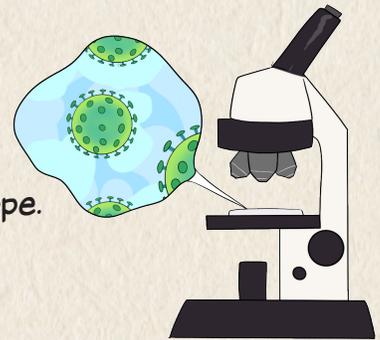


COVID-19?

Answers for Kids

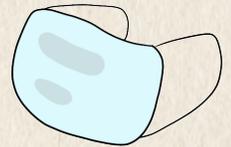
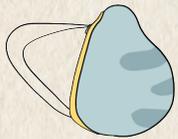
WHAT IS A VIRUS?

A virus is a small particle that can only be seen with a powerful microscope. We often call a virus a "germ".



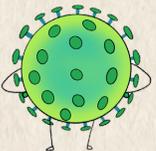
HOW CAN IT SPREAD TO OTHER PEOPLE?

Viruses cannot live long on their own. They need to make a home inside our bodies. And they are great travelers! Virus particles catch a ride on tiny water drops that come from our noses or mouths when we cough or sneeze. Wearing a face mask, scarf or bandana over our mouths and noses can help stop viruses from traveling.



WHAT IS CORONAVIRUS?

You have probably heard that the virus traveling the world right now is called the coronavirus or COVID-19. Using microscopes, scientists saw little spikes around the edges of each of the virus particles that made them look like they were wearing crowns. So, scientists liked "corona" to describe the virus because this means "crown" in Latin. The spikes help the coronavirus sneak into our cells.



INFECTIOUS? CONTAGIOUS?

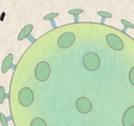
When a germ causes sickness it is said to be infectious (in-fec-tious). When the germ spreads from one person to another, it is called contagious (con-ta-gious). Some germs are infectious but not contagious. Other germs, like the ones that cause colds, flu, and COVID-19, are both infectious and contagious.



HOW IS COVID-19 DIFFERENT FROM A COLD OR THE FLU?

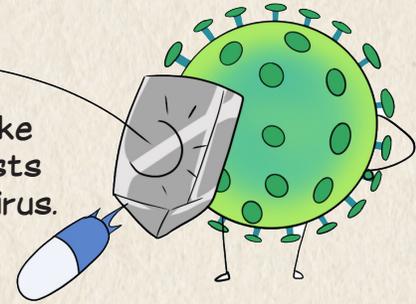
COVID-19, colds, and the flu are all caused by viruses. Our bodies watch for many viruses and are ready to fight them. COVID-19 is a new virus that hides inside a coat of fat that makes it hard for our bodies to see. Our bodies still have to learn to spot and battle COVID-19.

COVID-19 symptoms (simp-tems) feel a lot like the flu, we cough, feel tired, have a fever, and feel out of breath.



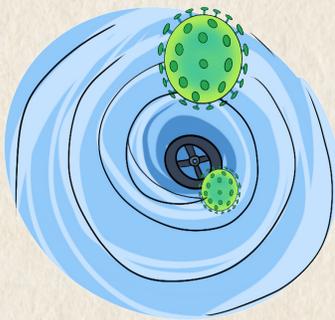
WHY CAN'T I JUST TAKE MEDICINE TO GET RID OF COVID-19?

Sometimes when we get sick our doctor gives us medicine called antibiotics (antee-bi-otiks) that fight illnesses caused by bacteria germs. But antibiotics don't kill viruses. So while a sick person's body fights viruses, like COVID-19, we try to reduce their fever and make them comfortable. Scientists are looking for new medicines that may help our bodies fight the COVID-19 virus.



WHY DOES IT MATTER IF I WASH MY HANDS?

Even though viruses need to be in our bodies to grow and multiply, they can survive for a while outside of our bodies. While they are on their own, viruses have only a short time to find their way to another person.



If someone with a virus sneezes or coughs on a table, phone, computer keyboard, or almost anything, they can leave behind virus particles. Once something has the virus on it, it is infected and if you touch it, you can pick up the virus. Then, if you touch your face, the virus can move through your mouth, nose, or eyes and into your body where it can set up a new home and make you sick.

Washing our hands frequently with warm soapy water and cleaning things helps stop the spread of viruses. With COVID-19, soap breaks up the virus' fatty coat, destroying the virus and its tricky little spikes.

EVERYONE CAN DO SIMPLE THINGS TO HELP FIGHT THE SPREAD OF COVID-19:

- 1 Wash your hands often. Use soap and warm water and wash until you have sung the ABC's twice or have slowly counted to 20.
- 2 Try to not touch your face, rub your eyes and nose, or wipe your mouth with your hand. If you do, then try to not touch things around you until you have washed your hands and face.
- 3 If you have to sneeze or cough (and it's OK, we all do) then pretend you're a vampire. Wrap your arm around your face and sneeze or cough into your elbow.
- 4 Try to keep "social distance". Even though COVID-19 is a great traveler, it can only travel in the air for short distances. Staying about 6 feet from another person, about the length of a couch, keeps us safer. Social distancing also means that we shouldn't gather in groups or crowded places.
- 5 Be proud that by doing these simple things you are fighting COVID-19 in your home and community.

