


Staying Safe from the Virus

A COVID-19 Social Narrative



I am hearing a lot of people
talk about COVID-19.





COVID-19 is a virus.
Viruses make people sick.

COVID-19 can give people:



A cough

A fever

A sore throat

Breathing problems

The good news is that everyone is working together to help stop COVID-19!



I can be a helper too!

I can wash my hands a lot
to keep them clean!



When I do a good job washing my
hands the germs come off of my hands!

I can help to stay clean and safe if I wash my hands before I touch my nose, eyes, mouth or face.



1.



2.



3.

Then I will wash my hands again after.
Lots of washing!

If I see people I know then I can wave instead of giving them a handshake, high five or fistbump.



Waving is friendly and it doesn't spread germs!

I can help by using “social distancing.”



This just means that my family and I are going to stay home as much as possible. We will try not to be around a lot of other people.



Some schools are closed.

This is so students can stay home and keep themselves away from lots of other people.

I will stay home as much as I can.



I'll try to only leave if we need to go to the grocery store, if we need to go to the doctor, or for exercise.

If I go outside then I will stay at least 6 feet away from other people.



That's like six rulers away!

I see some people wearing a mask. That is to help keep germs out of the air if people cough.



If I get a cough then I can wear a mask too.

Now I know what to do:

Wash my hands a lot.

Try to say home as much as I can.

Stay at least 6 feet away from people I
don't live with.



It can be hard to stay away from my friends and other fun places, but I know that I am helping to keep myself and other people safe.



I'm a great helper!

