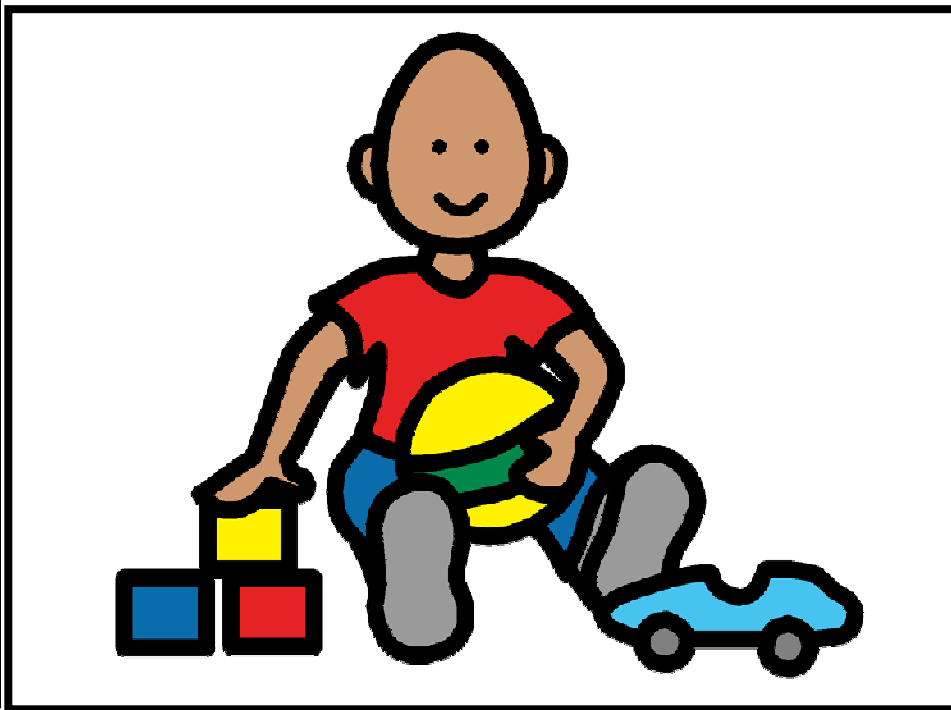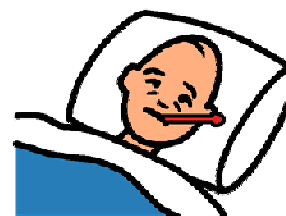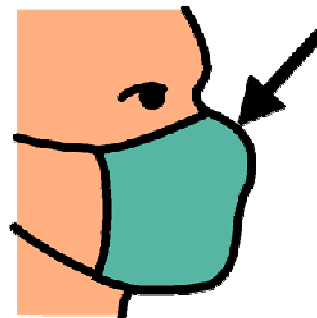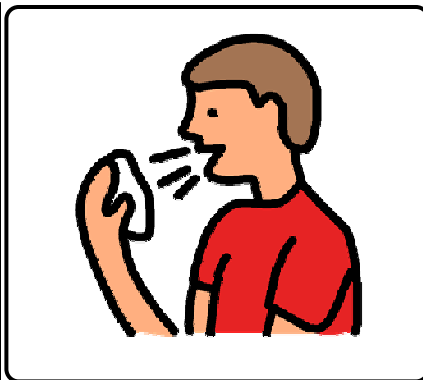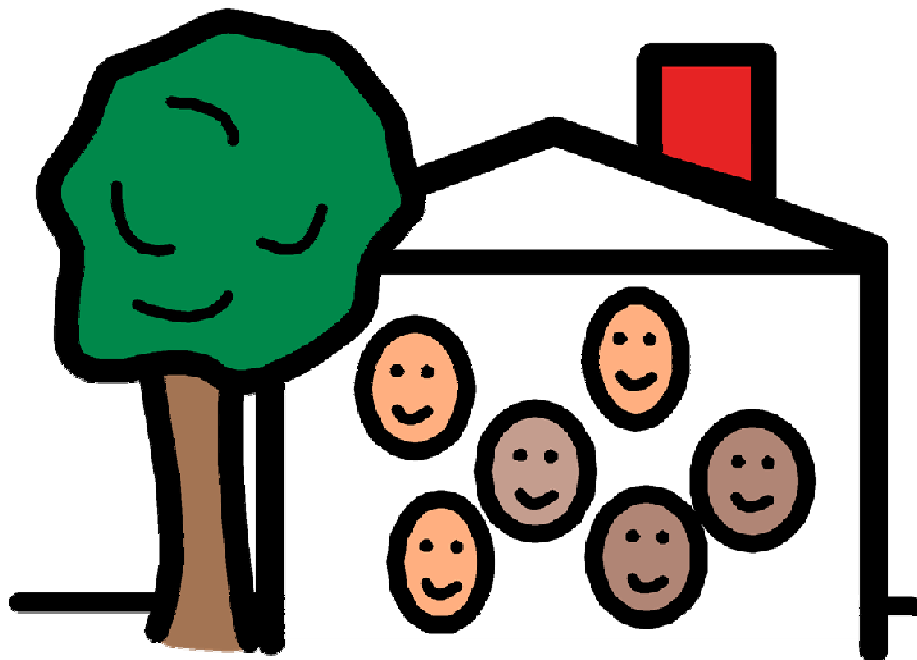# The Corona Virus and Me

