What is COVID-19?

Find out with a little help from Timmy!
Hi! My name is Timmy!

A few days ago, my parents started watching the news more than before...

They were talking about something called “COVID-19” or “Coronavirus”.
Have you heard this word before?

What have you heard about COVID-19?

How does it make you feel?
COVID-19 is an illness that makes people feel sick.

Right now, people in a lot of different places around the world are feeling sick with COVID-19. When this happens, we call it a “pandemic”.
COVID-19 is spread through germs.

Germs are very tiny things that live in the world. Some germs are safe and some germs make us feel sick.
We might get germs that make us sick if:

Someone who is sick, coughs or sneezes near us without covering their mouth.

We touch something that someone who is sick has just touched.
Sometimes when people get COVID-19, they need to rest until the sickness goes away!

Other times, they may need a doctor to take care of them.
Doctors are working really hard to make a medicine that will keep the germs from making us sick and to help the people who are sick feel better!
While they are trying to make this medicine, there are things we can do to help keep you and your friends and family safe from germs!
Wash your hands before and after you go outside, before you eat, and after you cough or sneeze!

Use soap and water and scrub your hands together for 20 seconds. Try singing your favorite song while you do!

Use hand sanitizer if you can not get to a sink to wash your hands.
Cough or sneeze into your elbow when you need to sneeze.

Try your best not to touch your face.

Tell an adult when you are not feeling well or have questions.
There might also be some changes and new rules in your community...

Those help keep you, your family, and your friends safe too!

Did you know you can help by following those new rules?
To help keep each other safe, people are staying home for awhile!
This way, people won’t spread germs to each other!

While you cannot go to your friends’ houses or have your friends come over to play, you can still talk to them on the phone or computer!
My school is closed for awhile and yours might be too!

I am sad that I cannot go to school, but I can still do a lot of fun activities at home to learn! You can too!

Ask an adult to help!