



Name: \_\_\_\_\_

# What is Coronavirus?

As the year 2020 began, people began talking about something called the **coronavirus**. Coronavirus was a newly discovered virus that was making people sick. It started making people sick in China, but as people traveled, the virus traveled around the world as well.

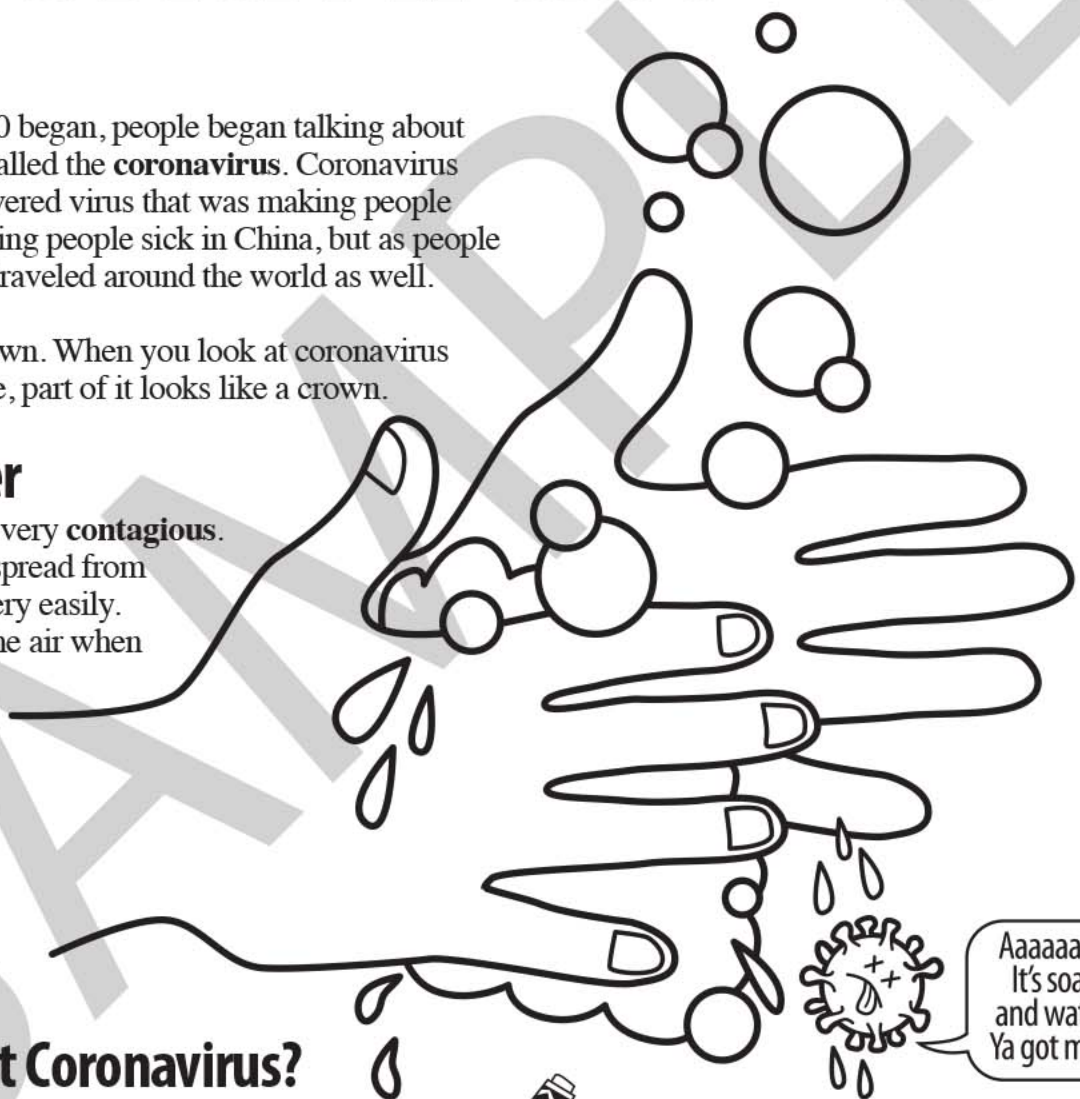
**Corona** means crown. When you look at coronavirus under a microscope, part of it looks like a crown.

