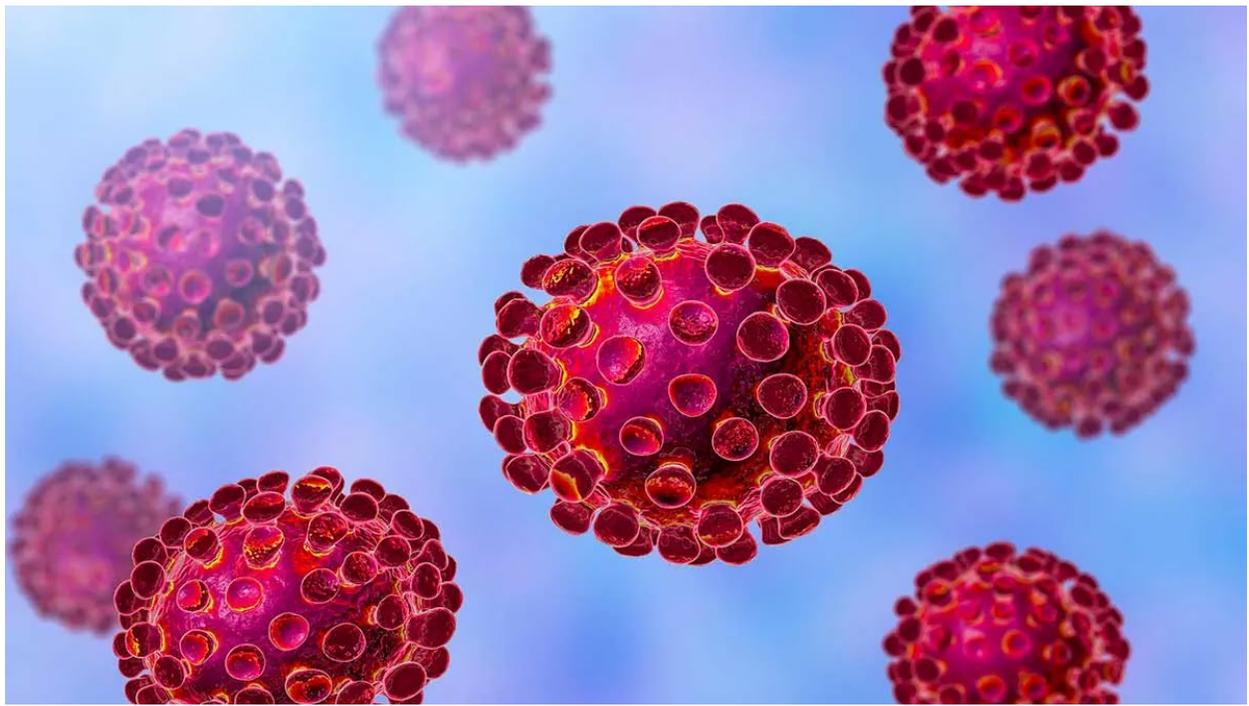
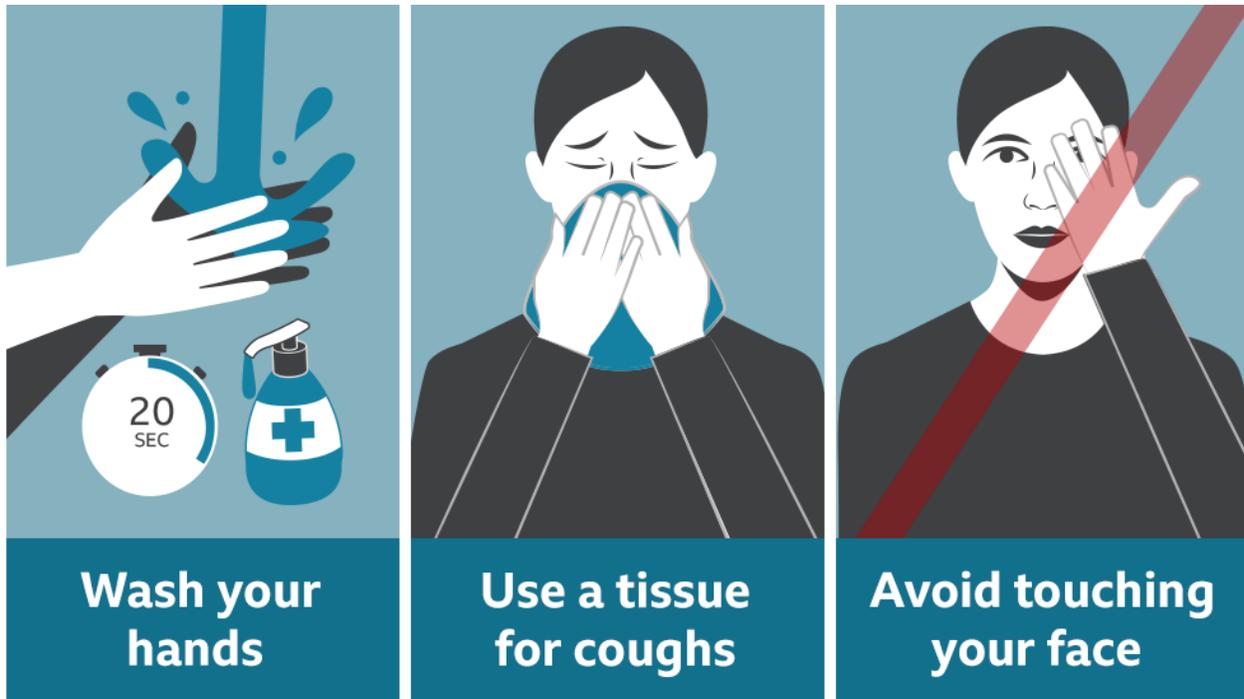


