What is Coronavirus &
Why do I have to stay home?

Right now, there is a virus that is making people sick all around the world. **A virus is a type of germ that makes people sick. This one is called coronavirus.** Doctors all over the world are working really hard to find a good medicine to kill this virus and keep people healthy.
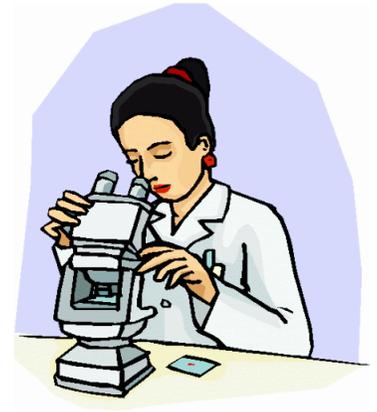
Coronavirus is very contagious, which means that it spreads very easily from person to person. But, viruses cannot live if they do not have a person to infect. So, if we stay away from other people, we can stop the virus from spreading.

This means to stay home with our families, and **no playdates right now**, even if we see other people playing together, the best thing we can do to stop coronavirus is to stay away right now. **We can FaceTime or Skype instead!**

The teachers want to make sure that people do not bring coronavirus to school and get other kids and adults sick. This is why the schools are closed after Spring Break. This is to keep everyone safe and healthy.

When the virus has been stopped, and people are not getting sick from coronavirus anymore, we can go back to school and see our friends!

Nicole Chapman
—Behaviour & Special Education Consultant—

How can I stay healthy?

When everyone stays home and far away from other people, the virus will not be able to make more people sick!
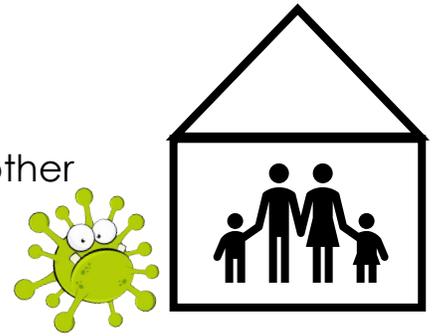
But there are a few more things we can do to make sure we stay healthy…

☑ **Wash hands WITH SOAP** after using the bathroom, before eating, and any time you cough or blow your nose. This will kill the virus if it is on your hands.

Happy Birthday to you…

☑ **Wash hands for 20s** so you don't miss any spots. This is as long as singing "Happy Birthday" 2x in a row.

☑ **Wear clean clothes and have a bath at least every second day**. This keeps our bodies clean and healthy.

☑ **Cough like a vampire!** Pretend you have a cape, pull it in front of your face an cough into your arm.
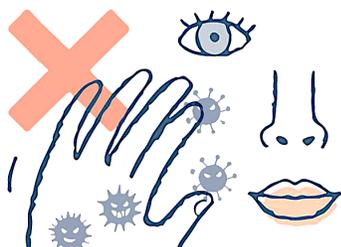
☒ **Don't touch your face** because the coronavirus likes to get into your body through your nose, mouth, and eyes, and we don't want to help it get there.

Nicole Chapman
—Behaviour & Special Education Consultant—