

Let's Talk about COVID-19!



COVID-19 is the short name for “coronavirus disease 2019.” It’s a new virus that has made a lot of people sick. You may have heard a lot of adults talking about this.

But there is good news! Scientists and doctors have learned a lot about it, and they even made a shot to help people stay healthy. Shots (also called vaccines) keep you from getting really sick.

Remember, if you do get sick, it doesn’t mean you have COVID-19. People can get sick from all kinds of germs. What’s important to remember is that if you do get sick, the adults at home will help you.

Remember the **3 W's**!

The **3 W's** will help keep you healthy:

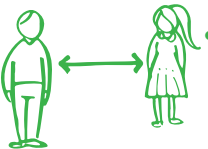


- **Wash your hands.**

Pretend it’s someone’s birthday and sing “happy birthday” while you wash.

- **Wear your mask.**

Masks are safe, not scary, and they help keep you from spreading germs that can make you or someone else sick.



- **Watch your distance.**

When you’re standing next to a friend, put your arms out to your sides and that’s how far away you should be from each other.

There have been a lot of changes. You may not be able to go to school or play with your friends like you used to. If you feel confused, scared or even sad about some of these changes, remember that adults are here to help.

If you have any questions, don’t be afraid to ask your parent or another adult that you love.



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