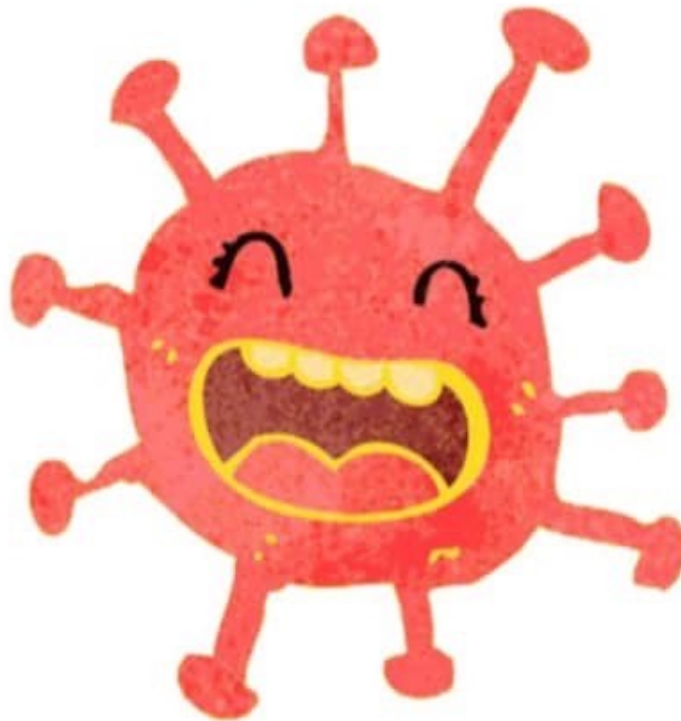


# HELLO !

**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**



**My name is Coronavirus**

MANUELA MOLINA - @MINDHEART.KIDS

[WWW.MINDHEART.CO](http://WWW.MINDHEART.CO)

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# Have you heard about me?

