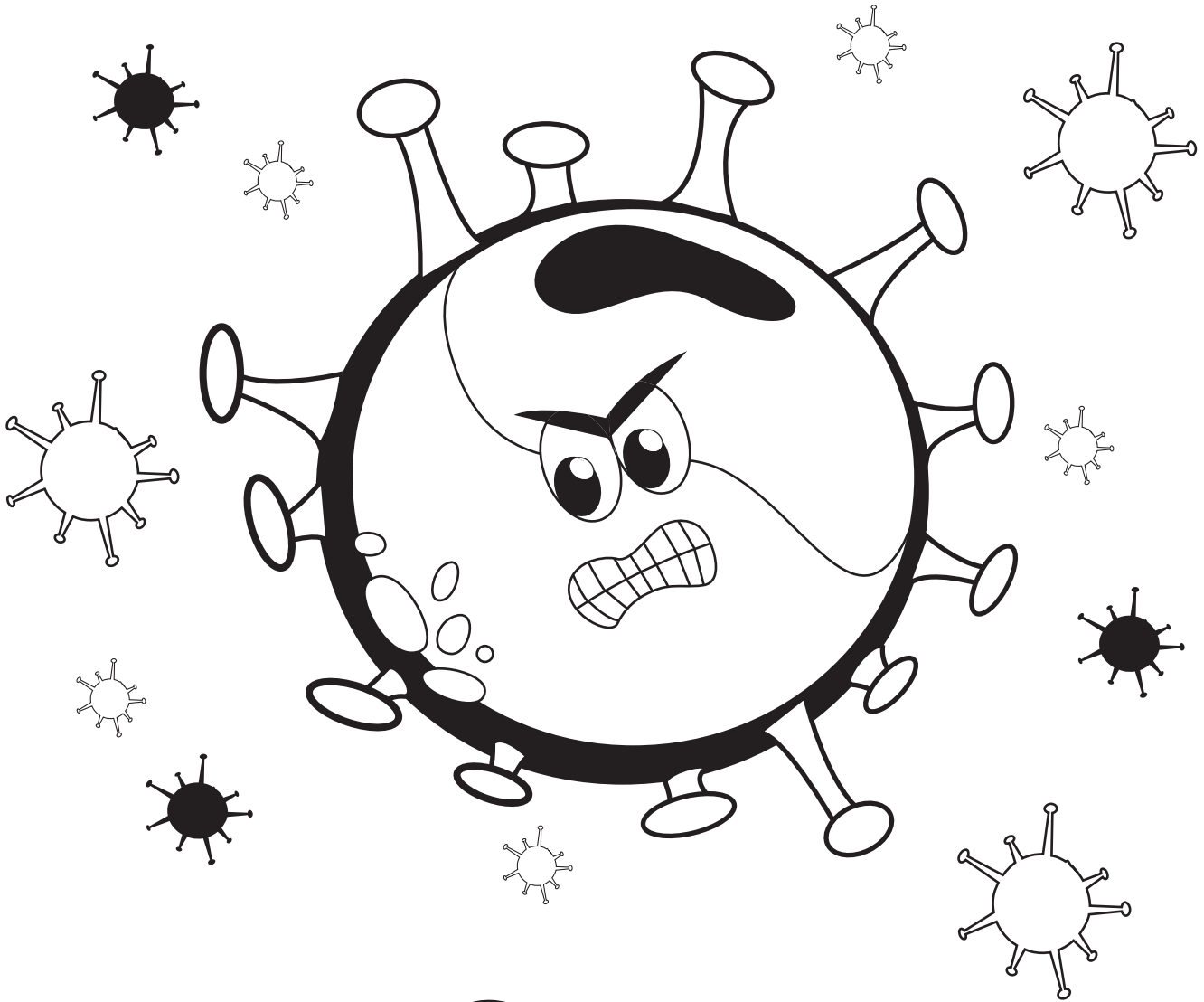


# What is COVID-19? (Coronavirus)

## A Guide for Kids

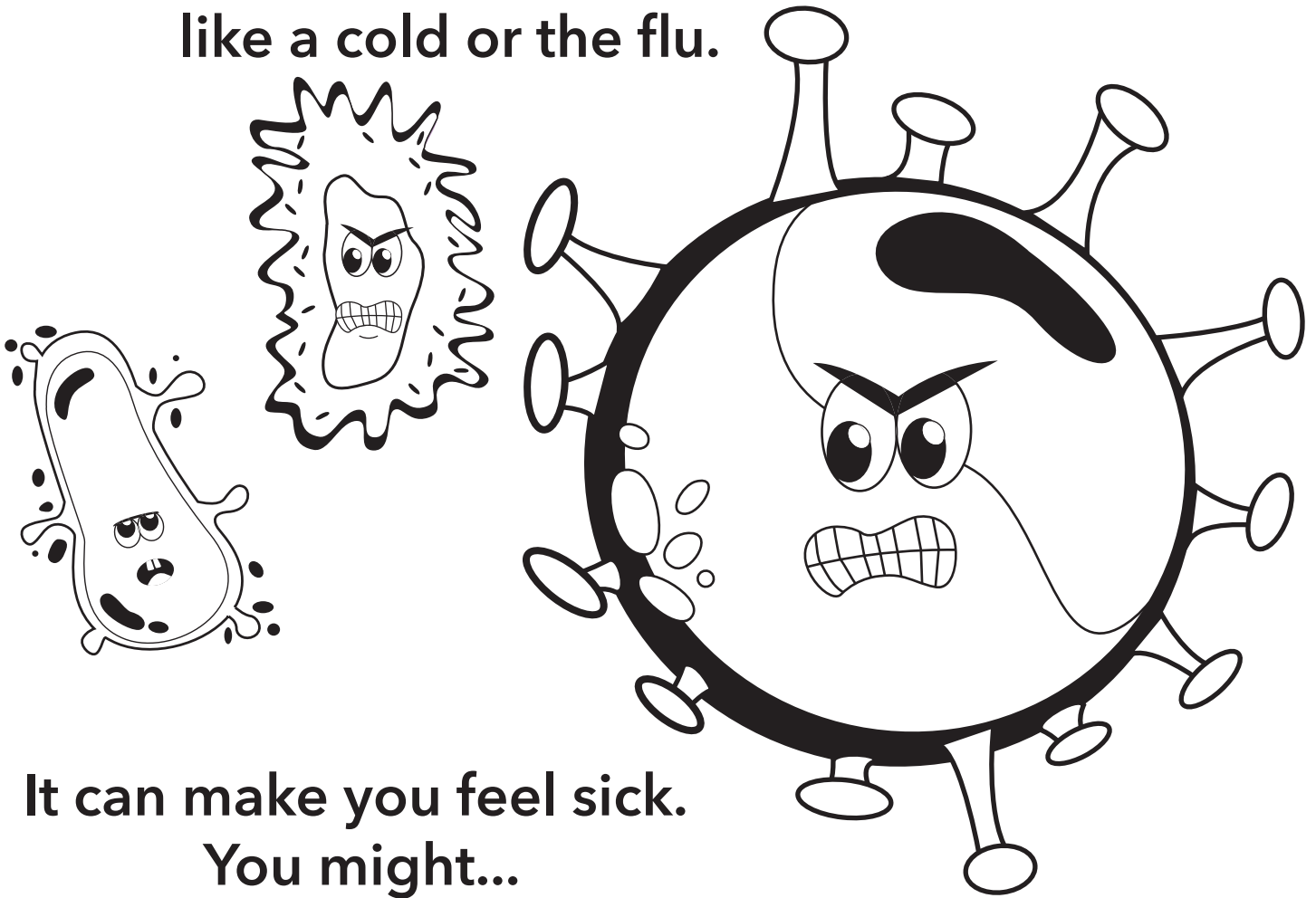


Arkansas  
Children's

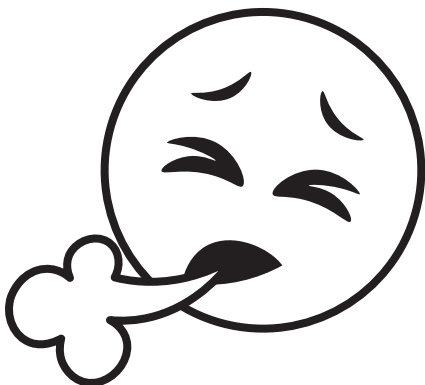
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**COVID-19 (Coronavirus) is a virus,  
like a cold or the flu.**