Sometimes people get sick because of colds and flus.

Right now lots of people are getting sick because of the Corona Virus.
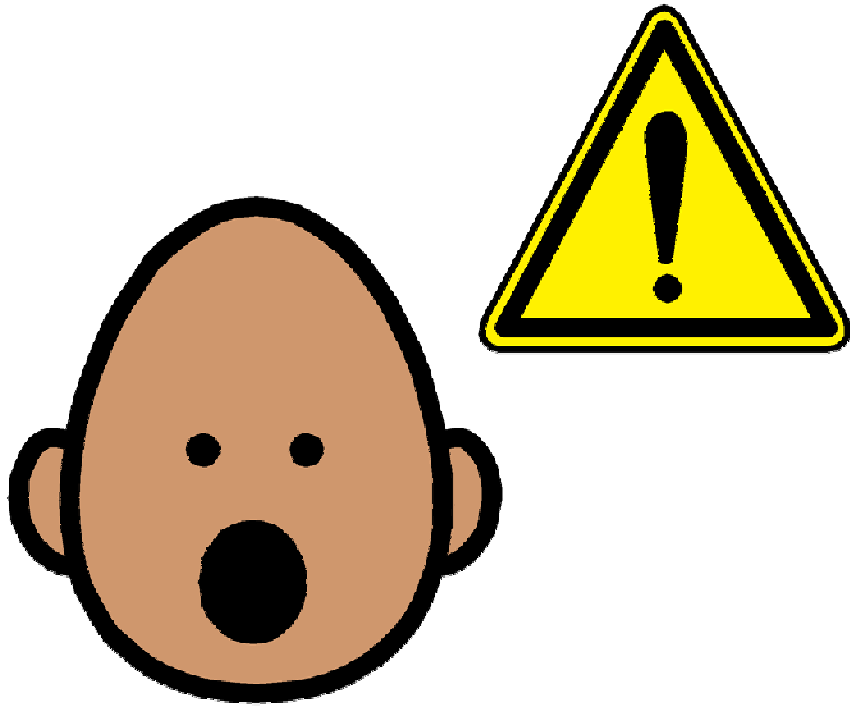
This means lots of people
are staying at home
with their families.

I might not go to school
or daycare.

My parents might not
go to work.

This will keep everyone
healthy.

