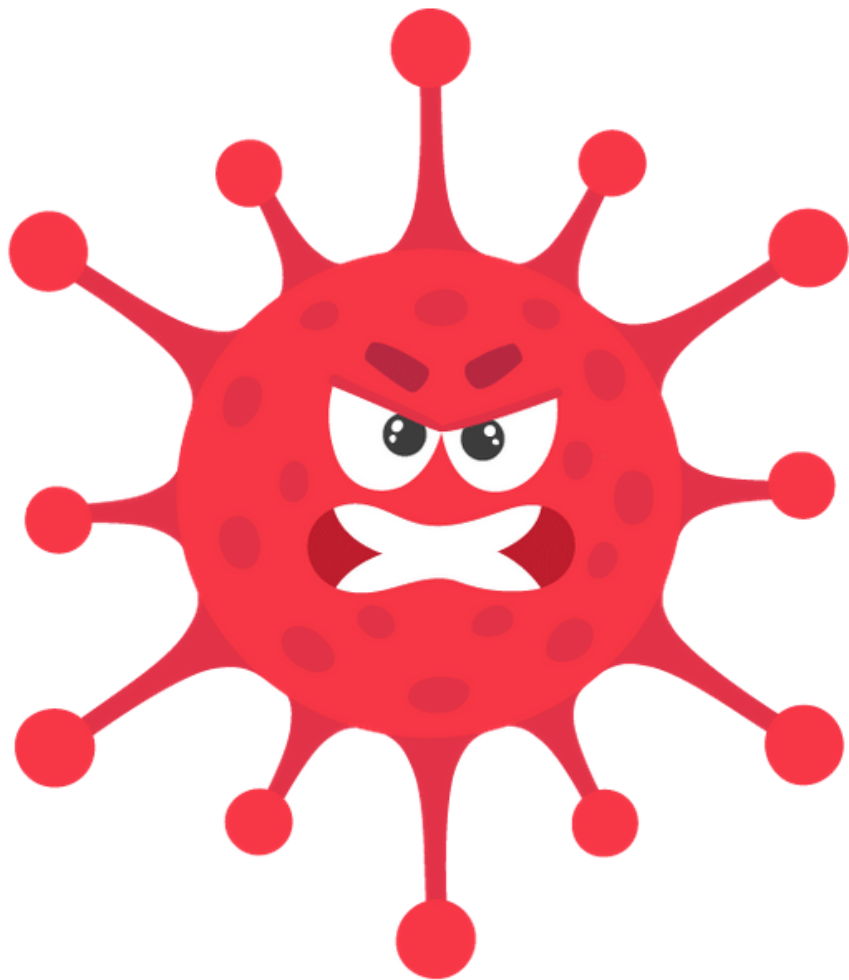


HELLO!

**I am a new VIRUS,
and my name is Coronavirus...**



Based on the COVIDBOOK created by
Manuela Molina, IG: @mindheart.kids

For PARENTS and CARERS ...

How does COVID-19 spread?

- People can catch COVID-19 from others who have the virus.
- The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.
- These droplets land on objects and surfaces around the person.

For PARENTS and CARERS ...

What are the most common symptoms?

- fever
- tiredness, pain and discomfort
- dry cough


How can you protect yourself and others?

- Regularly wash hands with soap and water or clean them with an alcohol-based rub.
- Maintain 1 metre distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

(Source: World Health Organisation)

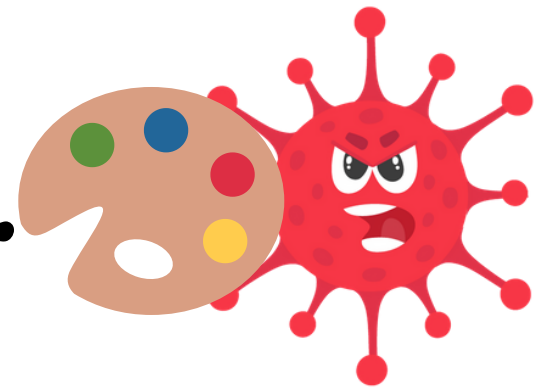
Have you heard about me?