**It can make you feel sick.  
You might...**



**have a cough  
and/or shortness  
of breath,**



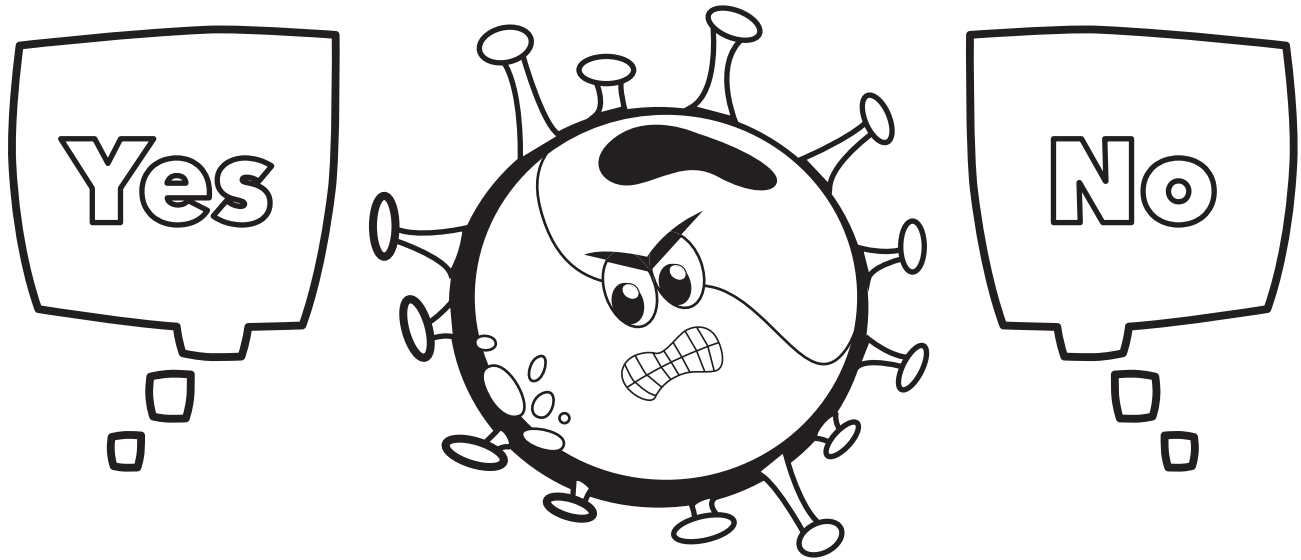
**have a fever,**



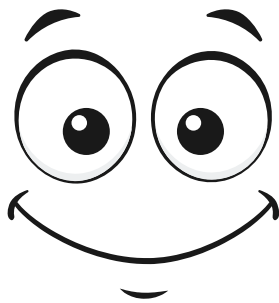
**feel really tired  
or extra sleepy.**

**Most people that get sick will get  
better in a few days.**

Have you heard someone talk about  
COVID-19 or the Coronavirus?



How do you feel when people talk about it?  
*(There is no right or wrong answer.)*



