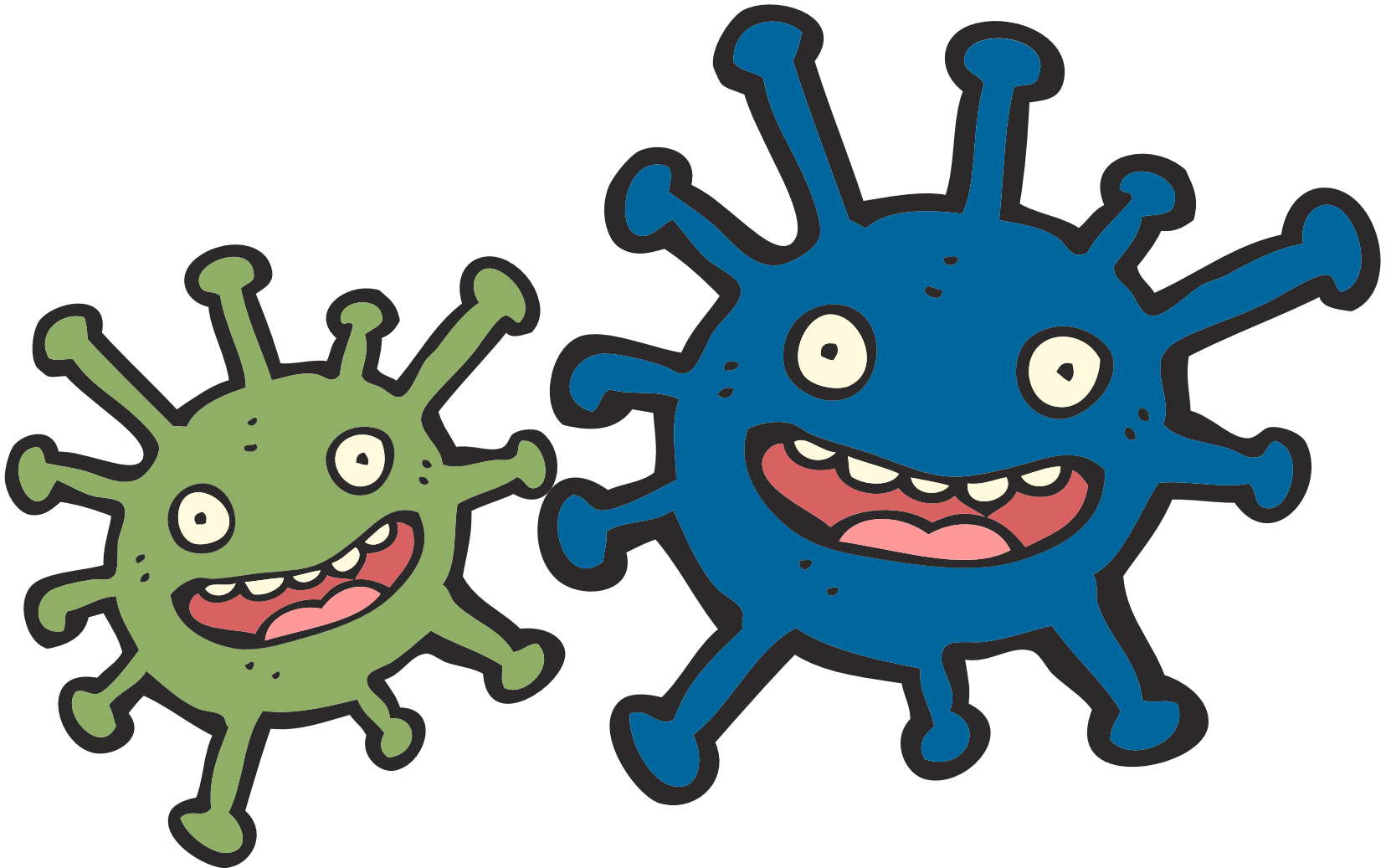


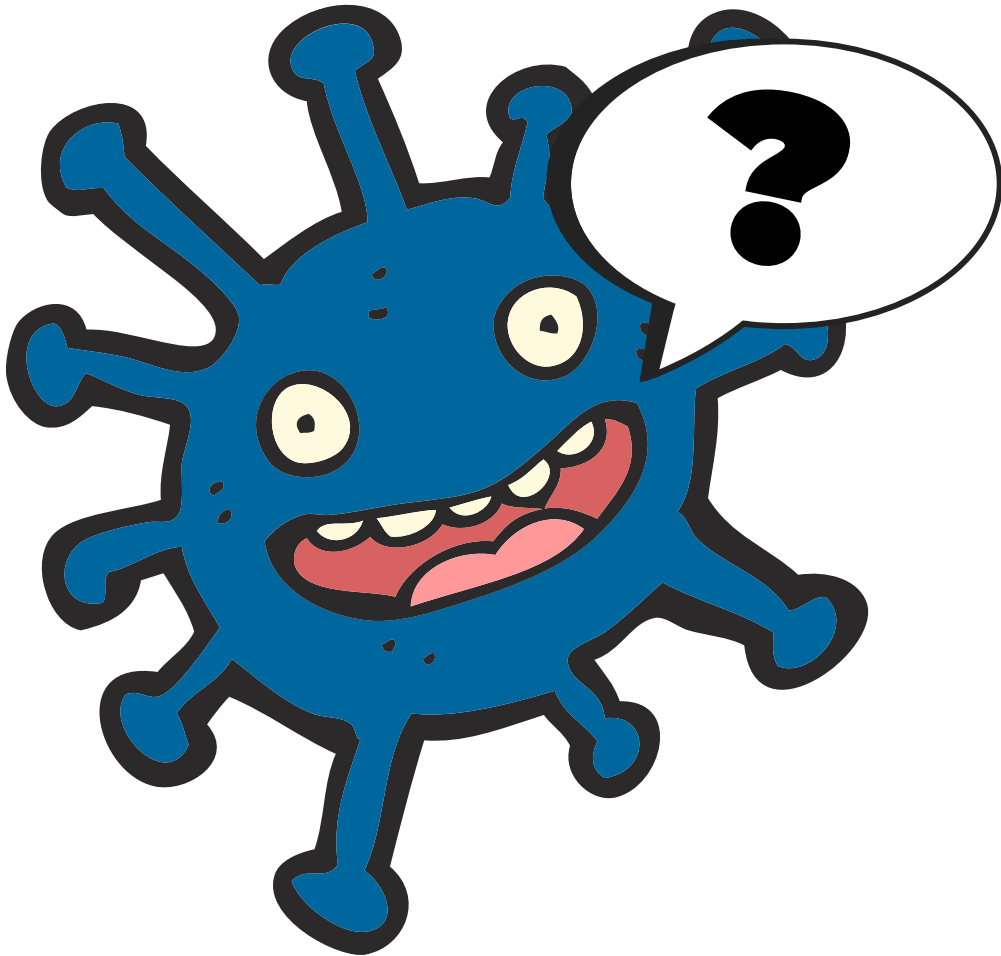
MEET CORONAVIRUS!

A GUIDE TO HELPING KIDS THROUGH CRISIS



HAVE WE MET?

DO YOU KNOW WHO I AM?



HAVE YOU HEARD OF ME?

Your parents, teachers, or friends may have introduced you to me!

What have you been told about me?