## Fast Traveler

The coronavirus is very **contagious**. That means it can spread from person to person very easily. It travels through the air when people sneeze or cough. It also spreads when people touch something the virus has been on, like other peoples' hands or door handles.

## What If I Get Coronavirus?

Coronavirus often causes a fever, tiredness, a cough or difficulty breathing. Most people, especially kids, only feel a little sick and get better quickly. It feels a lot like a cold or the flu.

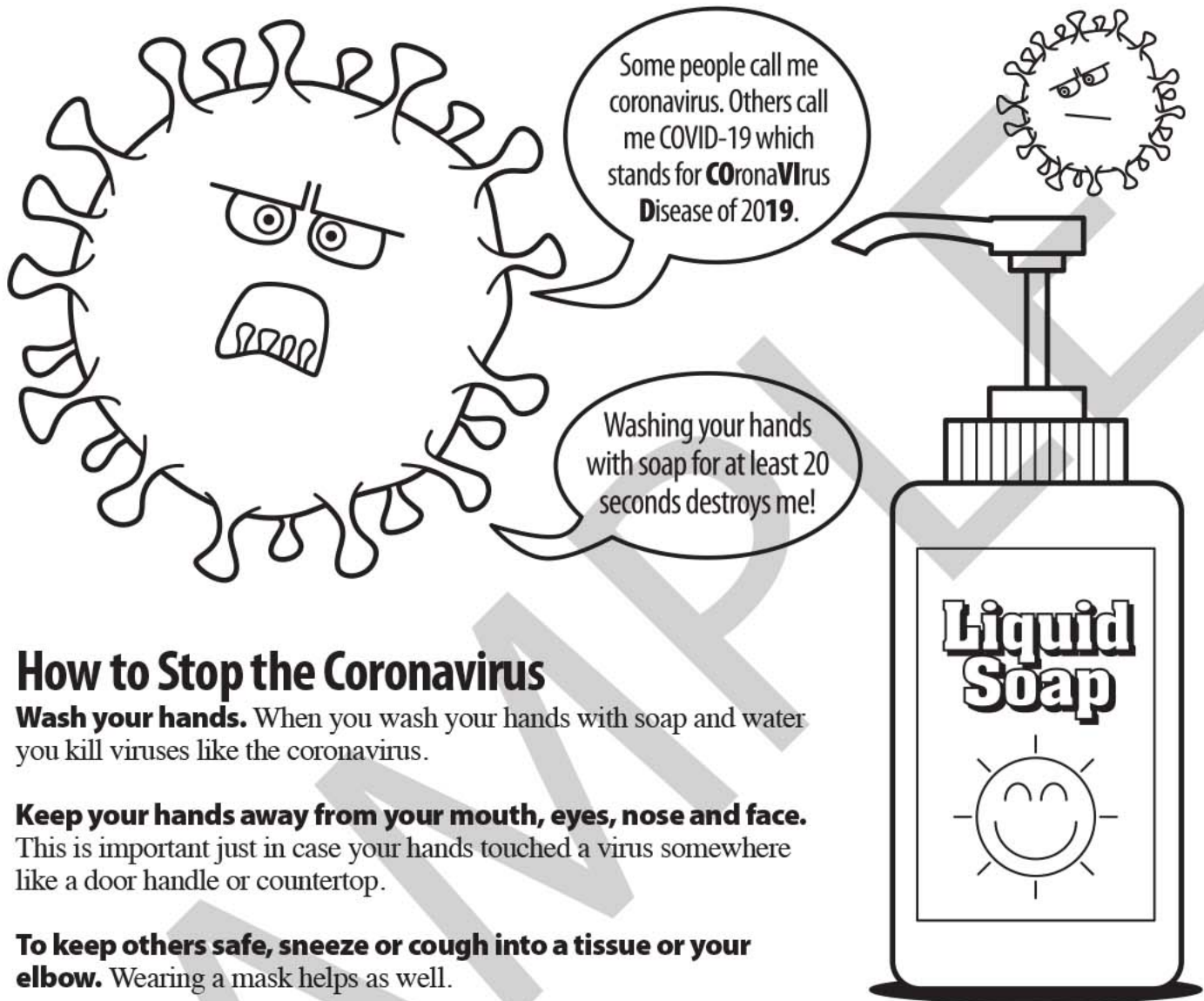


Color the pictures on these pages.





