

Learn about

# CORONAVIRUS AND COVID-19



## PROTEIN SPIKES

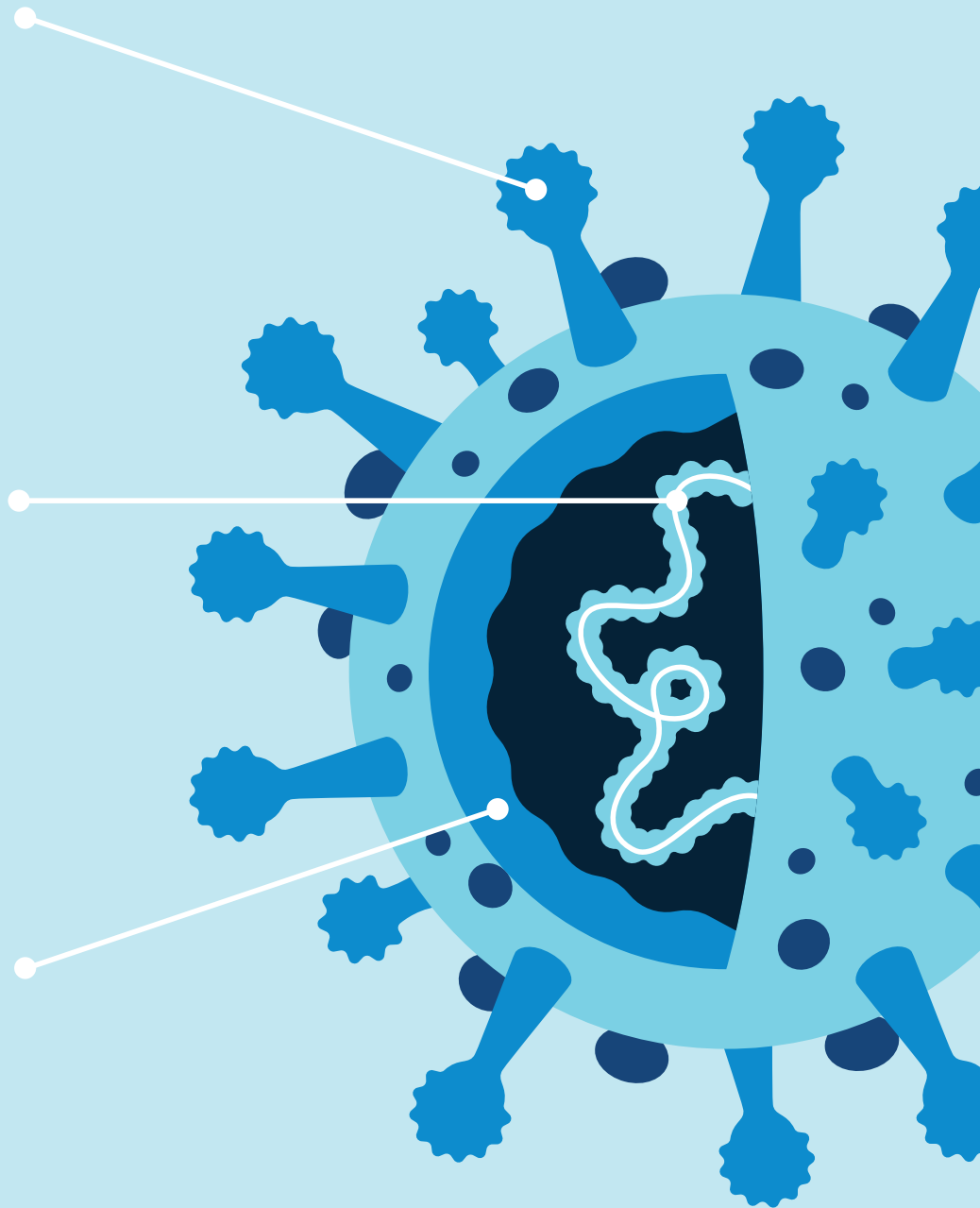
These make me look like I have a *corona*, which means crown in Latin.