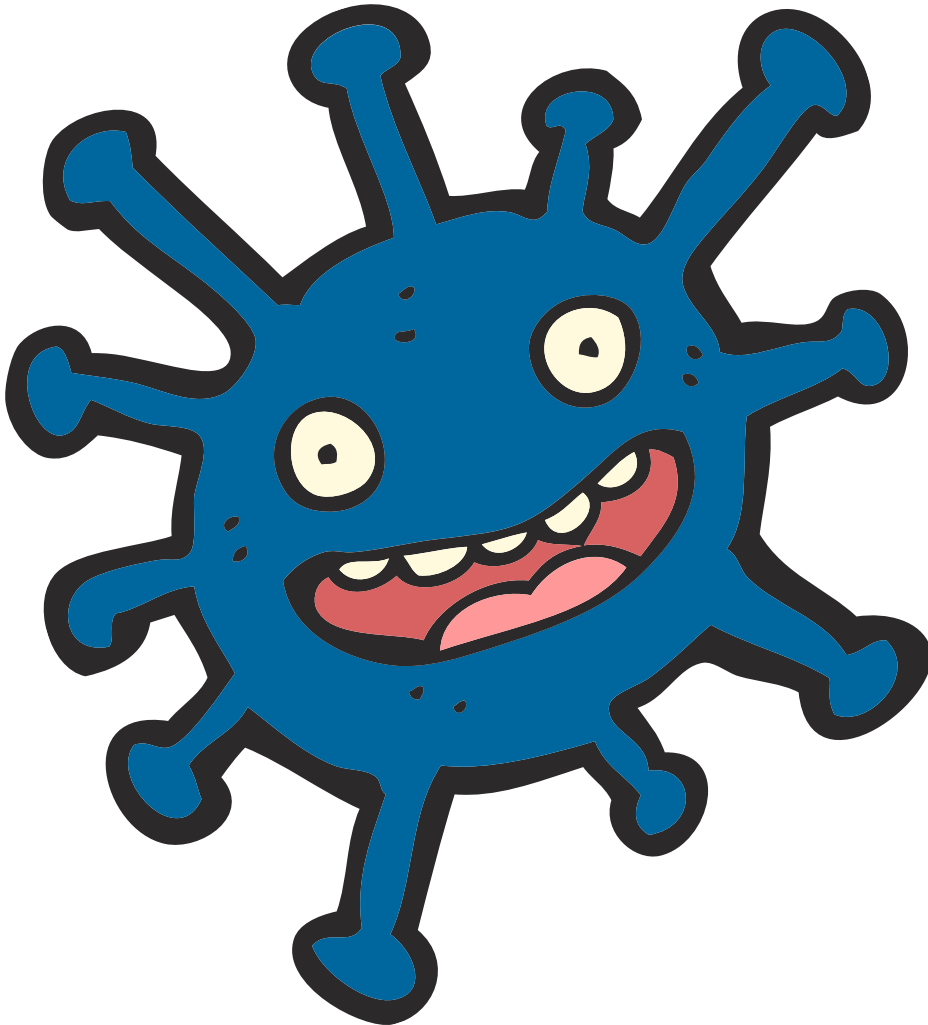
What do you think will happen if I visit?

What things have I changed for you?

What questions do you have about me?

YOUR FEELINGS

HOW DO I MAKE YOU FEEL?



SAD



NERVOUS



AFRAID



CONFUSED



I FEEL GREAT!

**Why do you feel this way?
How can your family help?**

ABOUT ME

LET ME INTRODUCE MYSELF!

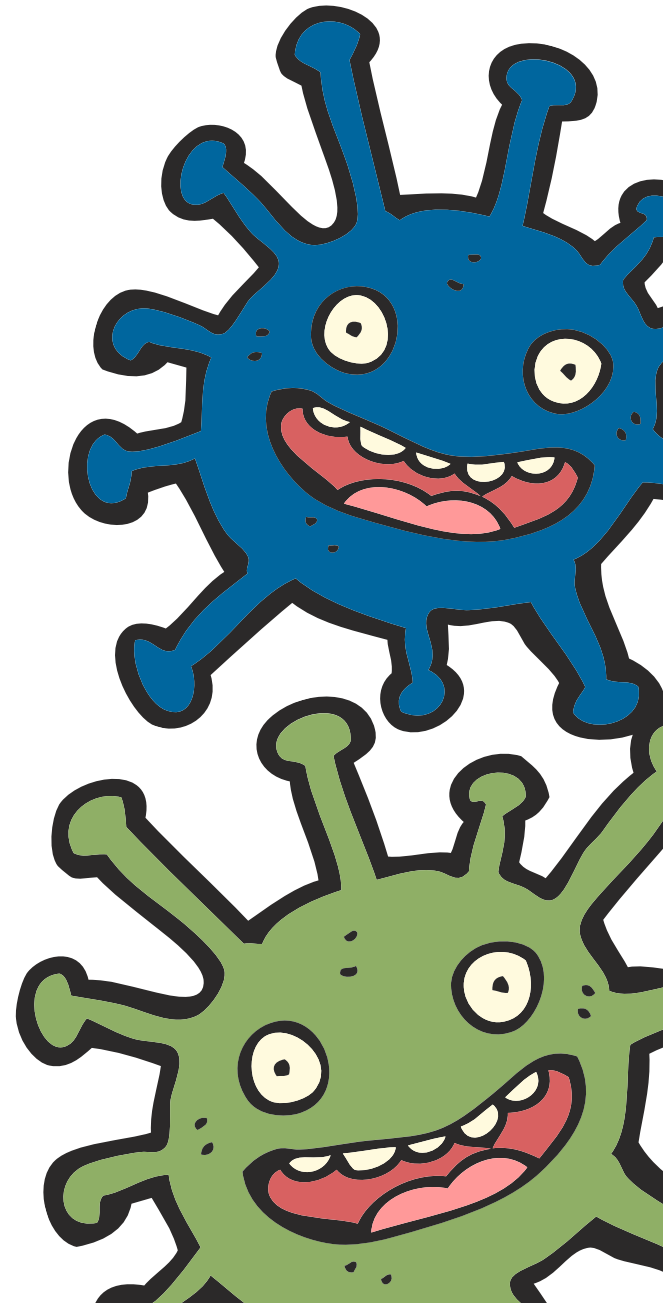
I have very popular cousins: the flu and the cold! Have they visited you before?