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## How to Stop the Coronavirus

**Wash your hands.** When you wash your hands with soap and water you kill viruses like the coronavirus.

**Keep your hands away from your mouth, eyes, nose and face.**

This is important just in case your hands touched a virus somewhere like a door handle or countertop.

**To keep others safe, sneeze or cough into a tissue or your elbow.** Wearing a mask helps as well.

## Keep the Community Healthy

Some things you like to do have probably been cancelled. When people stay apart, the virus can't move from person to person. As people return to their activities, it is recommended to stay at least six feet apart from other people because the virus rarely travels that far before sinking to the ground.

## I'm Worried

It is normal to worry about getting sick or about your loved ones getting sick. A way to help yourself is to talk to others about your feelings and to ask for help. If you read about or hear something that worries you, don't keep your feelings to yourself.

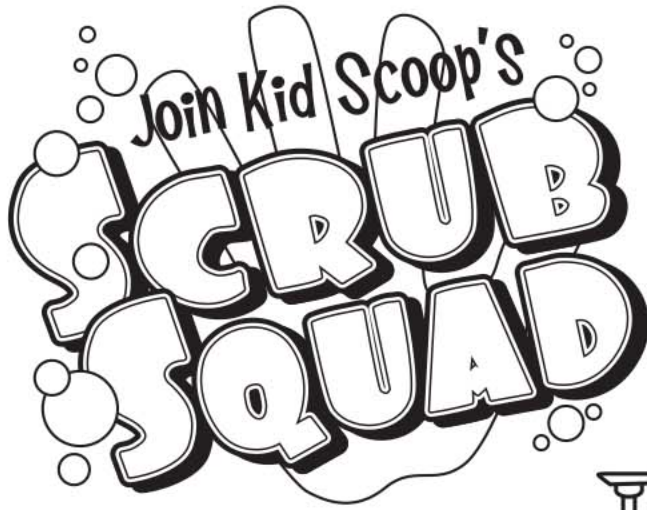
## Let's Talk

Ask a family member about a time they were worried about something. How did it turn out? What made them feel better? How do they deal with worries now?





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Remember the last time you had a cold or the flu?

It was pretty miserable. You sneezed, coughed and had no energy. But there's an easy way to avoid all that: Just join Kid Scoop's SCRUB SQUAD.

Doctors around the world agree that one of the best ways to avoid getting sick and spreading germs is to wash your hands.

**HOW TO JOIN:** You join automatically every time you wash your hands!

**Standards Link:** Health: Know basic personal hygiene habits required to maintain health.



Color this picture!

What kind of music do bubbles dislike?

ANSWER: Pop music!

## Hand Sanitizer vs. Soap & Water

Using hand sanitizer shouldn't be a \_\_\_\_\_ for washing your hands with soap and \_\_\_\_\_. While sanitizer does kill \_\_\_\_\_, it doesn't do a very good job of getting rid of \_\_\_\_\_ dirt. Think of hand sanitizer as just a little "touch-up" \_\_\_\_\_ hand washings with good ol' soap and water.

Fill in the missing words.

WATER   GERMS   BETWEEN  
REPLACEMENT   VISIBLE

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## THE SCRUB SQUAD 5 STEP PLAN



**RUB:** Rub your hands together under warm running water. Make sure to get wet up to your wrists.



**GET SOAPY:** Use a generous amount of soap. Liquid soap, powdered soap or bar soap are all great.



**SCRUB:** Scrub the palms, back of your hands, wrists, under your nails and between your fingers for at least 20 seconds.



