a kids book about™

# a kids book about™

# COVID-19

*coronovirus disease 2019

by Malia Jones

a
kids
book
about™

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the best teachers I've ever h

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# Intro

The world is facing an unprecedented public health crisis. I study epidemics and I have a good understanding of what's happening, and I have felt uncertain and vulnerable over these last few weeks too. A lot of adults are feeling uncertain and afraid.

As a parent (and a scientist), I know that kids can tell when we have negative emotions--when we feel afraid, worried, lonely, angry, or sad. I want to teach my kids that it's okay to have feelings and talk about them. I want them to know that we've got each other, and that it feels better to have an honest conversation than to try to hide our feelings.

You might not be an epidemiologist, but you are definitely the expert your kids need to lead a conversation. They're ready to talk about it. I wrote this book to give you a starting point for that conversation.

Hi my name is Malia.
And I'm a Social Epidemiologist*.

*Not to be confused with a friendly hippopotam

That means that I'm a scientist who studies how human diseases spread.

This is my book about a new disease called

# COVID-19.

Do you know what that stands for? → It stands for:

**coronavirus disease 201**

(because it started in the year 20

By now you've definitely already heard about **COVID-19** or, its more common name, **coronavirus**, because everyone is talking about it ALL the time.....

.....It's a pandemic*.

*A pandemic is a disease outbreak that is happening all over the world.

Your school might be closed,
sports might be canceled,
and even the grownups around you
might be a bit scared*.

It seems like the entire world
thinking about one thi

*It's ok to feel scared, even if you're a grownup.

CORONAVIRUS

So I'm here to tell you what
**coronavirus** is (and isn't).

**Coronavirus** is a new disea

**COVID-19** has never existed in the entire history of the world.

Until now.

That means that no one has ever had it.

**COVID-19** is caused by a virus*.

A virus is a very tiny thi

(so tiny you need a microscope to

that can get inside your bo
and make lots of copies of its

This can make you si

*The virus is called SARS-Cov-2, and the disease it causes is called COVID-19, but a lot of people just call it all "coronavirus."

You've definitely had a virus before -
they cause things like colds and the flu.

**Coronavirus** can cause a fever,
cough,
stuffy nose,
fatigue,
or a headache.

Some people who get it
never even notice they're sick,

and other people just ha
a little run-down feeli

But a few people who g
**coronavirus** get very si

really
really
really
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really sick.

So sick they have to go to the hospital.

(If they get too sick, they could even die from coronavirus.)

Like really
really
really
really

Lucky for you,
kids do not usually get very sick when
they get **coronavirus** → BUT you can still give it to other people

You might have heard that **coronavirus** is just like the flu.

# IT'S NOT!

Here are some ways that **coronavirus** isn't like the flu

# IT'S DIFFERENT

It's not the same virus as influenza. Doctors aren't exactly sure how to treat **COVID-19**

(but they're working on that

# IT'S NEW

There is no vaccine*
(doctors are working on that, too),
and no one has ever had it before.

*A vaccine is a medicine that keeps you from getting a virus by giving your body instructions for how to fight it later on. Usually vaccines are given as shots.

# IT'S SPREADING FASTER

**COVID-19** infects you quickly and is good at getting other people sick.

# IT'S MORE DANGEROUS

Compared to flu, people who get **COVID-19** are more likely to get very sick and die of it*.

*The people who get very sick are usuall older or already sick with another disea

There's still a lot we don't know about **coronavirus** because it's so new.

Scientists are learning new thin
about it LITERALLY every da

But one thing we know for sure, is how you ge

# SNOT

When someone coughs or sneezes,
snot and spit flies out of their noses like an atomic bomb of...

# GERMS

* Germs are tiny little particles that can cause you to get
Viruses are one kind of germs. Bacteria are another

Those germs land on all sorts of things and stick there, sometimes for a few days.

Door handles, tables, tablets, and pencils.

Even sandwiches.

When you touch something that has viruses on it, they stick to your hands.

Then you rub your eye, and you can get virus in your eye!

Or you touch your sandwich, and put the sandwich in your mouth.

Now there is virus in your mouth.

You could even accidentally brea
those bits of snot in if you're close
someone who sneezes or coug

Viruses are happy in mouths and noses, where they can make lots of copies of themselves.

# YES,

it is disgusting.

Scientists call this “droplet transmission*.”

Droplet transmission is one way viruses get from one person to another. It catche a ride on small drops of spit or snot.

*We could have just called it snot, but scientists like to use very specific words.

I know this all might seem really scary
and you might want to panic.

