HELLO!

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

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