If we do go outside,we have
to be extra careful
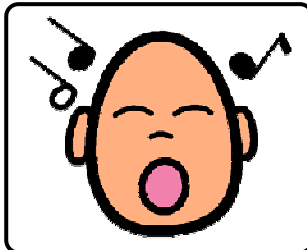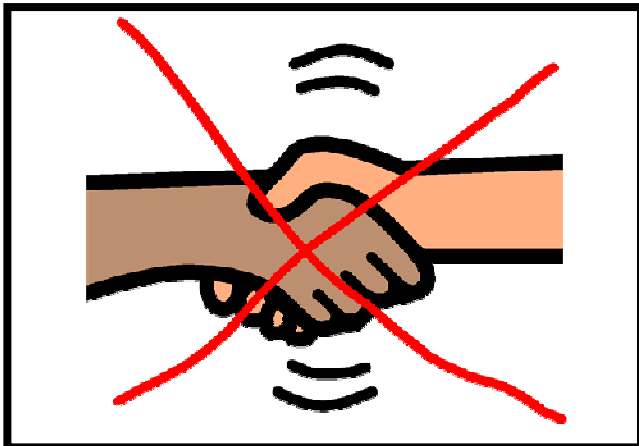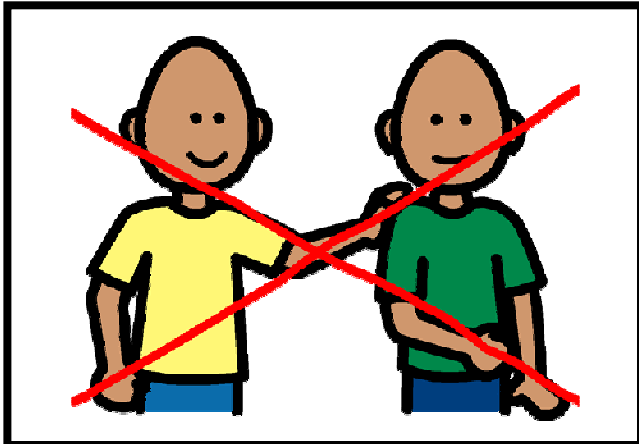
so that we don't get sick.

Being careful means
I will have to wash my hands
more than usual.

I should wash my hands
for 30 seconds.

My parents will tell me
when to stop or I
can sing "happy birthday".

This will keep everyone
healthy.

Being careful means I shouldn't touch other people.

