

# COVID-19



# What is COVID-19 or Coronavirus?



The Coronavirus, or COVID-19, is a virus that may include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.

# Transmission or Sharing the Virus



COVID-19 is easily spread between individuals through droplets in the air. These droplets can come from sneezing, coughing, runny nose, or saliva from someone close by.

# Prevention or Not Spreading the Virus



I can prevent the spread of the virus  
by washing my hands frequently  
and limiting my exposure to large  
groups of people.

# Staying Home



Because the virus is easily spread, I might need to stay home with my family. I might not be attending school or work.

# Routine



Keeping a routine at home will help me and my family achieve our goals each day.

# Daily Schedule



I should make a daily schedule for things that need to be completed while I am at home. This includes what time to wake up and what time to go to bed.

# Things to Schedule



My daily schedule can also include times to work on household tasks with my family such as washing dishes, making my bed, or cleaning up my room.



# Homework



I may have work sent to me from my school to complete each day. If I need help, I could ask a family member or e-mail my teacher.

# Family Time



This is a good opportunity to enjoy extra time with my family. We could play games, go on walks, or cook together.

# Everything will be Okay



While being at home and not on my regular schedule is unexpected and feels strange, I know everything will be okay and one day I will be able to go back to work or school again.