



So what is Coronavirus?

Coronavirus also called COVID-19 is a virus (Viruses are tiny particles that cause disease in people, animals and plants and viruses are so tiny that people can only see them with powerful microscopes.) that affects a person's respiratory system (our lungs, nose, mouth, throat, bronchi, and all other parts that has to do with breathing). People pass viruses to each other by the droplets from sneezing, coughing, runny noses and saliva (spit). So, if someone sneezes on their hand(s) and then touches your hand or the handle of a door and you touch the handle and then you touch your face you can become infected with the virus. That is why it is so important to wash your hands and not touch your face with your hands.



Is there a special way I should wash my hands?

There is a trick to washing your hands with soap! You need to wash your hands for at least twenty (20) seconds! (You should always wash your hands for twenty seconds, even when you aren't sick or there isn't a virus!) You need to wash between your fingers, the tops of your hands and the palms of your hands. You know that you have washed your hands for at least twenty seconds by singing "Happy Birthday" twice or by singing the Alphabet song!



Can kids get Coronavirus?

Some people are saying Coronavirus isn't affecting kids. Scientists believe the Coronavirus isn't making kids as sick as it is making adults. But kids can still get it.



Why are we staying home from school?

All the grown-ups at school want you and your family to be safe and healthy. Scientists are recommending people stay home and avoid crowds or large gatherings (like a classroom full of friends). We are not going to school to slow the virus from spreading.



What can I do to be safe?

1. Wash your hands often and always before you eat.
2. Don't touch your nose, mouth, eyes and your whole face without having washed your hands first.
3. Eat healthy foods and drink a lot of water. Exercise and get at least 10 hours of sleep each night.
4. If you need to sneeze or cough, sneeze into your elbow or sneeze into a tissue.
5. Remember the grown-ups who make you feel safe want to take care of you and keep you healthy, Follow their directions!