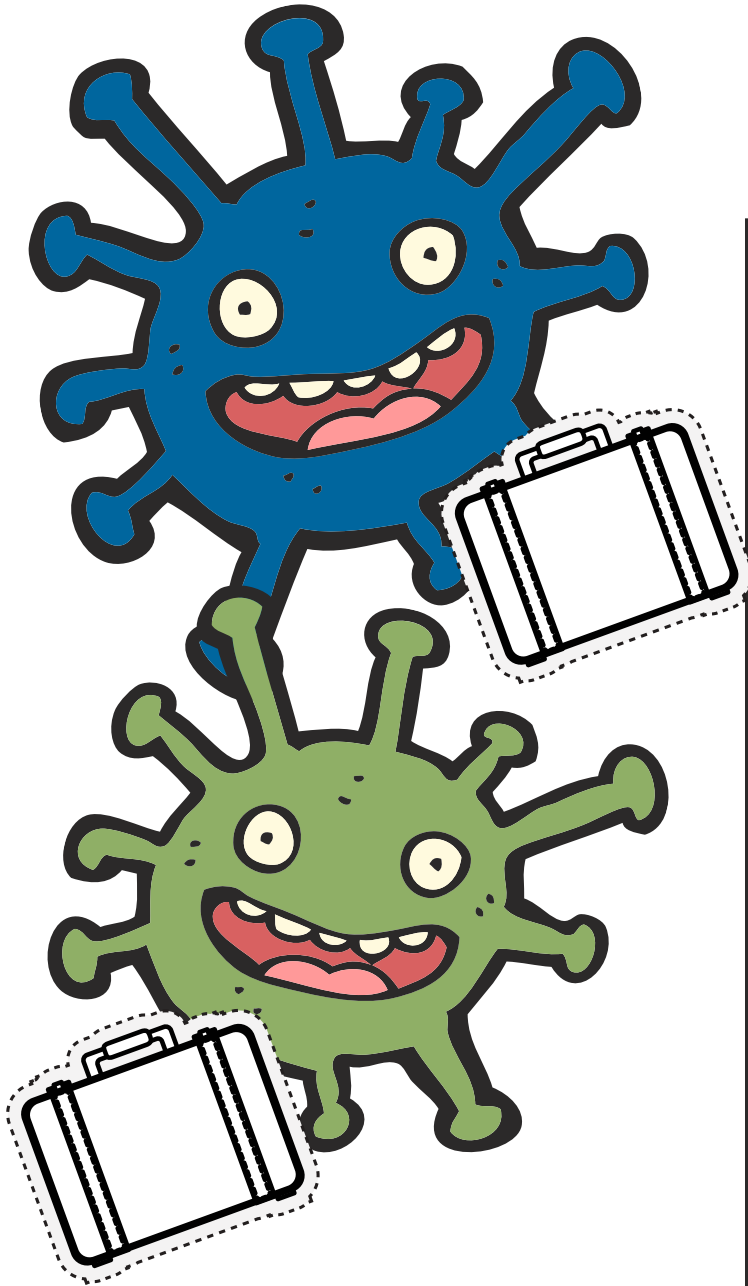
I like to make friends! I meet most of my friends through: **high fives, coughing, and sneezing!**

When I meet friends, sometimes I give them a **fever, dry cough, or shortness of breath.**

I like to go on vacation! I have been many places, but my favorites include: **China, Italy, South Korea, Japan, and the United States.** Where have you gone on vacation?

