



Have you heard about coronavirus at school or on the news?



Are you wondering how to stay healthy?

What is Novel Coronavirus, or COVID-19?

Coronavirus can make you feel sick just like the flu with a fever, cough, and can sometimes make it hard to breathe.

Can I get Coronavirus?

Coronavirus can spread by being around someone who is sick, especially if they are coughing or sneezing. It can also spread by touching something after a sick person and then touching your mouth, nose, or eyes.

What to Do



- Wash your hands with soap and water for 20 seconds - try singing the alphabet song, as you wash.
- Use a hand sanitizer if you can't wash your hands, especially in public



- Try not to touch your face
- Stay away from anyone who is sick and try to avoid places with large numbers of people, like concerts or sporting events



- Cough or sneeze into your elbow or a tissue



- Stay home from school and rest
- Most people get better by staying home and getting good rest

Don't forget...Ask Questions!

Your family, caregiver, social worker, teacher, doctor, or another adult you trust can answer questions and give you more information.

For more information, please visit one of the following trusted sites: [NPR Comic – Exploring the Coronavirus](#), [LA County Dept. of Public Health](#), [CA Dept. of Public Health](#), [Centers for Disease Control and Prevention](#), [World Health Organization](#)