YES

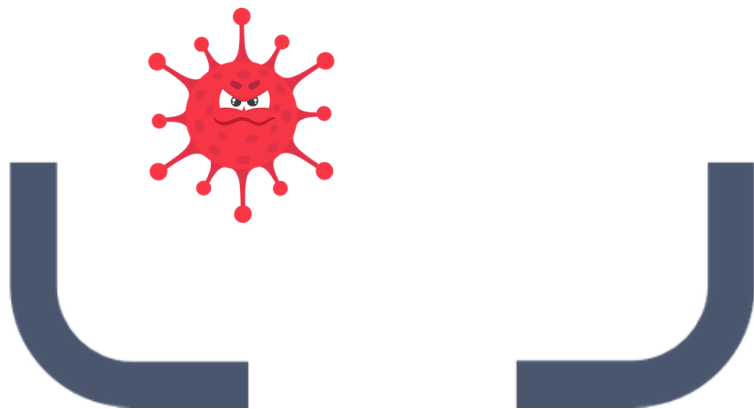


NO

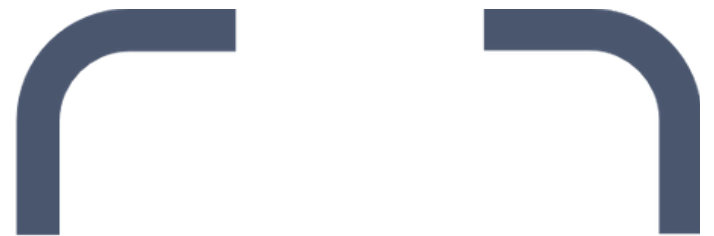
I have heard that....



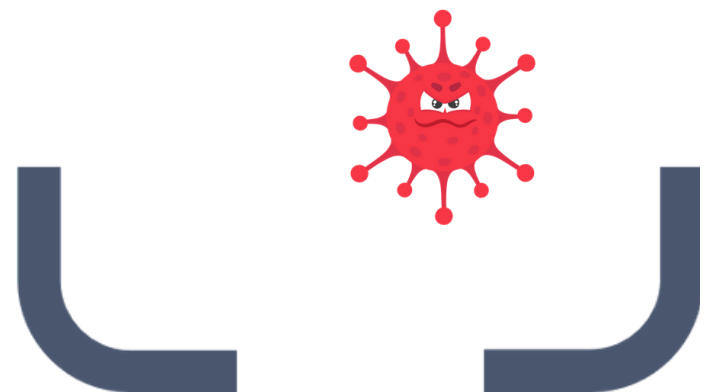
I love to travel...I have
been everywhere

