





Mom says I need to
wash my hands really
well.





Dad says COVID is a lot
like a regular cold,
except it is dangerous
for people who are older
or people who have
other medical problems.



Young kids are not
expected to get very
sick.

But when they cough,
they can pass germs to
others.

Everyone has been
asked to stay home for
several weeks.

We have to protect the
older people, like my
grandparents.





COVID is really dangerous
for older people, like my
grandma and grandpa.

They have to stay away
while we are on quarantine.

"kwor-en-teen"





The doctors and
scientists are working
really hard to learn
more about COVID-19.



I did not know what to
do at home, but mom
told me there are a lot
of things to do.





Mommy is staying
home, too.

I am enjoying all the
time we get to spend
together.



I like to have a routine,
so my mom lets me
pack my backpack to go
to school in the dining
room.

Mommy made a
schedule for me.

I love art time the
most.



8:00 breakfast

8:30 art time

9:00 science

10:00 reading/writing

11:00 exercise

12:00 lunch

1:00 math

2:00 history

3:00 play time





Each day, I go to school
at home.

My teacher gave me
homework. My mom and
dad are helping me.



I miss going to regular school, but my parents say I can learn a lot at home.

My dad is teaching me about history and my mom is teaching me math and science.



We have class
online.



Sometimes, I get
to send
messages to my
classmates.

I miss them.



I can sit still and
meditate.

That means that I can
spend time thinking
about things calmly.





When it is time to
exercise, I do jumping
jacks or run in place.

Sometimes, I do yoga
with my mom.





I get to watch some of
my favorite shows on
TV.

My dad watches animal
shows with me. We are
learning new things
about animals together.



I am happy when I talk
to my grandma on the
phone.

She misses me, and she
says she will see me
when it is safe.



I like to read.

Sometimes I read books
that I can hold.

Other times, I read
books on a tablet.



I can talk to my
grandpa using a phone
or the computer.

I am making a journal
about my adventures at
home.

Mom says that
someday I will want to
tell others what I did
when we were at home
during COVID.



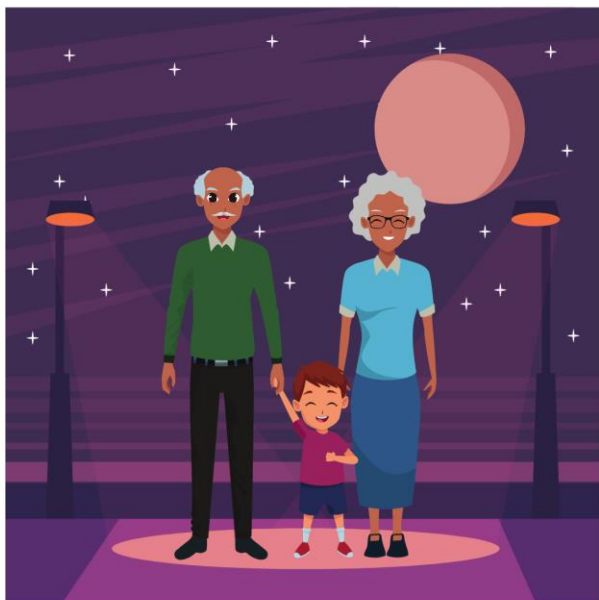


I am proud to be part of
the solution.

I can stay home so that
we can all be healthy.

When COVID is over, I
will go back to school
and see my friends
again.





And I will be glad when I can
see my grandparents again.

For them, I will stay home.



When we go back to
school, we will be
different.

COVID-19 has helped me
learn more about how
important it is to help
others.

We all have.

Information about
COVID-19 is changing
rapidly.

Refer to your local
health department or
the World Health
Organization's website
for more info.

Be safe, my little
friends.

About the Author:



Sheryl Recinos, MD, is a physician in Los Angeles, California.

She has 3 kids of her own, and she wants them to stay safe during COVID-19. She knows that your family wants you to stay safe, too.