**RINSE:** Rinse your hands to get rid of the soap (and dirt and germs).



**DRY:** Air dry your hands or use a clean towel, either cloth towel or a paper towel.



**MUSIC MAKER:** Think of a tune you know and write new lyrics for it that tell about hand-washing. Sing it to your family!

Experts say that washing your hands for at least **20 seconds** is the best way to make sure you remove germs and gunk. Memorize and sing this song while you scrub to help you wash long enough.

## THE SCRUB SQUAD SONG

(Sung to the tune of "Old MacDonald")

Washing hands is sudsy fun  
Scrub! Scrub! Scrub! Scrub! Scrub!  
I wash eight fingers and two thumbs  
Scrub! Scrub! Scrub! Scrub! Scrub!  
With a little soap here  
And a little more there  
Bubbles here  
Bubbles there  
Give those germs a splashing scare!  
Washing hands is sudsy fun  
Scrub! Scrub! Scrub! Scrub! Scrub!

If your hands are extra dirty,  
sing this second verse and  
keep on scrubbing!

Now my hands are getting clean  
Scrub! Scrub! Scrub! Scrub! Scrub!  
Even dirt that can't be seen  
Scrub! Scrub! Scrub! Scrub! Scrub!  
With a little soap here  
And a little more there  
Bubbles here  
Bubbles there  
Watch them floating in the air  
Now my hands are nice and clean  
Scrub! Scrub! Scrub! Scrub! Scrub!

**Standards Link:** Music: Memorize and sing simple songs.



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# Why are so many people wearing masks?

**T**he coronavirus has created a health crisis across the nation and around the world. But there are ways to protect yourself and others from getting sick. One way is to wear a face mask.

## How Coronavirus Spreads

The coronavirus can spread when people breathe, talk, cough, or sneeze. Some people who don't feel sick might have the virus and could spread it unknowingly.

## Wearing a Mask

Replace the missing words.

**NOSE** **YOUNG** **SPREAD** **OTHERS** **VIRUS**

When you go out, wear a mask to help stop the \_\_\_\_\_ of the virus.

Make sure the mask covers your mouth and \_\_\_\_\_ and fits snug against your face.

Wearing a mask helps keep the virus from reaching \_\_\_\_\_. When you wear a mask, it can also stop the \_\_\_\_\_ from reaching you.

Babies and children less than two years old are too \_\_\_\_\_ to wear a mask. But when others wear a mask, they are better protected.