Being careful means no high-5s or hand shakes right now.
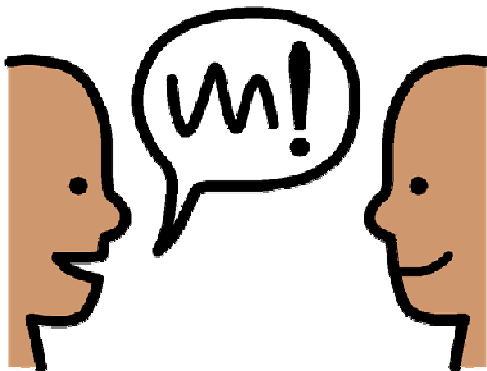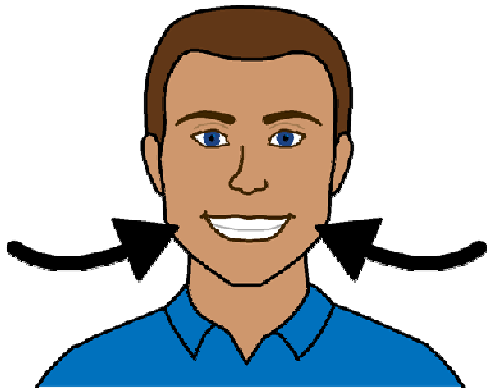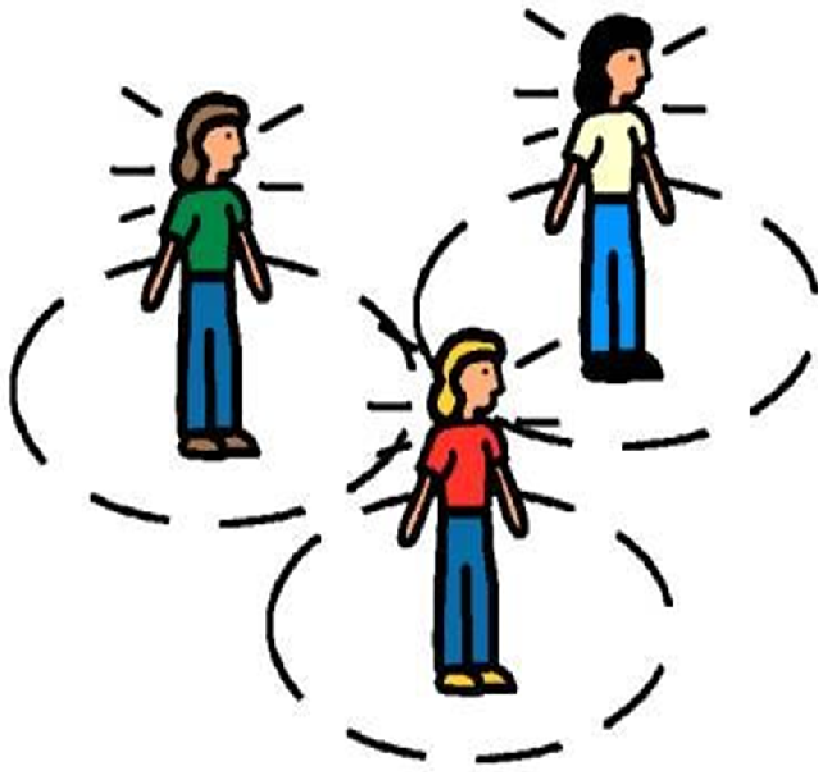
This will keep everyone healthy.

If I want to say hello to someone, I can wave

Or smile

Or say "Hi! How are you?"

This will keep everyone healthy and let them know you are thinking of them.

Being careful means I have to stay away from other people when I'm in the grocery store, the park, or just walking.

I should listen to my parents when they say how far to stay away.
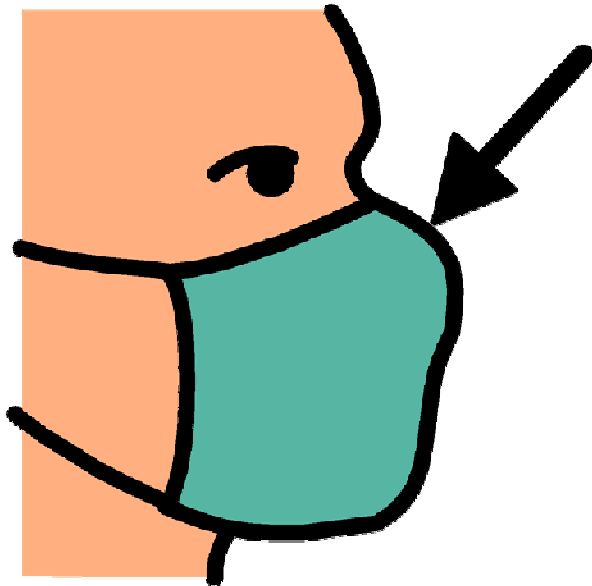
This will keep everyone healthy.

