

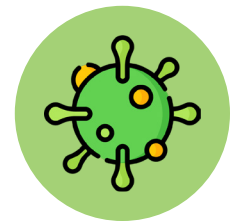
WHAT IS CORONAVIRUS?



Everyone at CHEO (doctors, nurses and staff) wants to keep you safe. Here's what you need to know about the coronavirus.

What is it?

- The coronavirus is a new virus we are still learning a lot about.
- You might also hear it called COVID-19.
- Doctors say it is similar to the cold or flu.
- Some people may get a cough, fever or have a hard time breathing.
- Most people who catch this virus stay home, rest and get better.
- If someone needs more help, they can go to a hospital.



Can I catch it?

You can catch it, but you can do your part to help by washing your hands and staying home with your family.



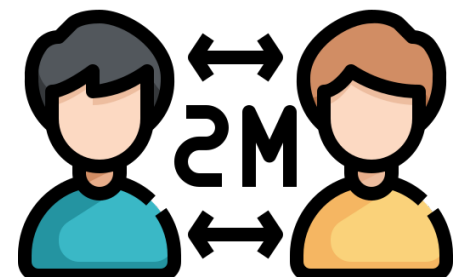
How I can help?

- Stay at home (see our list of fun things you can do while you're at home).
- Wash your hands often, especially before you eat or after you've gone outside your home.
- Wash your hands with soap and water for at least 20 seconds (or the time it takes to say your ABC's).
- Keep your physical distance between people who don't live with you.
- cover your coughs and sneezes with a tissue or your arm, not your hand



What is physical distancing?

- Physical distancing is when you give space between you and people who do not live in your home so germs are not spread.
- You can physical distance by keeping two meters or four big steps) away.



Staying connected with friends and family

- Ask your parent if you can connect by video chat with friends and family.
- Send your loved ones a high five or a hug! Trace your hand and/or arms and decorate it! Take a picture and send it. Have them send one back!
- Imagine that there is an invisible string that is connecting you to your friend or family. Draw a picture of the string connecting you to your loved one. Take a picture and send it to them.
- Invite your loved one or friend to a virtual dance party. Connect with them on video chat and dance away!
- Write down the top five reasons you miss your family and friends and let them know.



Things you can do until things get back to normal

- keep up a regular schedule
- get enough sleep
- eat well
- get creative and write a comic or story
- tell a joke – "What is a Robot's favourite snack?" "Computer chips!"
- talk to an adult about how you feel
- spend time outdoors but keep your physical distance from others
- do arts and crafts
- read a book
- help out with chores.
- ask to try a new recipe with your family



Remember

- there are a lot of people working hard to protect you and your family, and to deal with the virus
- there are many things that we can do to protect ourselves from the virus
- all of this will get better as more people get over the virus
- life will eventually start getting back to normal