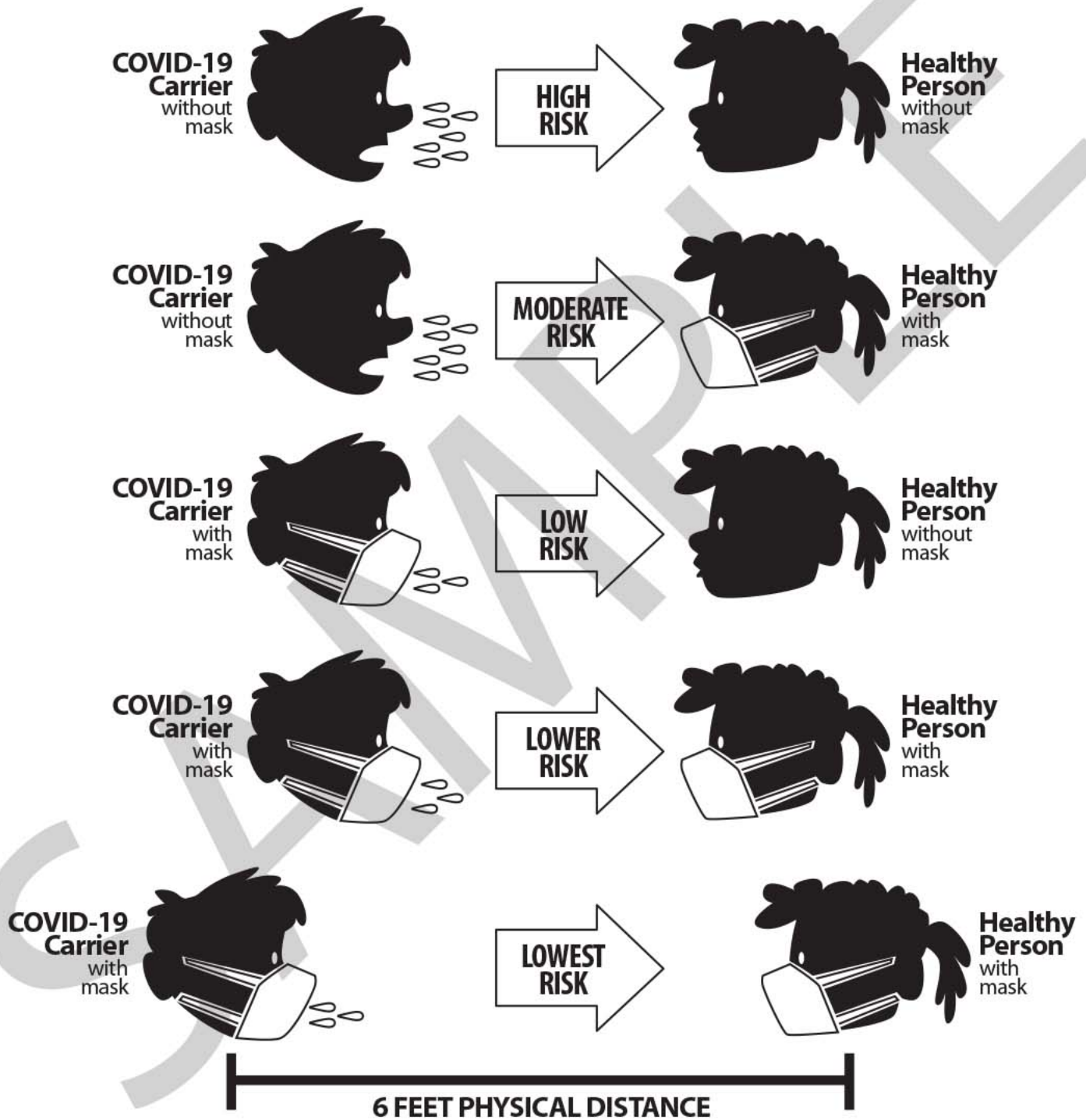


**HEALTH TIP:** Washing your hands often and thoroughly works extremely well to stop the spread of coronavirus. If you can't wash your hands right away after touching something that might have germs on it, use hand sanitizer that has at least 70% alcohol.



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## MASKS HELP STOP THE SPREAD



This is a general guideline. Different masks offer different levels of protection.

GRAPHIC ADAPTED FROM MARIPOSA COUNTY HEALTH AND HUMAN SERVICES POSTER



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## Masks Make a Difference!

