What is COVID-19?

- It is a new illness or sickness that is spreading to places around the world
- It can also be called coronavirus. Coronavirus and COVID-19 are the same thing.

How can I get COVID-19?

- Someone sick with COVID-19 gives you their germs
- Germs get into your body through your mouth, nose, and your eyes
- When someone is sick and they cough or sneeze, their germs can get in the air, on you, and on other things near by

What happens when someone is sick with COVID-19?

- They might have a fever
- They might cough
- Their body might hurt or ache a little
- They might have a hard time breathing
- Remember, lots of people cough or get a fever. If these things happen to you, it does not mean you have coronavirus! It might mean you are sick with something else like a cold or flu.
- Most people do not get very sick when they have it. It feels like having a cold or flu.
- A few people might get very sick. They might need to go to the hospital to help them get better.

If I am feeling sick, what should I do?

- Call your doctor’s office and tell them how you are feeling. Follow the instructions they give you.
- Do not visit the doctor without calling first. They need to know that you’re feeling sick so they can be ready to help you.
- Stay home and keep away from other people.
- Use tissues for coughs or sneezes, then throw them away.
- Try to keep the objects and surfaces around you clean.
- Call your doctor again if you are getting worse or if you are having trouble breathing.
What do I need to do so that I stay healthy and don’t get sick?

- Wash your hands with lots of soap and water for at least 20 seconds. If it helps, you can count to 20 or sing “Happy Birthday”.
- Wash your hands after using the bathroom or going out in public (like going to a store or riding the bus) and before eating.
- If you don’t have soap or water near by, you can use hand sanitizer but just know that washing well with soap and water is still a better choice.
- Cough or sneeze into your elbow to help stop germs from going into the air and on your hands.
- Try your best not to touch your face. Remember, germs get into your body through your eyes, mouth and nose. If you have to touch your face, do it with a clean tissue or wash your hands first.

What if someone who helps me like my staff person, my teacher or my counselor gets sick?

- A sick staff person might have to stay home until they feel better
- You might not see them for a few days or a few weeks, but they will come back when they are healthy again
- It’s ok to be worried, just remember most people with Coronavirus only get a little bit sick and will get better soon

What do I do if someone I live with gets sick?

- Someone else living in your home could get Coronavirus or think they might have these germs in their body
- Stay at least 6 feet away from the sick person until they get better
- Keep washing your hands with lots of soap and water
- Do not touch places, things or food that the sick person has touched
- It’s ok to be worried, just remember most people with Coronavirus only get a little bit sick and will get better soon
How will my daily schedule be different while the COVID-19 outbreak is happening?

- Your daily schedule might be different for a few weeks or even a few months while many people are sick from the Coronavirus.
- Even if you aren’t sick, and the people around you aren’t sick, your schedule might still have to be different for a few weeks or months.
- If you have a job, your work might be closed or have different hours. You might not go to work for awhile.
- If you go to school, your school might be closed and you won’t go to school for awhile.
- You might not be able to go on outings in the community or on any trips.
- You might not be able to visit with friends or family as much, but there are still ways you can talk with them.
- If you have a doctor’s appointment scheduled that is not for an emergency, your appointment might happen with a video call or it might be rescheduled for a few weeks or months from now.
- If you have a dentist appointment scheduled for something that is not an emergency, it might be rescheduled for a few weeks or months from now.

What things am I allowed to do during the COVID-19 outbreak?

- Everyone is supposed to stay home as much as possible for the next few weeks.
- It is ok to go to the grocery store to get food when you need it.
- It is ok to go to the pharmacy to get medicine if you need it.
- It is ok to go outside in your yard.
- It’s ok to go for a walk or a bike ride.
- It’s ok to go to the doctor if you are sick.
- You can do any of the activities you enjoy at home: things like arts and crafts, cooking, watching TV, playing games, watching movies, using devices like tablets and phones, singing, dancing, listening to music and reading books.
How should I greet people when I see them?

- The way you greet people will be different for a few weeks or a few months, even if you are not sick.
- No handshaking or fist bumping.
- No hugging or holding hands.
- But you can smile, or a wave or say hello.

What should I do if I’m feeling lonely?

- Because people have to stay home a much as possible for the next few weeks or months, you might miss your friends and family.
- When you can’t see someone in person, you can talk on the phone, write letters or send pictures, write e-mails, send messages on Facebook or video chat.

What should I do if I’m feeling scared or sad?

- It’s okay to feel scared when something big is happening.
- Don’t watch the news on TV if it’s making you feel more scared or anxious.
- Do activities that make you feel happy.
- Talk to people you trust who make you feel safe and happy, like your friends, family or your staff. Tell them how you are feeling.
- Ask someone you trust to help you make a plan for if you are sick. Make a list of who will take you to the doctor, who will check up on you, and who can go shopping for you.
- Remember, even though things might feel really different right now, with lots of changes, most things will go back to normal in a few weeks or months.