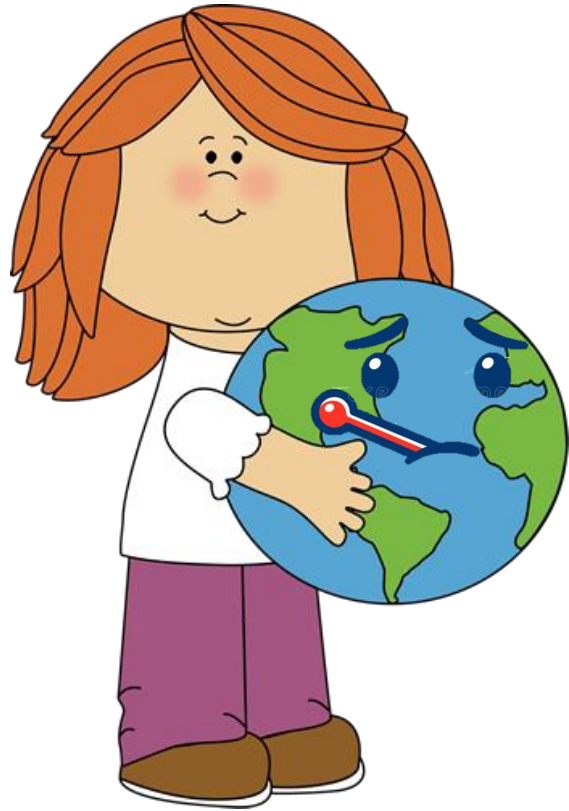












Saving the World During COVID-19



COVID-19 is a pandemic disease. A pandemic is a disease that spreads across the world.



COVID -19 can feel like the cold or flu, but it is different.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

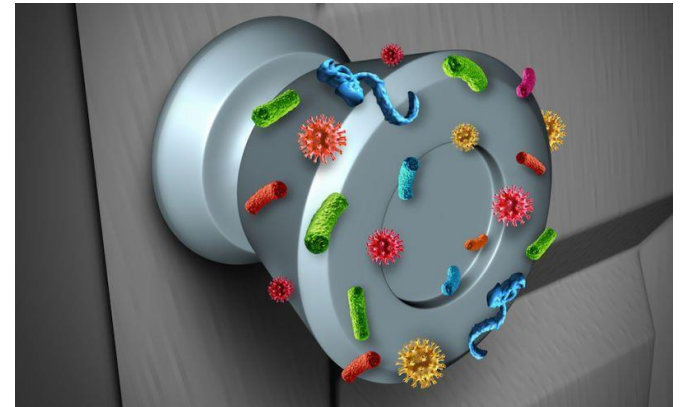
Unlike a cold or the flu, COVID-19 is new to the human body. Children who contract COVID-19 might get a little sick, but some people get very ill.



COVID-19 germs are passed through bodily fluids that can come from sneezes or coughs.



Although you can't see them, germs from our mouths and noses sometimes land on our hands, phones, door handles, or other places. If we touch a place that has a germ, we can pick the germ up.

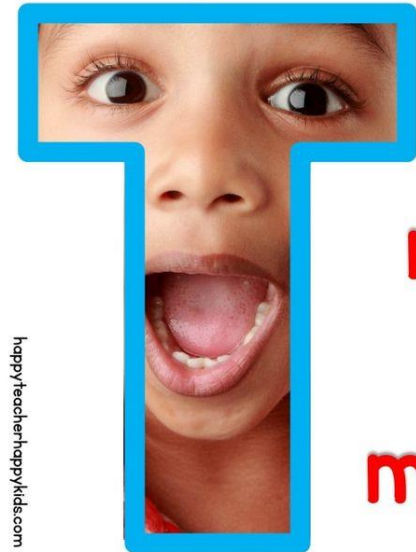


We can infect ourselves with the germ if we touch our faces, especially our noses, mouths, and eyes.



**Don't touch the
T-Zone!**

**Never put your
fingers in your**



eyes,

nose,

**or
mouth.**

We can infect others if we touch them with our germy hands.



We kill the germs when we wash our hands. We should wash our hands after touching things we share.



We can help keep ourselves and the world safe by washing our hands!