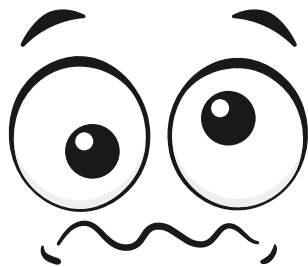
Happy



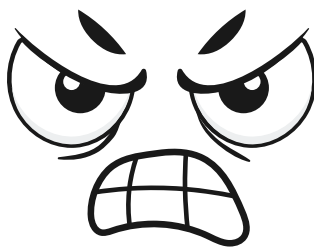
Sad



Scared



Nervous

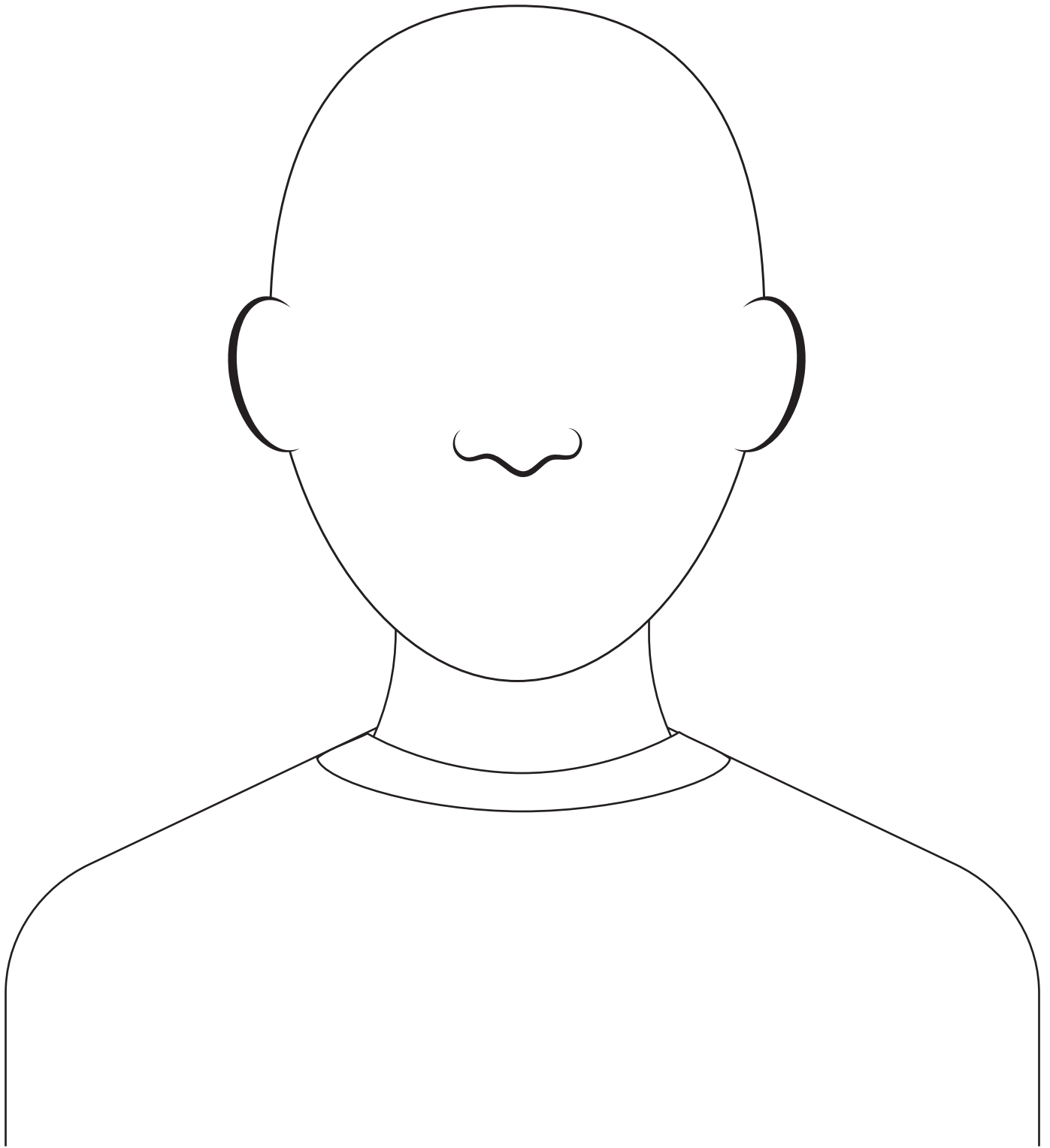


Angry



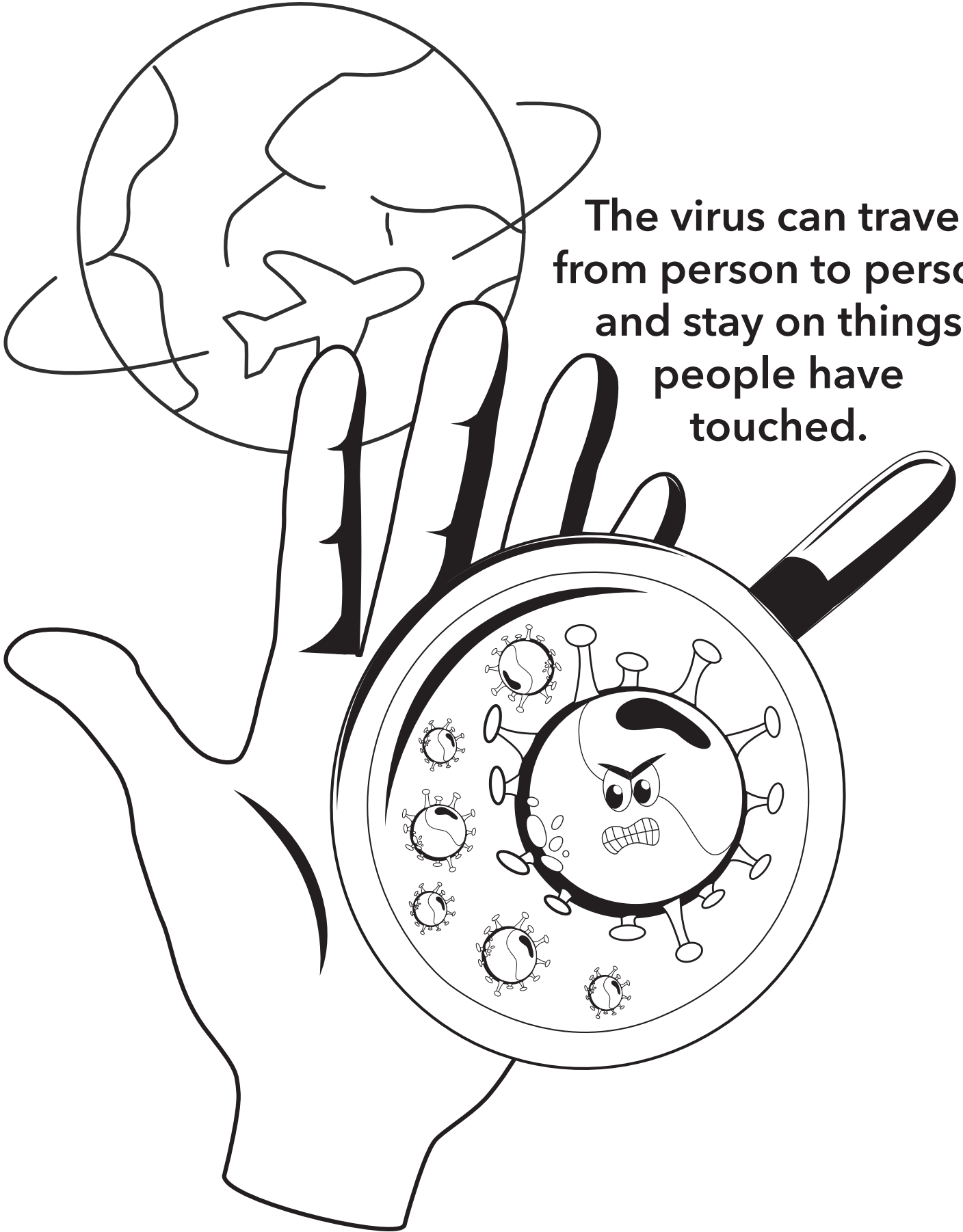
Confused

**Draw how you feel.  
Remember - It's okay to feel this way.**



**COVID-19 has been on T.V. a lot.  
Why are so many people talking about it?**

**The virus can travel  
from person to person  
and stay on things  
people have  
touched.**



**There are some things you can do to help!**

**Wash your hands for 20 seconds.  
Sing a song, like Happy Birthday,  
or the ABCs, to help you count.**



**Cough or sneeze into your  
elbow or a tissue. Throw the  
tissue away.**

**Stay at home and  
away from others.**



What questions or thoughts do you have?

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Share these with an adult.