## GENETIC INFORMATION (RNA)

My RNA is what makes me different from other viruses.

## ENVELOPE

This is my outer layer.



## DID YOU KNOW?

Washing your hands for 20 seconds using soap and water helps break down my envelope so I don't make you sick.



# CORONAVIRUS

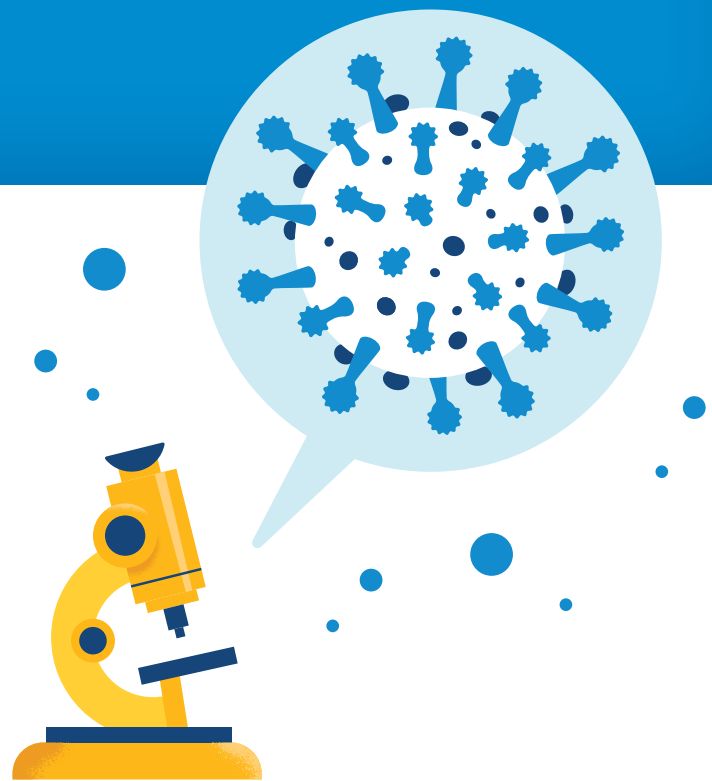
is a virus that can spread easily  
from person to person.

It's also called COVID-19,  
which stands for

## Coronavirus Disease 2019

There are other types of  
coronavirus, but the virus that  
causes COVID-19 is a new type.

You also might hear it being  
called “novel coronavirus”  
because it is a new virus.



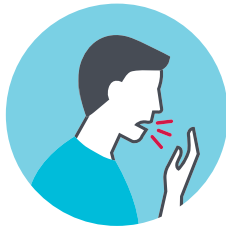
Corona comes from the  
Latin word, *corona*, which  
means “crown.” When you  
look at coronavirus under a  
microscope, it looks like it  
has a crown.

# WHAT ARE THE SYMPTOMS OF COVID-19?

People with COVID-19 might have:



FEVER



COUGH



RUNNY NOSE



BODY ACHES



SORE THROAT



SHORTNESS OF BREATH



LOSS OF SENSE OF SMELL

If you get COVID-19, you may feel like you have a cold or the flu.

Most people have only mild symptoms and get better quickly.

If you are worried that you might have one of these symptoms, tell someone. Don't try to hide it.

## HOW DOES COVID-19 SPREAD?

The virus that causes COVID-19 can travel through the air in a sneeze or a cough. It can also spread through contact, like handshakes. The virus could also be on surfaces, such as doorknobs or phones.

If people have COVID-19, they are encouraged to stay home and be “quarantined” so they don’t spread it to others.

Because the virus has spread across many parts of the world, some people call it a “pandemic.”

# WHAT CAN YOU DO?

- Wash your hands for 20 seconds with soap and water.
- Use hand sanitizer that contains at least 60% alcohol.
- Keep your hands away from your face, especially your mouth, nose, and eyes.
- Cover your coughs and sneezes. Use a tissue or your elbow. Wash your hands or use hand sanitizer right after.