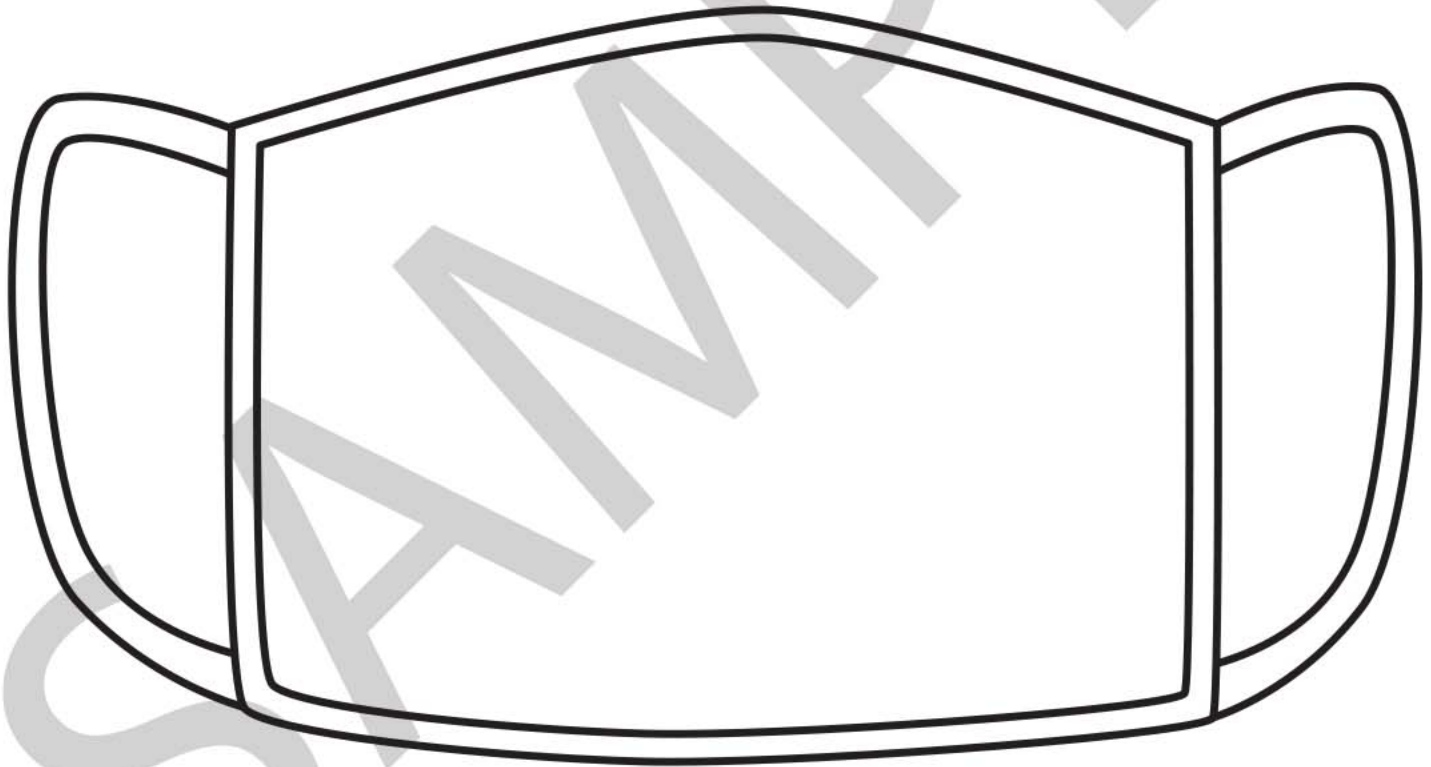
**M**any people who like to sew have been making masks for their family, friends and neighbors during the pandemic.

Masks with bright colors, cool designs, sports logos and popular cartoon characters can be seen everywhere. Who says being safe can't be a little more fun?



### Physical Distance

Staying 6 feet apart or more while wearing a mask keeps the risk of catching or spreading viruses low.



Why did the cookies  
go to the doctor?

ANSWER: They were feeling crummy!



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## Hand Washing

Wash your hands with soap and water for at least 20 seconds several times a day to help keep the virus away.

Can you find the soap that is different from all the others?



**HELPING OTHERS:** Think of things you can do to help others. Write a list and see how many of these acts of kindness you can check off this summer.

## WORD SEARCH

**HEALTH  
SANITIZER  
MASKS  
COUGH  
CORONAVIRUS  
DISTANCE  
RISK  
SOAP  
WASH  
SNEEZE  
DOCTOR  
SAFE  
SPREAD  
SCRUB  
NURSES**

W	S	E	S	R	U	N	S	T	Y	B	D	R	V	B
S	J	K	U	H	E	U	D	R	P	T	I	W	H	R
U	O	S	S	G	K	F	X	J	I	Y	S	T	F	G
R	S	A	T	U	E	N	A	O	M	K	L	Z	R	H
I	W	N	P	O	L	D	I	S	T	A	N	C	E	J
V	E	I	R	C	S	O	W	O	E	Q	S	Y	T	L
A	T	T	T	D	I	C	V	H	I	S	N	K	N	D
N	R	I	S	F	N	T	R	O	Z	V	E	J	S	A
O	N	Z	Q	G	K	O	T	U	N	J	E	U	R	E
R	L	E	N	J	R	R	D	D	B	I	Z	L	B	R
O	M	R	I	S	K	L	L	F	D	Y	E	P	E	P
C	E	K	F	V	Z	O	W	R	R	B	Z	F	R	S