

THE BIG QUESTION:

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.

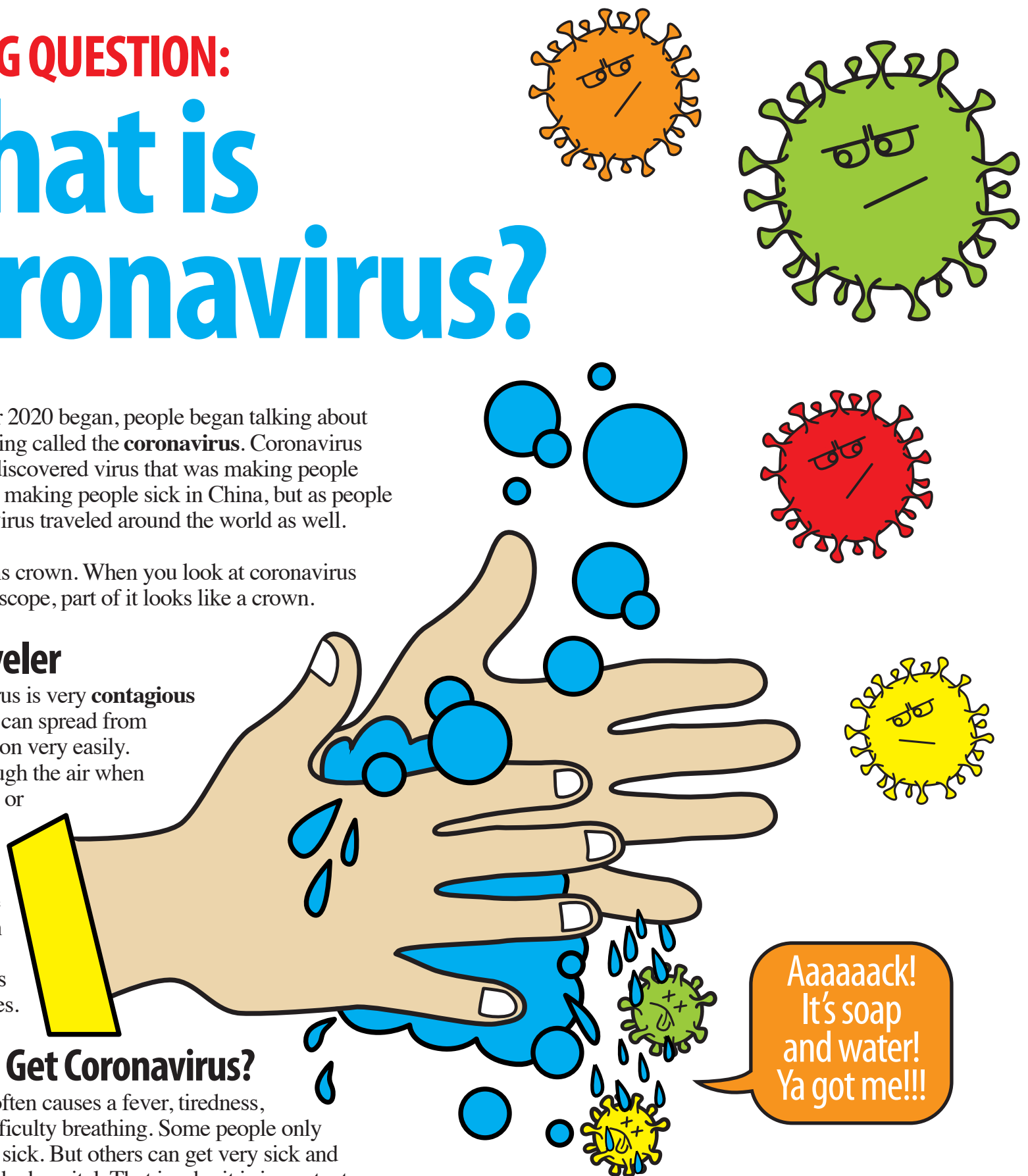
Corona means crown. When you look at coronavirus under a microscope, part of it looks like a crown.