# WHAT IS SOCIAL DISTANCING?

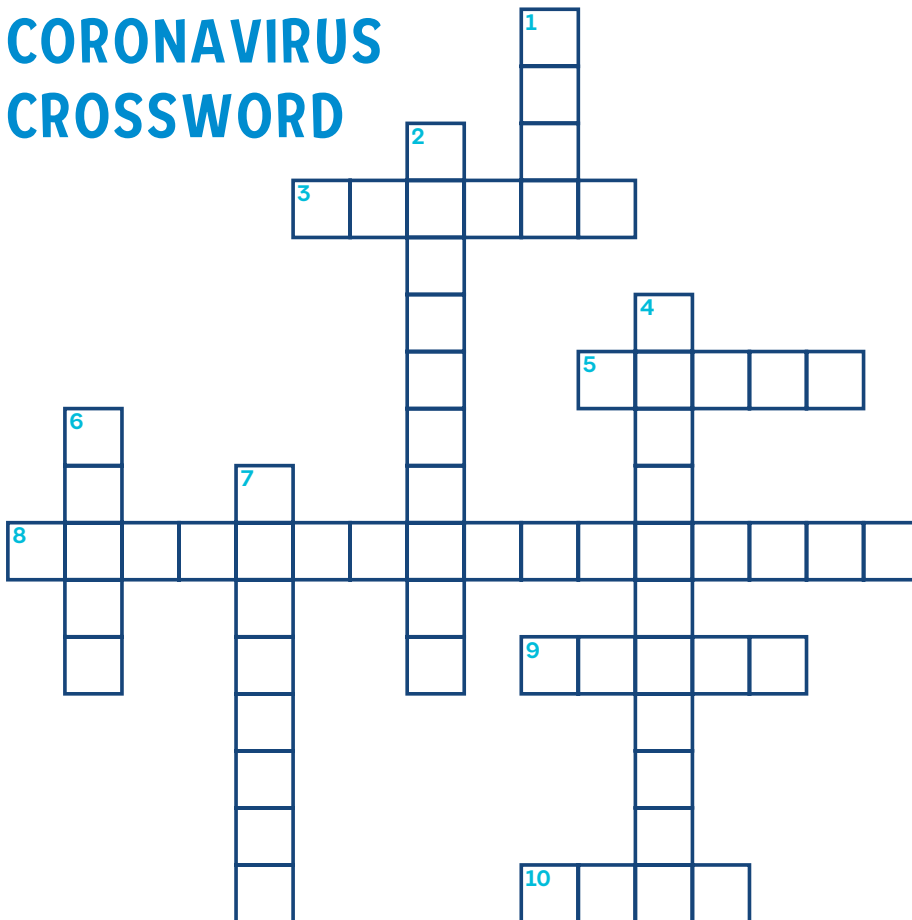
You may have heard about the importance of “social distancing.” This is also called physical distancing, or keeping at least 6 feet between you and other people. This may include changes in your community, like schools and restaurants closing and your favorite activities being canceled or postponed.

It can be hard to take time away from your friends and activities, but it’s important to stop the virus from spreading.



Social distancing doesn’t have to be boring or lonely! You can play games, do art, read a book, or even build a fort! You can also communicate with your friends and relatives through video chats or phone calls.

## CORONAVIRUS CROSSWORD



### ACROSS

3. Cover your \_\_\_\_\_ and sneezes
5. A new virus
8. Staying away from people in your community
9. Body temperature above normal
10. Something you wear to keep from spreading germs

### DOWN

1. \_\_\_\_\_ your hands
2. Staying home if you have symptoms
4. The virus that causes COVID-19
6. Where coronavirus gets its name
7. A disease that has spread across the world

# NEW CHANGES

You might notice changes happening at your hospital because of COVID-19. This is to help keep everyone safe.

When you arrive at the hospital, your care team will screen you and ask you questions about your health. If you have a fever or other symptoms, you may get tested for COVID-19. Remember, you can have a fever for lots of reasons. It does not necessarily mean you have COVID-19!