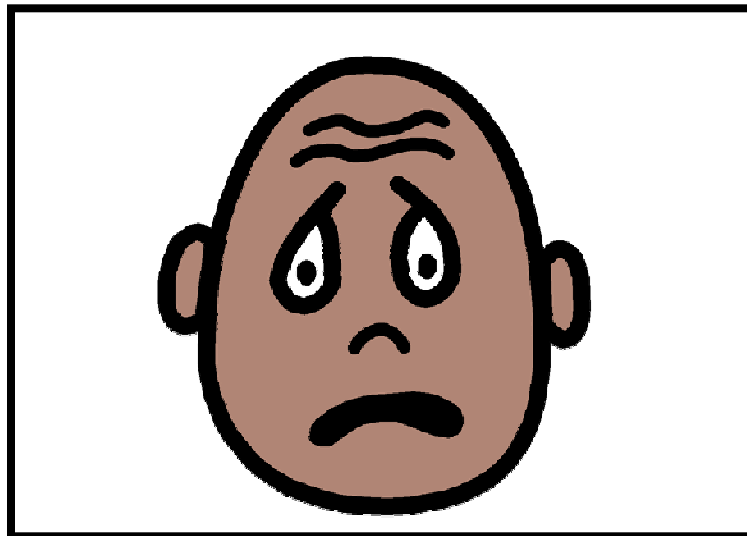If I cough, it is important to cough into my elbow.

Or I can wear a mask.
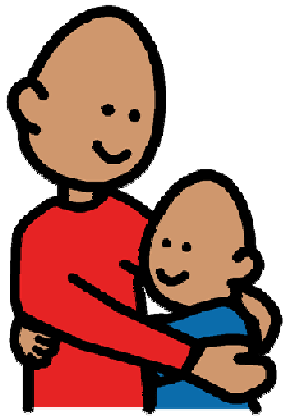
This will keep everyone healthy.

© Can Stock Photo

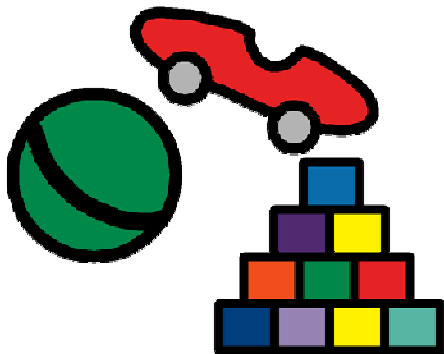The Corona Virus makes some people feel lonely or scared
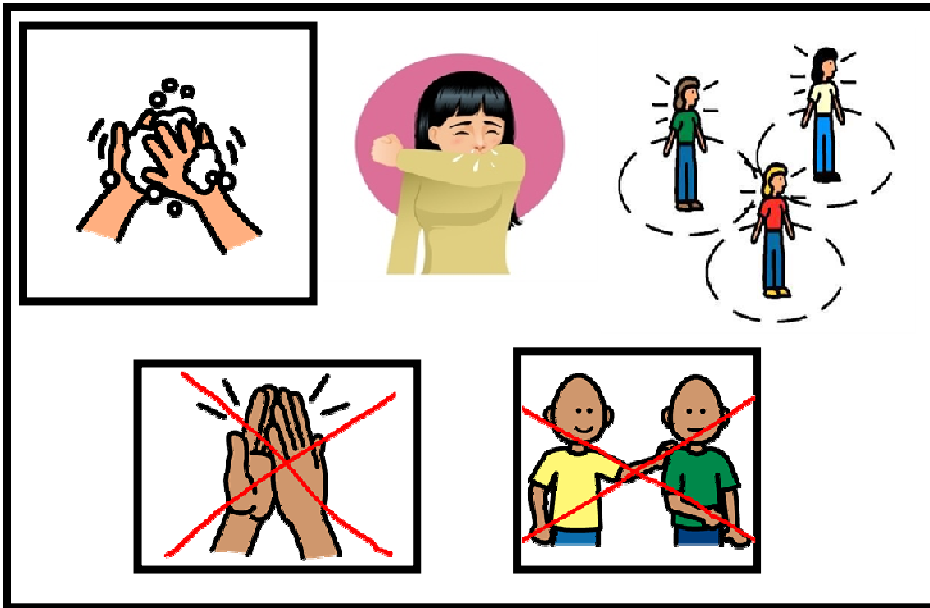
It is ok to feel lonely
or scared

If I feel lonely or scared, I can hug my parents.

I can call my friends on the phone or computer.

I can play with my favourite toys.

If everyone is careful, we will all stay healthy.