A lot of grownups might want to panic t
and it is a little sca

It's ok to feel whatever you are feeling.

But here's what **you** can do to help!

# Don't pick your NOSE

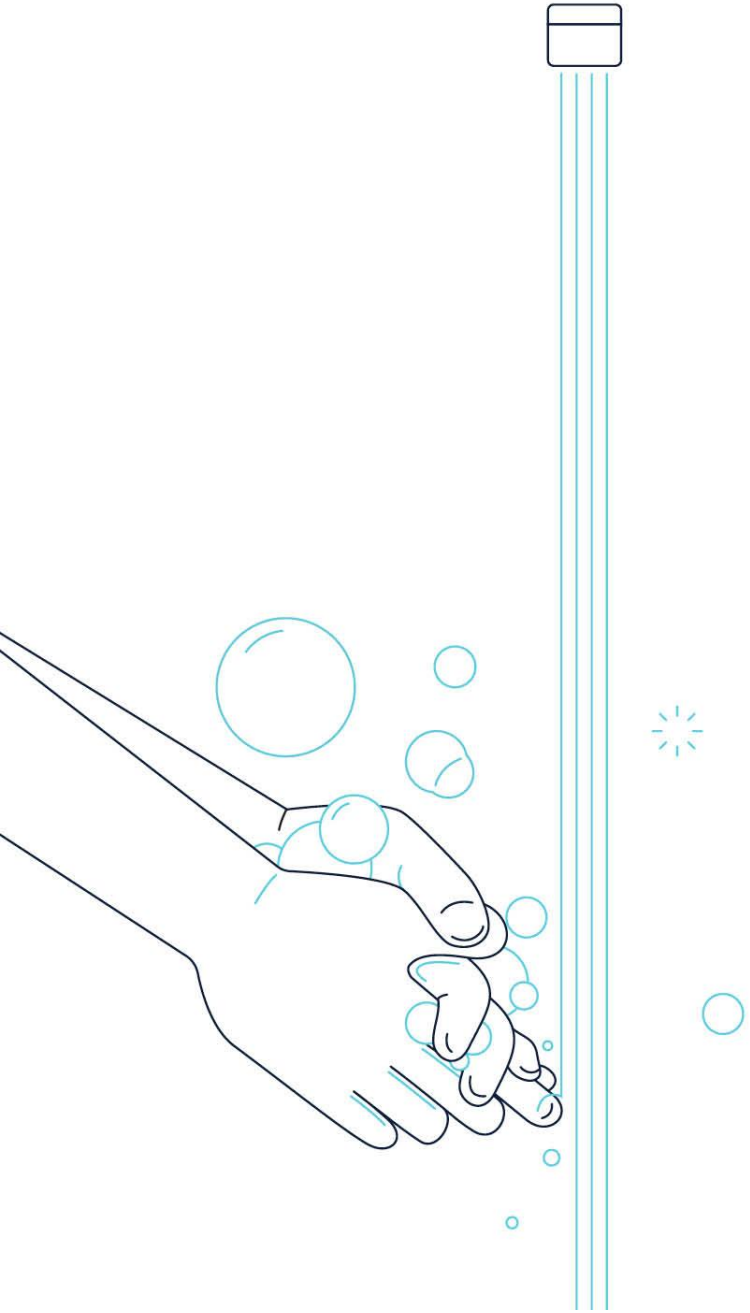
(or put your hands
in your mouth).

Even if your fingers don't look dirty, they could have **viruses** on them!

You should try to keep your hands out of your nose and mouth.

If you insist on picking your no
even after an actual scient
just told you not
do it with clean han

Which brings me to my next



# WASH YOUR HANDS.*

Keeping your hands clean with soap and water helps a lot!

It's especially important to use clean hands to eat.

* Actually, wash them as often as you can. Use soap and water and wash for 20 seconds, or as long as it takes to sing Baby Shark all the way through. Or pick another song you love to sing!