Your hospital might also limit the number of people allowed on campus to prevent the spread of COVID-19. This is why grandparents, brothers and sisters, and other family members may be asked to stay home.

Your favorite activities might be canceled for now. But there are other ways to have fun and keep in touch with your friends. Ask your child life specialists or nurses for some fun things to do if you are bored in the hospital!

# WORRY

The changes happening because of COVID-19 may cause people to feel stressed or worried.

Self-care, or taking care of yourself, can help you stay strong physically and emotionally.

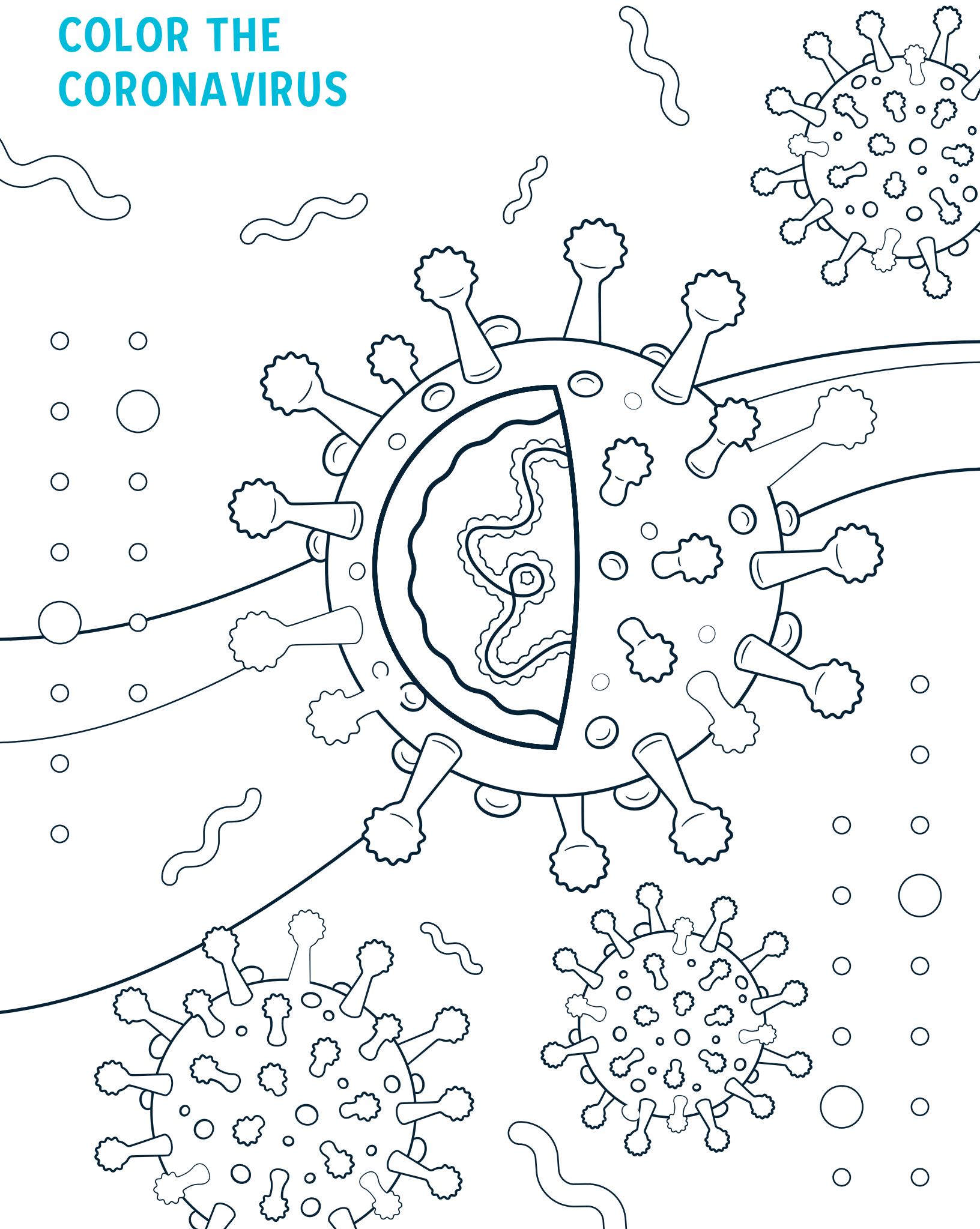
Some people like to listen to music, talk to friends, write their feelings, play a game, exercise, or practice mindfulness.

