What is it?

1. Student awareness of “coronavirus”
   • It is a new virus, like a really bad cold, that one person can give another
   • Scientists have given it its own special name, coronavirus disease 2019 or COVID-19
   • It is a respiratory illness that affects the lungs and makes it difficult for some people to breathe

How does it spread?

2. How it spreads
   • It spreads from one person who is sick to another who hasn’t yet been sick
   • Through small drops that escape the mouth and nose when sick people cough or sneeze
   • Touching an object or surface that someone who is sick has touched, sneezed on, or coughed on

What are the symptoms?

3. How do you know if you or someone else is sick?
   • Fever (feeling really hot)
   • Cough
   • Hard to breathe or catch your breath
   • Some people can get really sick and have to go to the hospital for help

How can you prevent it?

4. How to prevent becoming sick…
   • There is no vaccine or shot to prevent healthy people from getting sick
   • Wash your hands for 20 seconds after going to the bathroom, before eating, after blowing your nose, coughing or sneezing (Sing Happy Birthday two times while washing your hands)
   • Avoid contact with those who are sick
   • Do not touch your eyes, nose, and mouth
   • Stay at home if you are sick
   • Cover your cough or sneeze with a tissue then throw tissue in the trash
   • Do not wear a mask if you are not sick
   • Only use a facemask if you are sick

Who is at higher risk?

5. Older adults
   • People who have heart disease, diabetes, lung disease

Activities and how to engage with kids:

- Circle time or roundtable discussion
- Showing videos
- Complete Kids Knowledge worksheet
- Printing out posters to place around the classroom

Videos

What coronavirus is:

- [https://www.youtube.com/watch?v=OPsY-jLqaXM](https://www.youtube.com/watch?v=OPsY-jLqaXM)
- [https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?mkt_tok=eyJpIjoi-WkRjMU5URTBPGRqT1RWbSlsInQiJYc1VuWmtLNIBMSk5FYjV1XC9qN1ZzaXk2aDg4cFVSQX8mQWFn-QWRvczFxSGt4Z01TeXp2bWU2QmrcrFZQZTB6UVFWazVIMUpkR3VXYWp4dWh0RmZQNGc9PSJ9](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?mkt_tok=eyJpIjoi-WkRjMU5URTBPGRqT1RWbSlsInQiJYc1VuWmtLNIBMSk5FYjV1XC9qN1ZzaXk2aDg4cFVSQX8mQWFn-QWRvczFxSGt4Z01TeXp2bWU2QmrcrFZQZTB6UVFWazVIMUpkR3VXYWp4dWh0RmZQNGc9PSJ9)

How to wash your hands

- [https://jr.brainpop.com/health/bewell/washinghands/?mkt_tok=eyJpIjoiWkRjMU5URTBPGRqT1RWb-SlsInQiJYc1VuWmtLNIBMSk5FYjV1XC9qN1ZzaXk2aDg4cFVSQX8mQWFnQWRvFzFxSGt4Z01TeXp2b-WU2QmrcrFZQZTB6UVFWazVIMUpkR3VXYWp4dWh0RmZQNGc9PSJ9](https://jr.brainpop.com/health/bewell/washinghands/?mkt_tok=eyJpIjoiWkRjMU5URTBPGRqT1RWb-SlsInQiJYc1VuWmtLNIBMSk5FYjV1XC9qN1ZzaXk2aDg4cFVSQX8mQWFnQWRvFzFxSGt4Z01TeXp2b-WU2QmrcrFZQZTB6UVFWazVIMUpkR3VXYWp4dWh0RmZQNGc9PSJ9)
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