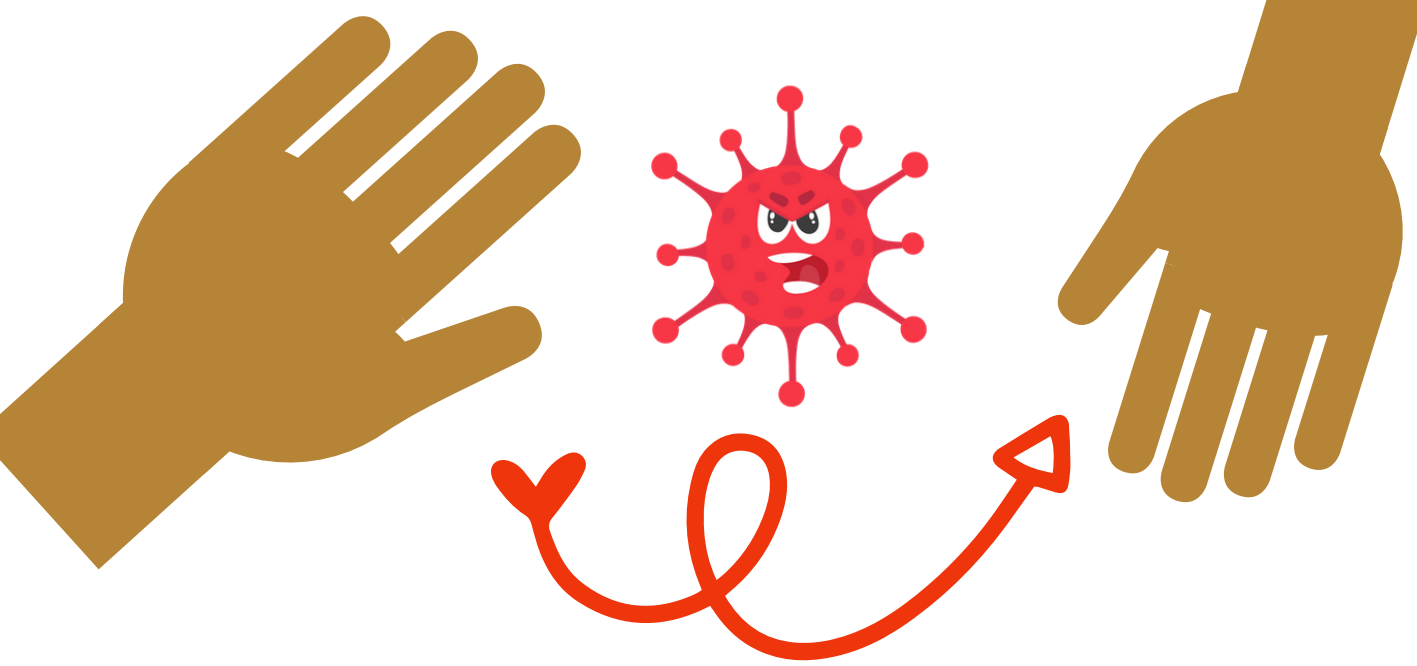


Draw a city



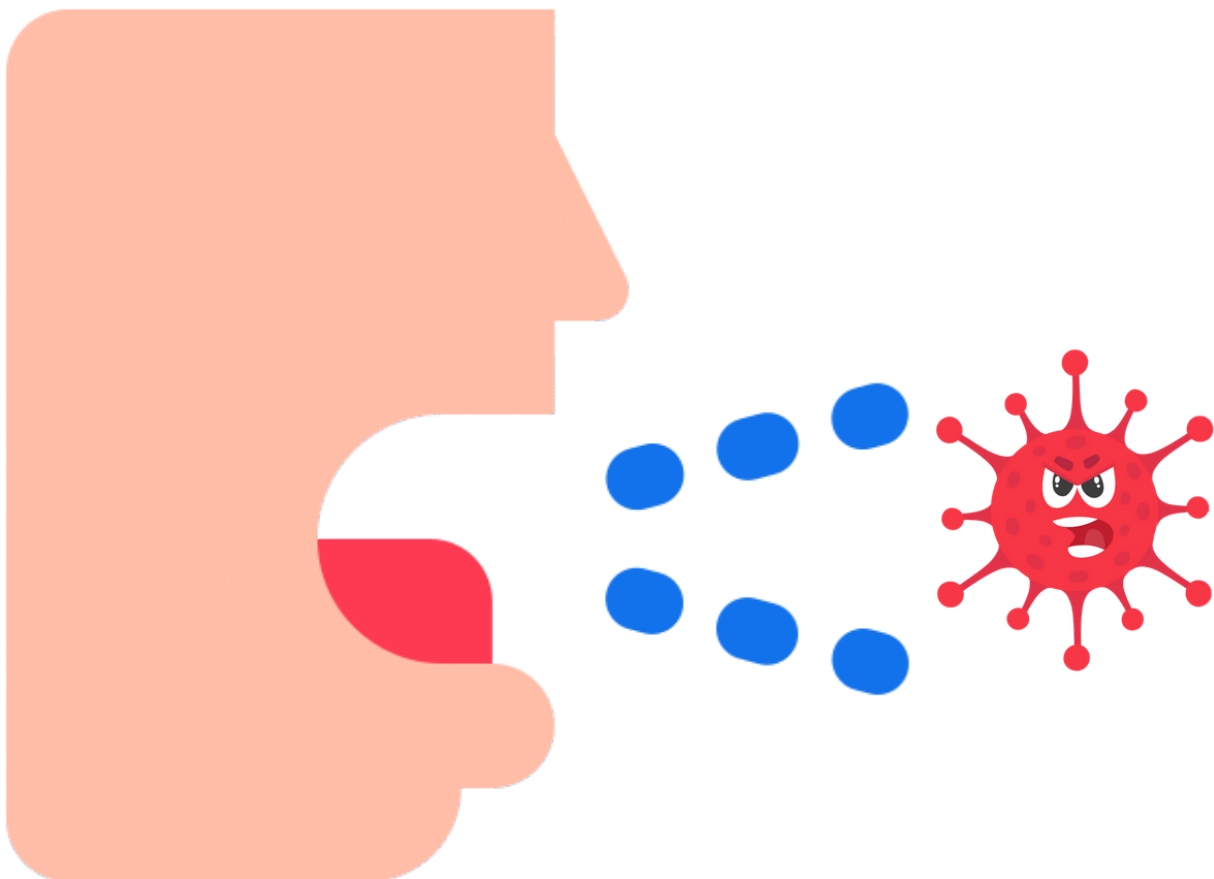
