



# Coronavirus Disease 2019 (COVID-19)

## What You Need to Know About COVID-19

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### **What is a virus?**

A Virus is a tiny germ, too small to see with your eyes.

If you ever had a cold or a flu, a virus was making you sick!

### **What is a coronavirus?**

A coronavirus is a type of virus that can make people sick.

There's a new type of coronavirus called COVID-19.

COVID-19 is short for coronavirus disease 2019.

### **FAST FACT**

“Corona” means crown in Spanish.

Coronaviruses got their name because they have spikes that look like crowns.

### **Where did COVID-19 come from?**

COVID-19 was first discovered in China.

Scientists are still learning about where the virus came from and how it spread from animals to people.

### **Where has COVID-19 spread?**

COVID-19 has spread to every country in the world.

### **FAST FACT**

PANDEMIC means a disease is spreading throughout the world.

### **How does COVID-19 spread?**

People can get and spread COVID-19 to one another very easily.

Even some types of animals can get COVID-19.

### **How do people get COVID-19?**

People mainly get COVID-19 from being in close contact with others (within 6 feet of each other).

It's important that people stay at least 6 feet apart.

### **FAST FACT**

6 feet is the same length as 2 big dogs, or the length of 7 soccer balls

### **How do people get COVID-19?**

When a person coughs, sneezes, or talks, droplets of spit come out of their mouth.

You can get COVID-19 if you breathe in or swallow germs that land on your mouth, nose, or face

It may be possible for people to get COVID-19 by touching objects that have the virus on it and then touching their mouth, nose, or face.

### **FAST FACT**

There are 8 MILLION germs in a single drop of spit!

### **How do I keep from getting and spreading COVID-19?**

When you are around people who don't live with you, wear a mask

Stay at least 6 ft away from others, whenever possible.

Avoid crowds and crowded places.

Avoid touching your eyes, nose, and mouth.

Wash your hands often with soap and water.

If you are in a place with no soap or water, use hand sanitizer

### **Can I get COVID-19?**

Anyone can get COVID-19

Young or old

Healthy or sick

Tall or short

Even people with brown eyes!

### **What could happen if I get COVID-19?**

Some people won't feel sick at all.

Some people will feel a little sick.

Some people might get very sick.

### **What could happen when someone gets COVID-19?**

Fever

Cough

Trouble breathing

Tiredness

Headache

No taste or smell

### **What if I feel sick?**

If you feel sick, tell a trusted adult who will help you.

If you feel sick, it doesn't mean you have COVID-19.

People can get sick from other kinds of germs like the cold and flu.

### **FAST FACT**

The flu and colds are more common in the fall and winter (October, November, December, January, February, March) but they can happen at any time (April, May, June, July, August, September)!

### **Sometimes I feel sad**

Things are different than what we are all used to.

You are not alone in feelings lonely, sad, or anxious.

Talk to an adult, that you trust, about how you are feeling.

### **What can I DO?**

Try new hobbies and activities

Play board games and have game night with your family.

Cook and bake, but only if an adult is present.

Camp in your yard or inside your home.

Stay in touch with friends on social media, video chat, phone, or even write a letter.

Don't forget to check in with family who might not live with you, like your grandparents.

Mail a care package.

### **FAST FACT**

A flu shot (vaccine) can help you fight the flu. A COVID-19 shot (vaccine) can help you fight COVID-19

### **COVID-19 Vaccine**

There are currently two vaccines recommended to prevent COVID-19, with more coming soon.

Currently, COVID-19 vaccines are only recommended for people age 16 and older, so talk with your parents and older loved ones about getting the COVID-19 shot.

Because the initial supply of COVID-19 vaccine is limited, CDC recommends that healthcare personnel and long-term care facility residents be vaccinated first.

The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large quantities of vaccine are available.

### **How to hang out with your friends**

Video chat and text

If you see each other in person, wear a mask and stay at least 6 feet apart.

### **Together We Have the Power to Help Protect Our Friends and Loved Ones**

Remember, these 3 healthy habits will help slow the spread of COVID-19.

WEAR A MASK over your nose and mouth

Stay at least SIX FEET APART-avoid crowds or indoor events.

WASH YOUR HANDS or use a hand sanitizer with a least 60% alcohol.