



## Supporting Students at School (COVID-19)

### **What is Coronavirus?**

It is a virus that carries a disease that can make people sick.

### **Who is affected?**

Some adults and older people have been affected. Very few kids have been affected at this time. The kids who have been affected have had symptoms similar to a cold or flu, then they got better.

### **Should I worry?**

The adults at home and at school are working with health professionals to help keep everyone safe. We are all here to take care of you.

### **What can I do?**

What you should do is make sure to wash your hands often and avoid touching your face if your hands aren't clean. Also, try not to pick your nose! If you are sick, stay home and get care from your parents and your doctor.

- Wash your hands often with soap and water (count to 20 while washing)
- Wash before you eat and after you play or go to the bathroom
- Sneeze into your elbows
- Eat healthy and get enough sleep to help your immune system stay strong
- Avoid touching your face (germs can get into your body through your nose and mouth)

### **What can others do?**

If anyone feels sick or has any flu-like symptoms, they should get help from a doctor.

### **What else should I know?**

Doctors and other health professionals are actively working to stop the Coronavirus from spreading so people can stay as healthy and safe as possible. If you have more questions, talk to a trusted adult.

[Comic for Kids explaining Virus](#)