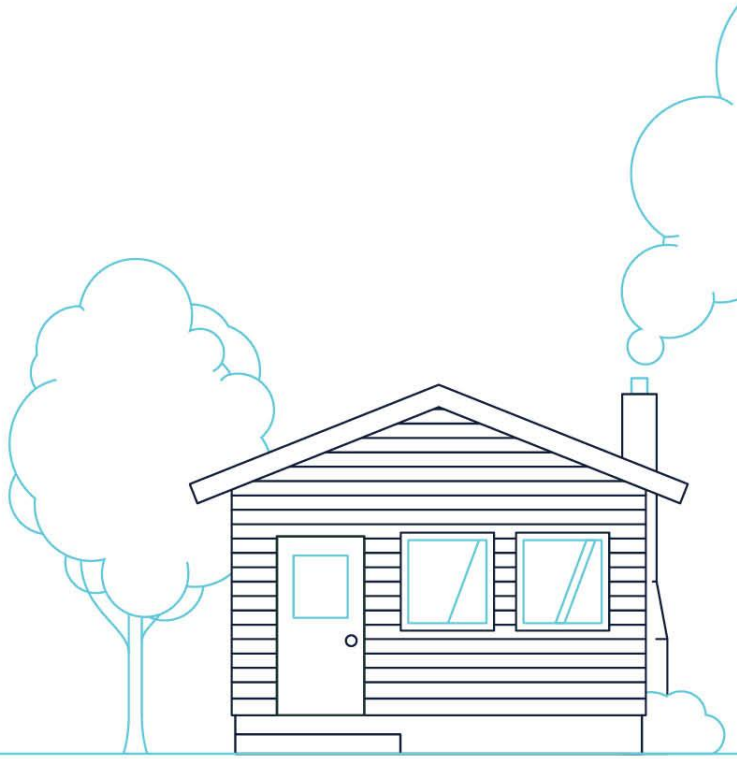
# COCOON

## for a little while.

That means for a little while, stick close to home and don't spend time near other people.

It's okay to go outside, but don't do it with groups of other kids.

Scientists call this "social distancing.*"



*I told you, scientists love to use big words!

We all have to stay in our cocoons for a little while because **coronavirus** is spreading so fast that scientists can't test everyone for it all at once.

We don't know who has it and who doesn't!

Just in case you already have
(and you don't even kno
we need you to stay away fro
other people who cou
get it from y

Are you worried that you already have it and could give it to your grownups?

It's not your fault if that happens.

It's not your job to figure out who has it

Scientists are working on that as fast as they can.

# It's your job to be a kid.

And while you're just being a kid you
can do a lot for everyone else
by doing simple things like
washing your hands,
not picking your nose,
and cocooning for a while. → We need to work TOGETHE

# If we work TOGETHER,

fewer people will get sick and be in dange

# If we work TOGETHER,

the disease will spread more slowly and scientists will have more time to figure o a fast way to test people for **coronavir** the best treatment, and a vaccine.

It will take everyone's help to keep away from each other and stop **COVID-19** in its tracks.

If everyone helps, we can ke
ourselves safer and keep the peop
around us safer, t

# COVID-19 facts:

- The next step in dealing with the COVID-19 pandemic is to implement widespread, rapid testing. We need to know who has it in order to prevent further spread of the virus. We do not know how long it will take to get testing capacity up to speed.

- There are actually lots of different coronaviruses out there, and have been for a long time. It's a whole family of viruses. They're called coronaviruses because when you look at them under a microscope, they are shaped like a sun, or a corona. This particular coronavirus is brand new to the world.

- This coronavirus is a genetic cousin to the virus that caused the SARS outbreak in 2003 which affected over 8,000 people before it was contained successfully.

- The virus that causes COVID-19 probably came from an ancestor virus that infected some other animal population. We don't know what kind of animal it came from yet--but some day, we probably will.

- Dogs & cats can get other coronaviruses, but not this one.

- Soap kills viruses by making them explode.

- We do not know if the outbreak will end when the weat warms up, but we suspect that the weather doesn't rec matter to this virus much.

- We don't know how many people who get COVID-19 wil from it, but we think it's somewhere between 6 in 1000 35 in 1000.

  We also don't know how many people will ultimately ge COVID-19. But we do know that the slower the pandem happens, the easier it will be to deal with.

- People from Asia, or with ancestors from Asia, are no m or less likely to get or transmit COVID-19 than anyone else. All kinds of humans can get the virus. Older huma are more likely to have a serious case that requires hospitalization.

- Scientists are already working on a treatment and a vaccine. Scientists are already trying out new treatmer but a vaccine won't be available for a while--at least a year and a half, and maybe much longer.

- Scientists who study epidemics are called epidemiolog Epidemiologists are one part of a science called public health, the study of how groups of people stay healthy. Maybe you can help prevent the next pandemic when grow up by studying public health!

## Outro

Now that you're equipped with all this information, what do you do now? Hopefully you start out by just talking to your kiddo. I am sure they'll have questions and certainly some thoughts of their own. Try to listen as much as you talk. Hear them out.

Then, try these questions:

1. What are you worried about right now?

2. What questions do you still have about coronavirus?

3. What creatures do you know of that use a cocoon for protection?

4. What are you most grateful for today?

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