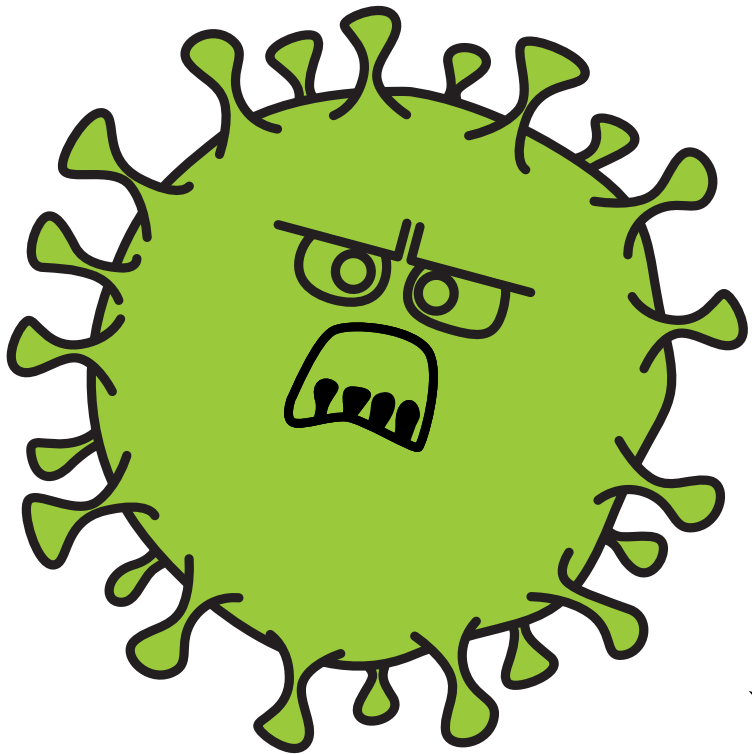
Fast Traveler

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?

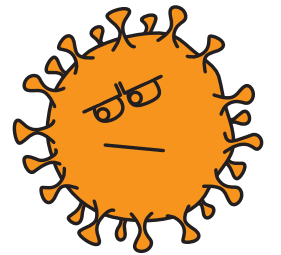
Coronavirus often causes a fever, tiredness, a cough or difficulty breathing. Some people only feel a little bit sick. But others can get very sick and need to go to the hospital. That is why it is important for everyone to wear masks and wash their hands. This protects yourself and others who could get very sick.





Some people call me coronavirus. Others call me COVID-19 which stands for **CO**rona**V**irus **D**isease of 2019.

Washing your hands with soap for at least 20 seconds destroys me!



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.

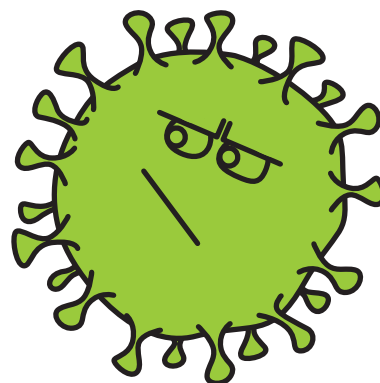
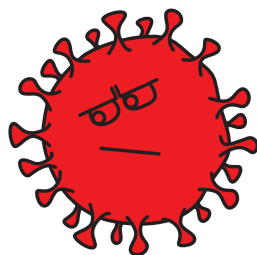
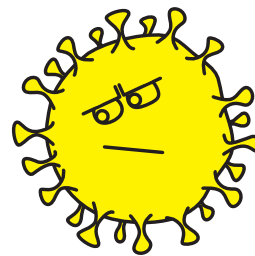
To keep others safe, sneeze or cough into a tissue or your elbow. Wearing a mask helps as well.

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?

Bubbles prevent troubles!



WHAT?

FAMILY RESOURCE GROUP FOUNDATION AND KID SCOOP NEWS, ALONG WITH THE CITY OF BATON ROUGE AND BATON ROUGE ADVANCING HEALTH LITERACY, ARE HOSTING A COLORING CONTEST.

WHO CAN PARTICIPATE?

ANY CHILD IN 1ST-5TH GRADE.

WHEN?

ENTER FOR A CHANCE TO WIN BEGINNING SATURDAY, APRIL 1 AND ENDING WEDNESDAY, MAY 31.

HOW?

COLOR THIS PAGE AND SCAN THE QR CODE TO LEARN MORE.



SCAN TO ENTER

COLOR ME FOR A CHANCE TO WIN!



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.

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!



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

Presented By

