

HELLO!

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



My name is Coronavirus

MANUELA MOLINA - @MINDHEART.KIDS

WWW.MINDHEART.CO

CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

I love to travel...



and to jump
from hand to
hand to say Hi

**HIGH
FIVE**



Have you heard about me?

YES

NO

And how do you feel when you hear my name?



Relaxed



Confused



Worried



Curious

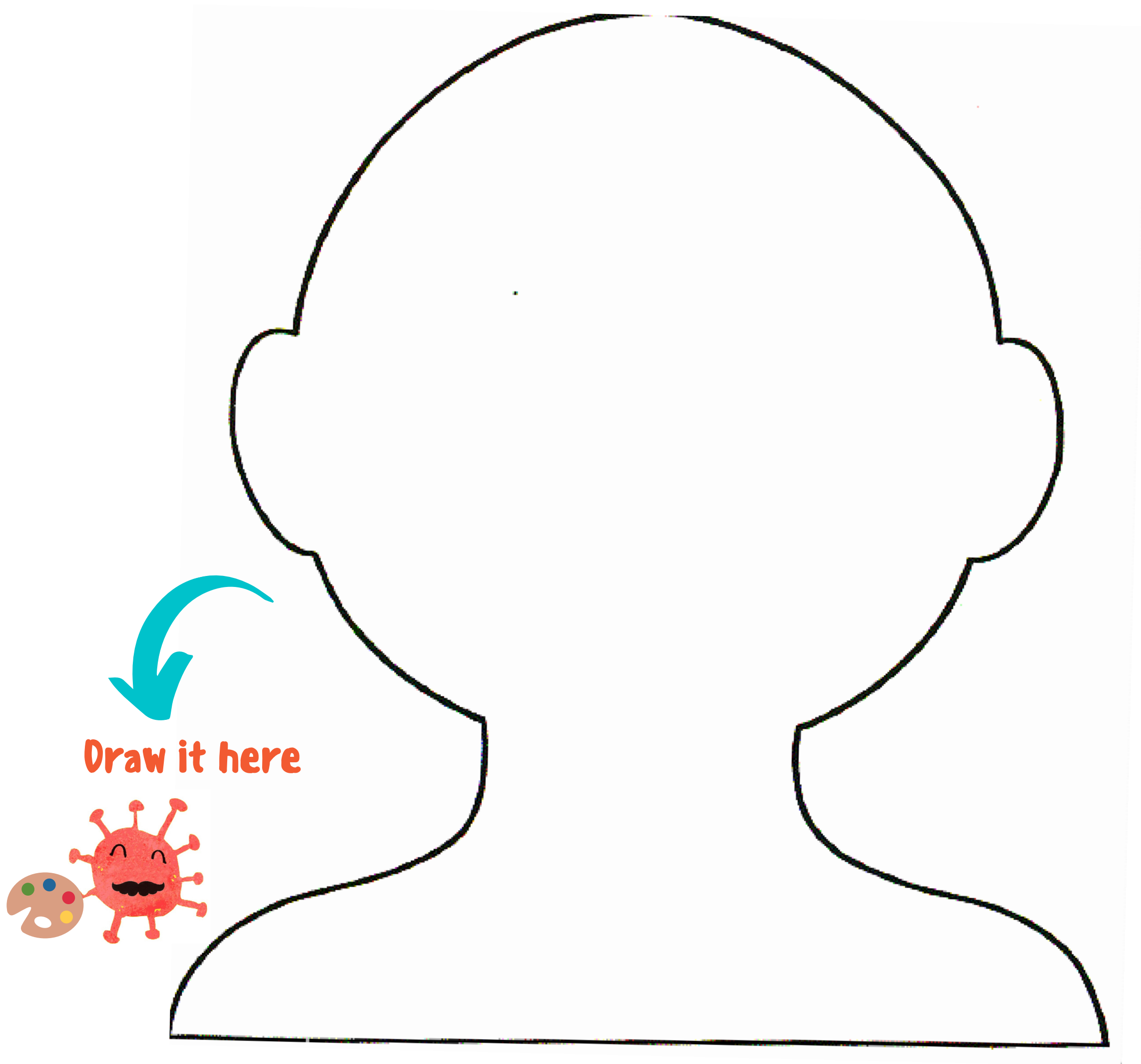


Nervous



Sad

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



But I am going to explain myself...

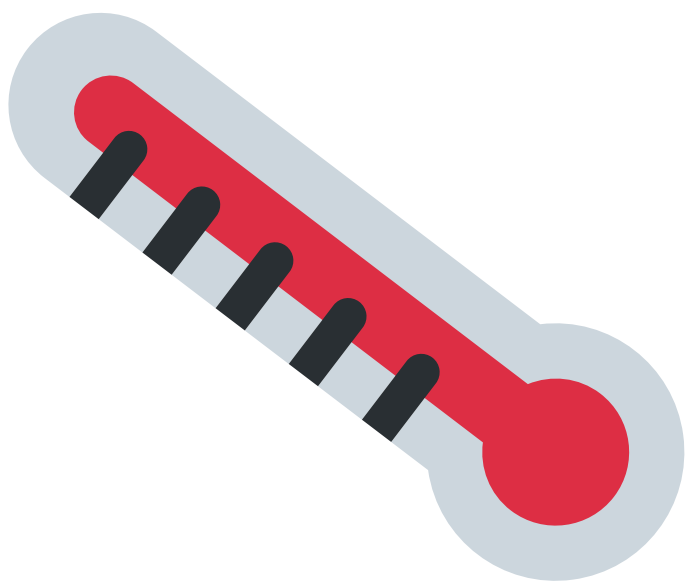


So you can understand...

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...



Dont 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.**



MANUELA MOLINA - @MINDHEART.KIDS

WWW.MINDHEART.CO

CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

THE END



Download this PDF here:

www.mindheart.co/descargables

Author:

Manuela Molina Cruz

Instagram: @mindheart.kids

manuela_825@hotmail.com

CC BY-NC-SA 4.0 Internacional Public License