Draw a beach



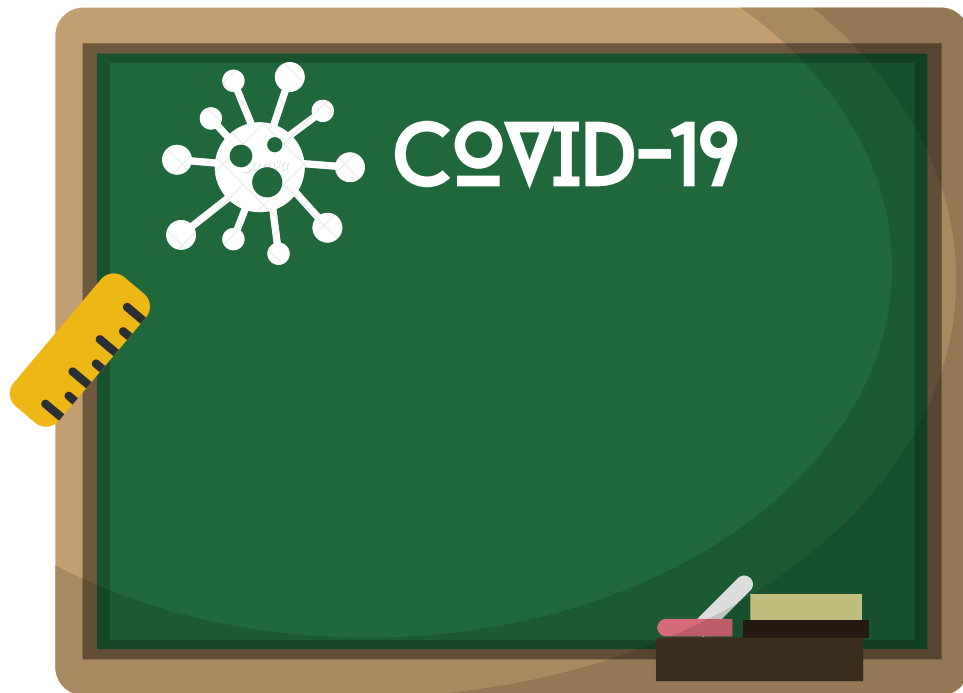
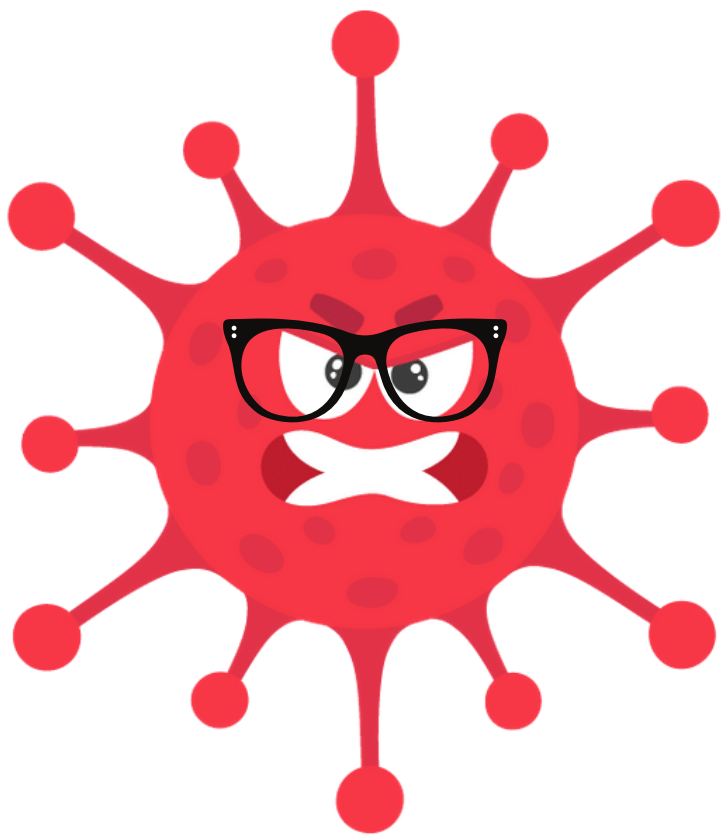