Some people use humor when they are stressed. Keep in mind that sometimes jokes or humor can hurt people's feelings, or people might not use humor in the same way as you.

It's normal to worry. If you are worried, sad, or upset, don't be afraid to tell someone or ask for help.



# COLOR THE CORONAVIRUS





# MATCH THE COVID-19 FACTS

- |                   |  |                        |
|-------------------|--|------------------------|
| 1. COVID-19       | 5. Cough, Fever,<br>Difficulty breathing | 9. Self-care           |
| 2. Coronavirus    | 6. Social distancing                     | 10. Community spread   |
| 3. Contagious     | 7. Quarantine                            | 11. Mask, Gloves, Gown |
| 4. Twenty seconds | 8. Ask for help                          | 12. Pandemic           |

☐

Can easily spread from person to person

☐

Managing stress and doing fun things to keep yourself physically and emotionally healthy

☐

An outbreak of a disease that spreads across many parts of the world

☐

Staying home and isolating from others to prevent the spread of disease

☐

Items that people wear to protect themselves from contagious diseases

☐

Coronavirus disease 2019; the current illness being discussed in the news

☐

What to do if you are worried or have questions about coronavirus

☐

How long you should wash your hands

☐

Virus that can spread easily from person to person and under the microscope looks like it has a crown

☐

Some symptoms associated with COVID-19

☐

The spread of a contagious disease within a community

☐

Keeping a distance between people and staying away from crowds to prevent the spread of disease

# UNCOVERING CORONAVIRUS

H H R C O C C C E F C G H Y F  
Z S I E I J Z O Z U O E X R D  
H D E X S V N U V E R A Y U C  
Q U A L H P V G Q Z O E D C C  
Z U M H F F I H J K N E G O O  
C V A I A C E R D G A D L N V  
Y O I R C N A V A V M W O T I  
X V F R A X D R E T Y E V A D  
M M C L U N X W E R O U E G M  
C A B D W S T O A F I R S I M  
R S U P Y Q R I Z S F Y Y O N  
O K V N K X K B N F H P C U O  
W S B Z F T L W N E V I B S V  
N J Q P A N D E M I C G N C E  
M I C R O S C O P E W X B G L

respiratory  
corona  
gloves  
covid  
handwashing

microscope  
self care  
crown  
quarantine  
virus  
cough

novel  
contagious  
pandemic  
fever  
mask

# MYTH BUSTING

You may hear a lot of different things on TV or from your friends. It's important to get accurate information. Here are some facts:

- COVID-19 can affect anyone, not just people from certain countries or from a certain background.
- You cannot get COVID-19 from doing something wrong.
- You cannot get COVID-19 from your pets.
- The best ways to prevent getting COVID-19 are washing your hands, social distancing, and cleaning surfaces around you.
- You might hear people say that others are “overreacting,” but we have learned from other countries and cities about what we need to do to protect ourselves and others.

To be sure you are getting true information, it is best to ask your medical team or visit the Centers for Disease Control (CDC) website at [www.cdc.gov](http://www.cdc.gov).



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ATTENTION: If you speak another language, assistance services, free of charge, are available to you. Call 1-866-278-5833 (TTY: 1-901-595-1040).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-278-5833 (TTY: 1-901-595-1040).

تنبيه: إذا كنت تتحدث باللغة العربية فيمكنك الاستعانة بخدمات المساعدة اللغوية المتوفرة لك مجاناً. يرجى الاتصال بالرقم 1-866-278-5833 (الهاتف النصي: 1-901-595-1040).



[together.stjude.org](https://together.stjude.org)