I try to keep my visits short, and when I leave, so will the fever, cough, and shortness of breath!





DURING MY VISIT

THINGS MAY CHANGE

School might be closed.

Plans with friends might be canceled.

Family events might be post-poned.

Things that will not change:

- **God's love for you.**
- **Your family's love for you.**

YOUR FRIENDS

THE PEOPLE HELPING YOU

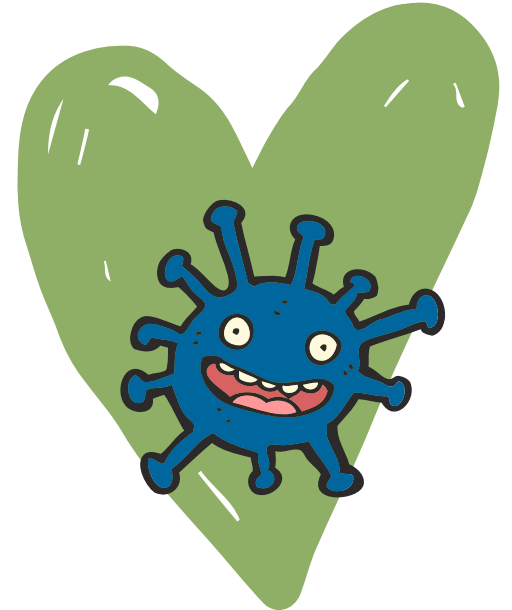
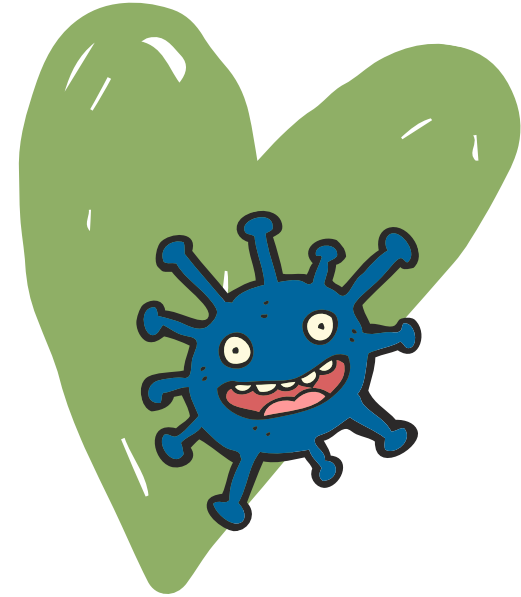
Your God is watching over you and protecting you.

Your family is keeping you safe and healthy at home.

Your doctors and nurses are helping you and the people you love stay healthy.

Your teachers are helping you learn outside of school.

Your government leaders are creating rules to keep you safe.



YOU CAN HELP

THINGS YOU CAN DO!

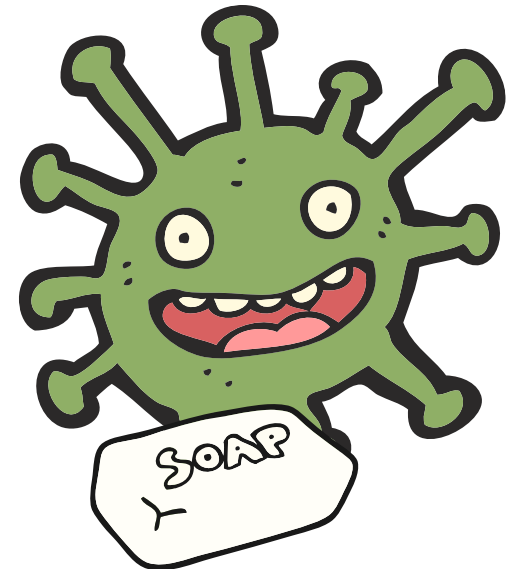
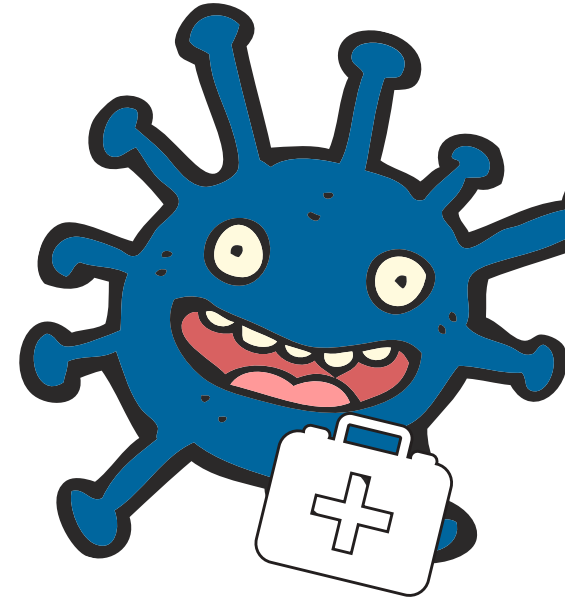
Wash your hands to keep germs away