**To travel
I can
jump
from
hand to
hand...**

**and also, if I land
somewhere, I can wait
until someone picks me up**



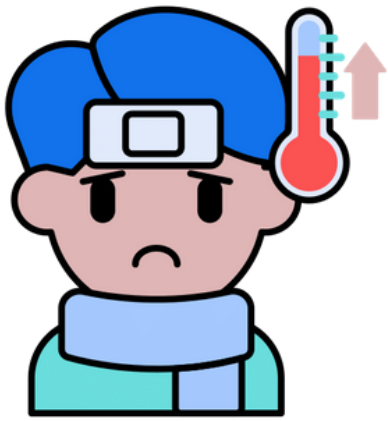
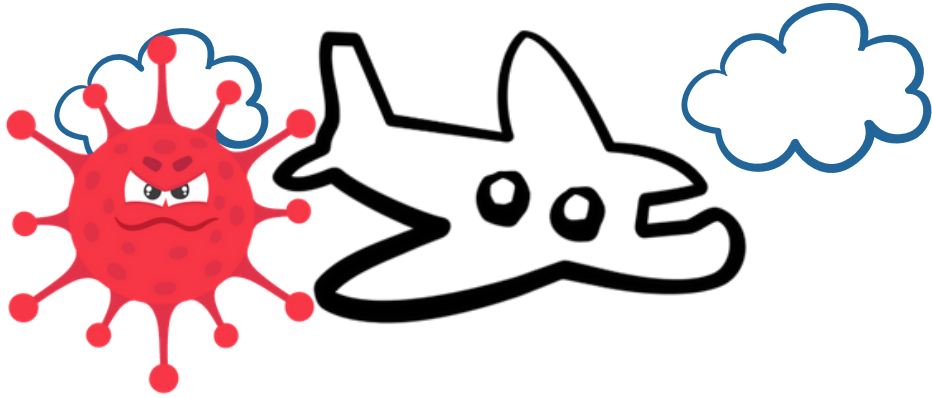
There are important things about me that I would like to tell you



And you, what would you like to know about me?



When I come to visit, I bring different things, can you guess?



F _ _ _ R



C _ _ D



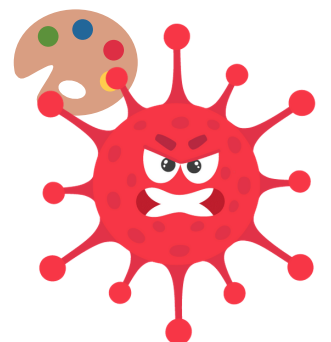
C _ _ _ H

But I don't stay with people for long, and almost everyone gets better

Don't you worry!

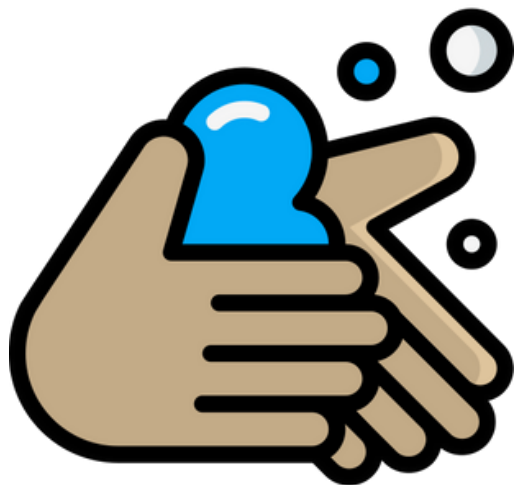
Adults will keep you safe.

Who would you tell if you feel unwell?



**But there are things you
can do too...**

**Wash your hands while singing your
favourite song for 20 seconds...**



Do you know when to wash your hands?

1.

2.

3.