- Lather up with soap and water
- Sing a song like “Happy birthday to you” 2 times



- Scrub our palms
- Scrub between our fingers
- Scrub under our finger nails



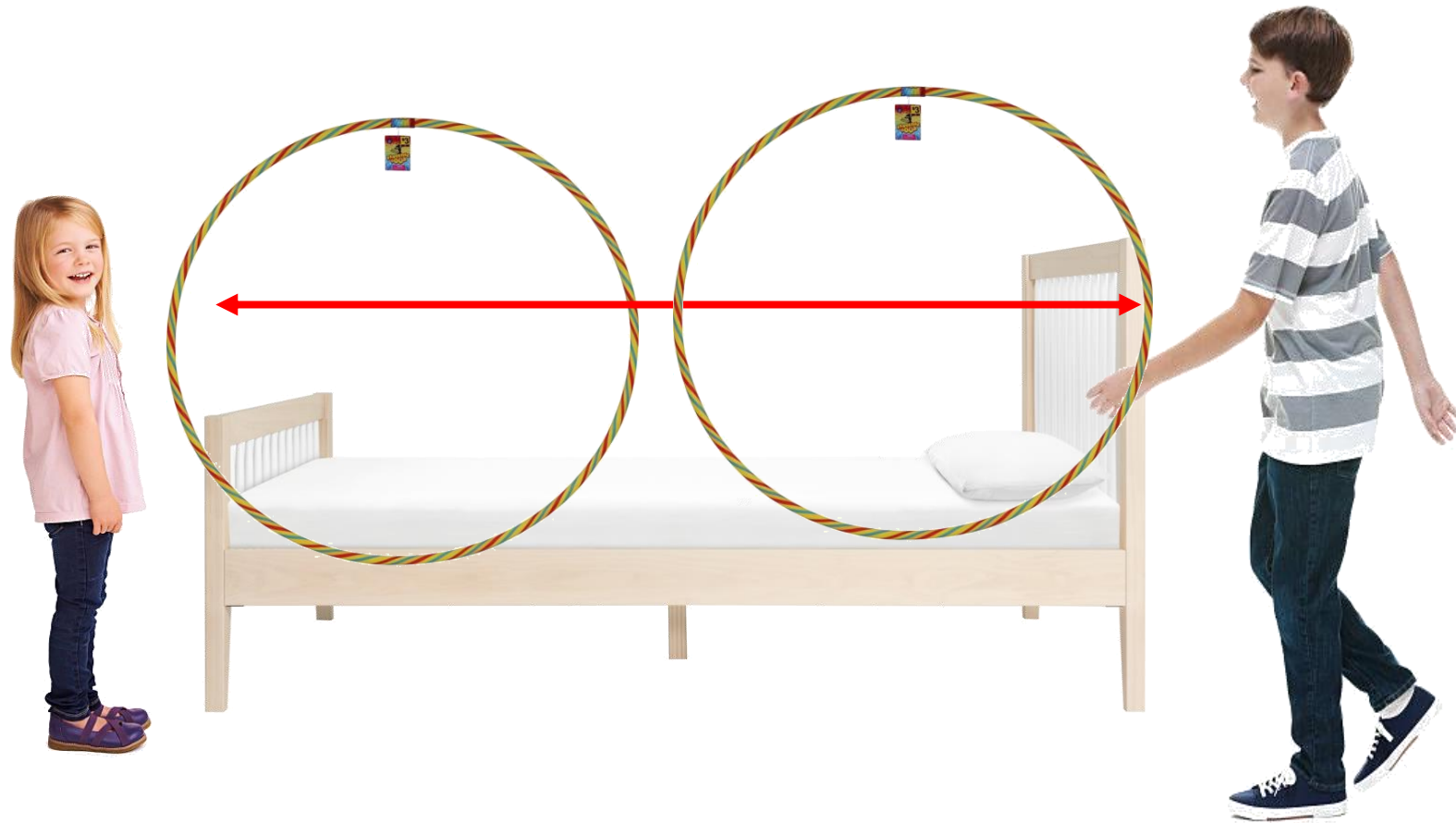
If we aren't near soap and water, we can kill germs with alcohol-based hand sanitizer.



We throw away the tissue and wash our hands after sneezing or coughing.



We can help keep everyone safe by staying 6-feet away others. Six feet is the length of a bed, or the distance between 2-large hula hoops. This is also known as 'social distancing'.



Scientists and doctors are helping the world by working on a vaccine and caring for those who get sick.



Like scientists and doctors, we can help the world by



Washing hands



Covering coughs and sneezes



Keeping social distance



Staying away from others when sick

If you feel worried about COVID-19, talk to someone you trust.
We are learning more about COVID-19 every day.



If we all work together, we can help keep the world safe and healthy.