YES



NO



## And how do you feel when you hear my name?



Relaxed



Confused



Worried



Curious



Nervous



Sad

**I love to travel...**

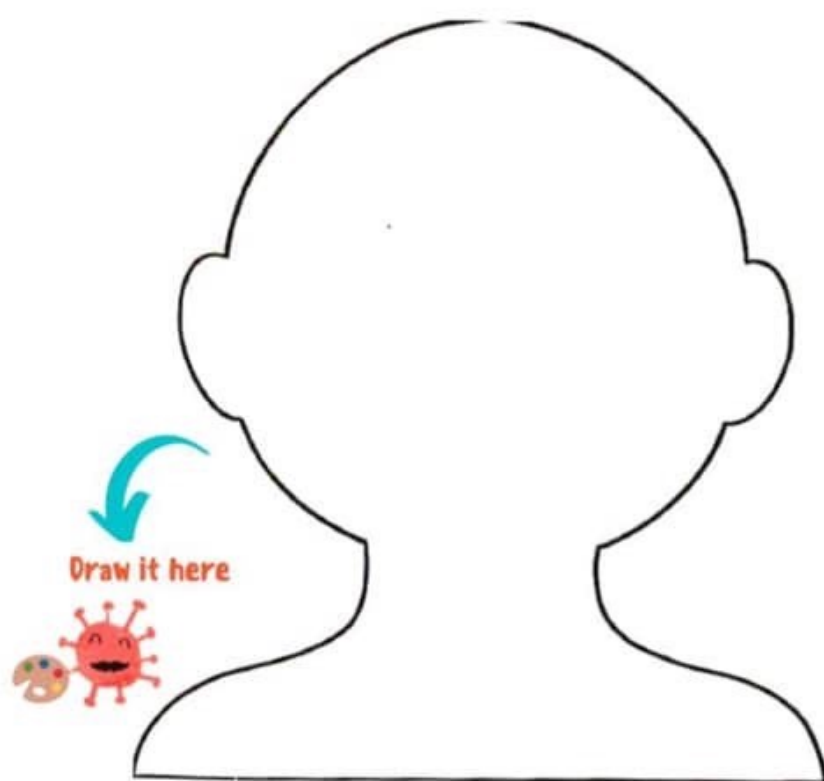


**and to jump  
from hand to  
hand to say Hi**

**HIGH  
FIVE**



**I can understand you  
feel...**



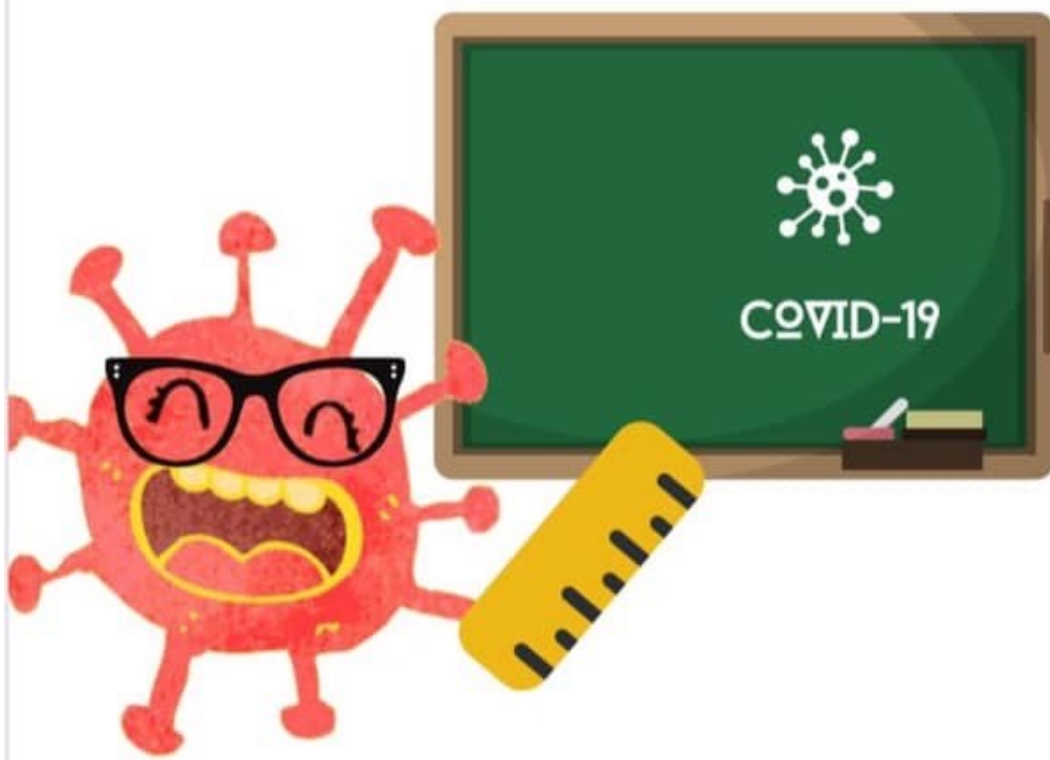
**...I would feel the same way**

**Sometimes adults get  
worried when they read  
the news or see me on TV**



**THAT'S  
ME!**

**But I am going to explain  
myself...**



**So you can understand...**



7 of 12

**When I come to visit, I bring...**



**Difficulty breathing**



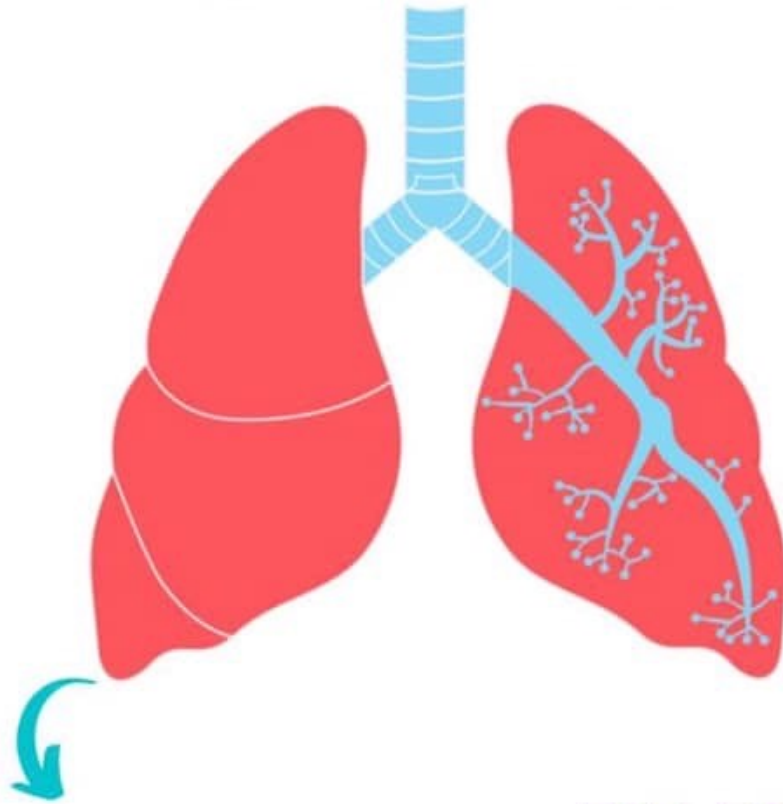
**Fever**



**Cough**



**But I don't stay with  
people for long, and almost  
everyone gets better**



**Just like when you get a  
scrape on you  
knee and it heals**

**BYE BYE...**





**Don't you worry!**

**The adults who take care of you:**

---

**will keep you safe**



## And you can help...

1



**By washing your hands  
with soap and water  
while singing a song**



You can sing your favorite song,  
the happy birthday song, or the  
alphabet song

2



**By using hand sanitizer  
and letting it dry on  
your hands**



Without moving them count to 10

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get  
back to playing!!

**If you do all that  
I will not come to visit**



**while the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**