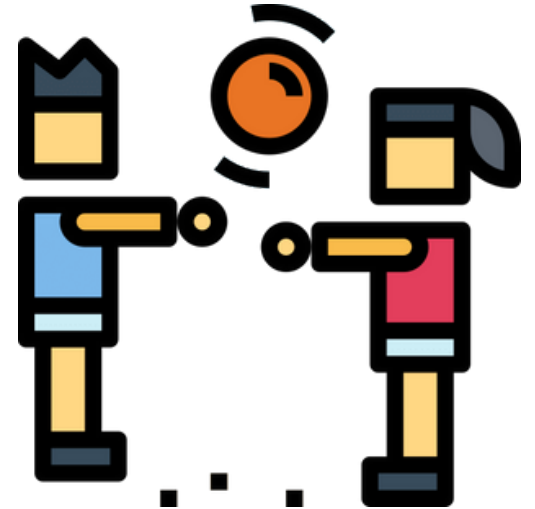
Always wash your hands



Before/after eating



When you use the toilet



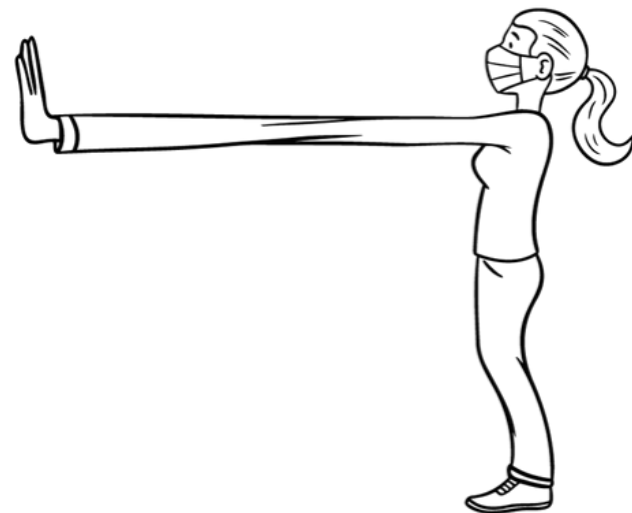
After playing



You can also...



**Sneeze or cough into
your elbow**



**Keep your distance
if someone is sick**

**You may already find yourself
sheltering from knowing me and
that's okay!**

**Draw everything you'd like to do
outside when I'm gone**



You may not be able to see all your friends and family but you can still stay in contact



calling



sending a letter

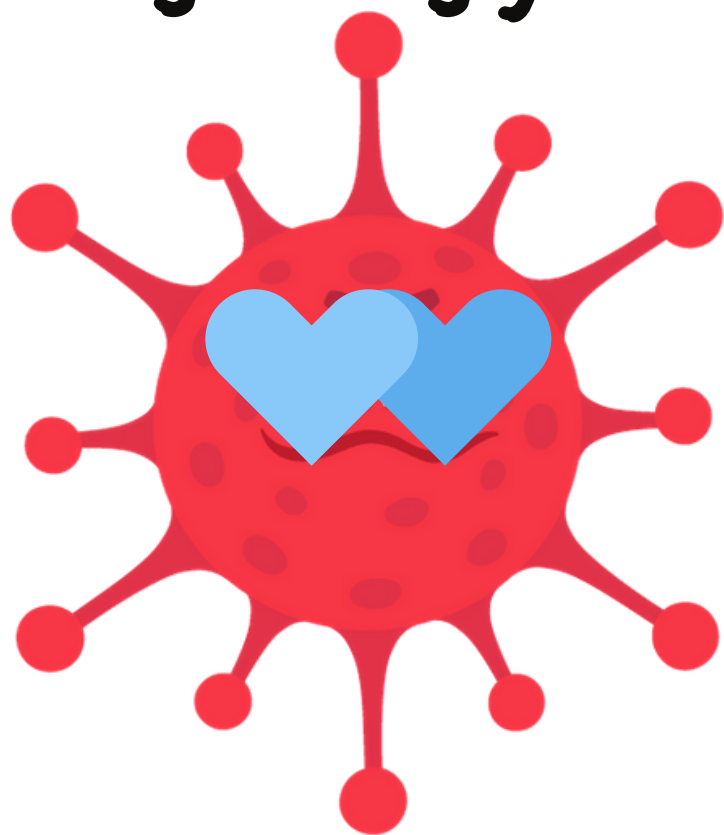


Or drawing something for them here...

**If you do all that
I will probably stay away**



**while the doctors work hard to find a solution
that will allow me to say hi
without getting you sick.**



Based on the COVIBOOK created by
Manuela Molina, IG: @mindheart.kids