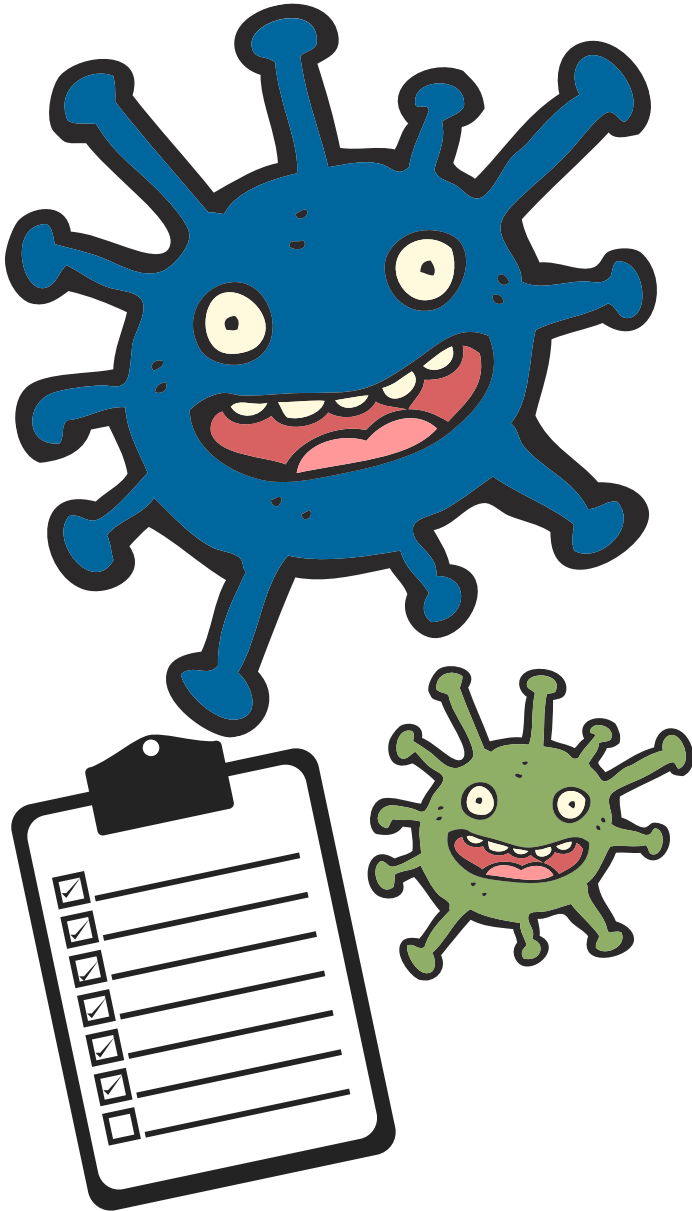
Cover your cough and your sneeze to protect the people around you

Tell your family if you are feeling sick so they can help you feel better

Practice patience with your family while you figure things out together

Be a team player and help people others





LET'S MAKE A PLAN

A ROUTINE FOR QUARANTINE!

How would you like your day to go?

What activities do you like to do the most? When can we do them?

What did you like to do at school?
Can you do it at home?

What do you want to do with your family while you are home?

How can your family help you adjust?

REMEMBER...

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:9