# Learning about COVID-19



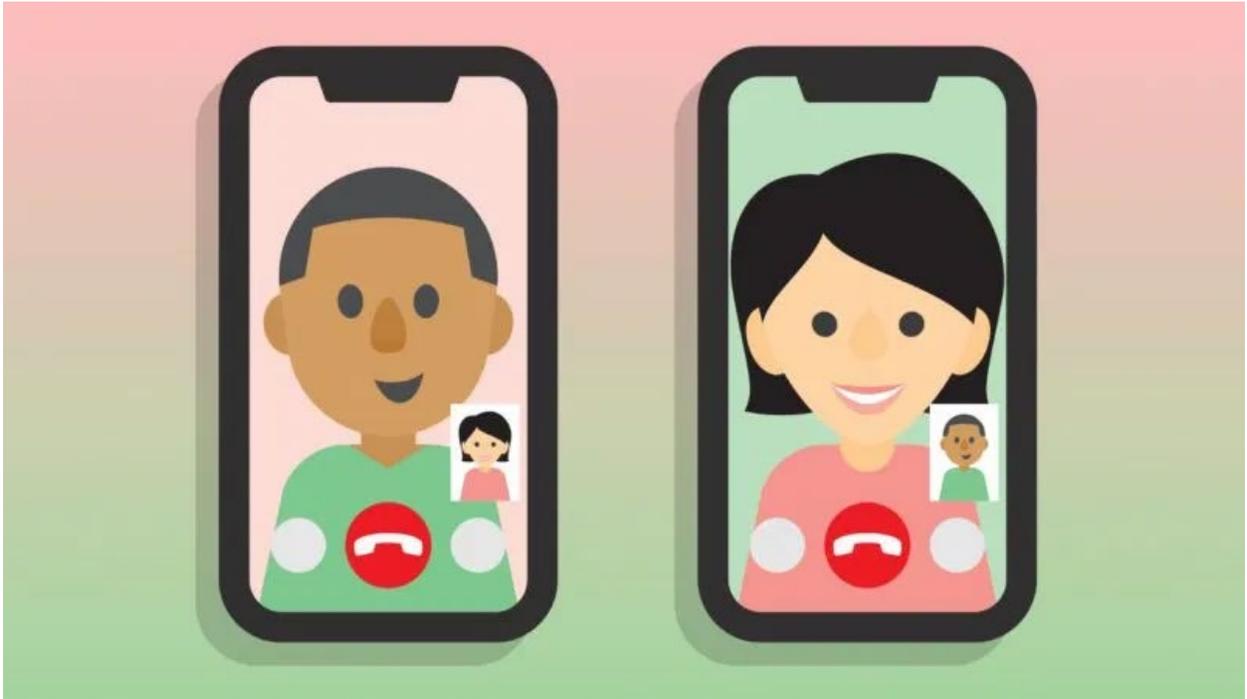


There is a lot of information about COVID-19 right now. COVID-19 is a virus that can make people feel sick. They might have a fever, cough, or have trouble breathing. Another name I might hear for COVID-19 is Coronavirus.



COVID-19 can be spread in different ways, such as shaking hands, giving high fives or touching items that other people have touched.

It is okay to touch items in my own home. It is important to wash my hands and cover my mouth when coughing or sneezing. I can cough or sneeze into my elbow or a tissue, then throw the tissue in the garbage. I should also try not to touch my face. This helps to not spread any germs.



I might not be able to see family and friends right now and this is okay. I can talk to them on the phone, text or video chat. I can also draw them a picture, make a card or write a letter.



There are a lot of places closed right now. I might not be able to go to school, stores, lessons, and other places in my community. It is important to stay home as often as possible to help stop COVID-19 spreading to other people. Here is a list of fun activities to do at home:

---

---

---

---



If I start to feel sick my family will take care of me and might want me to visit a doctor. I might feel worried about myself, my family or friends getting sick and this is okay. I have been sick before and know that I will need to rest and do things differently, but I also know that I will feel better soon.



It is normal for people to have different types of feelings when they hear about COVID-19 or when things are closed. If I feel this way, this is okay. I can talk about it to my parents or a person that I trust.

Here are some ways I can feel better:

---

---

---

---

# WASH YOUR HANDS



1 WET HANDS



2 SOAP



3 WASH FOR 20 SECONDS



4 RINSE



5 DRY



6 TURN OFF WATER  
WITH PAPER TOWEL

I will remember that washing my hands and using hand sanitizer is the best way to help keep myself and other people safe!

# The End

*Although face to face services at Bethesda have been suspended, clinicians are still working remotely and are available to offer support where needed. If you require support, please leave a message at 905.684.6918 ext. 170, and one of our Service Coordinators will call you back within 2 business days.*