

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 INTERNATIONAL 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

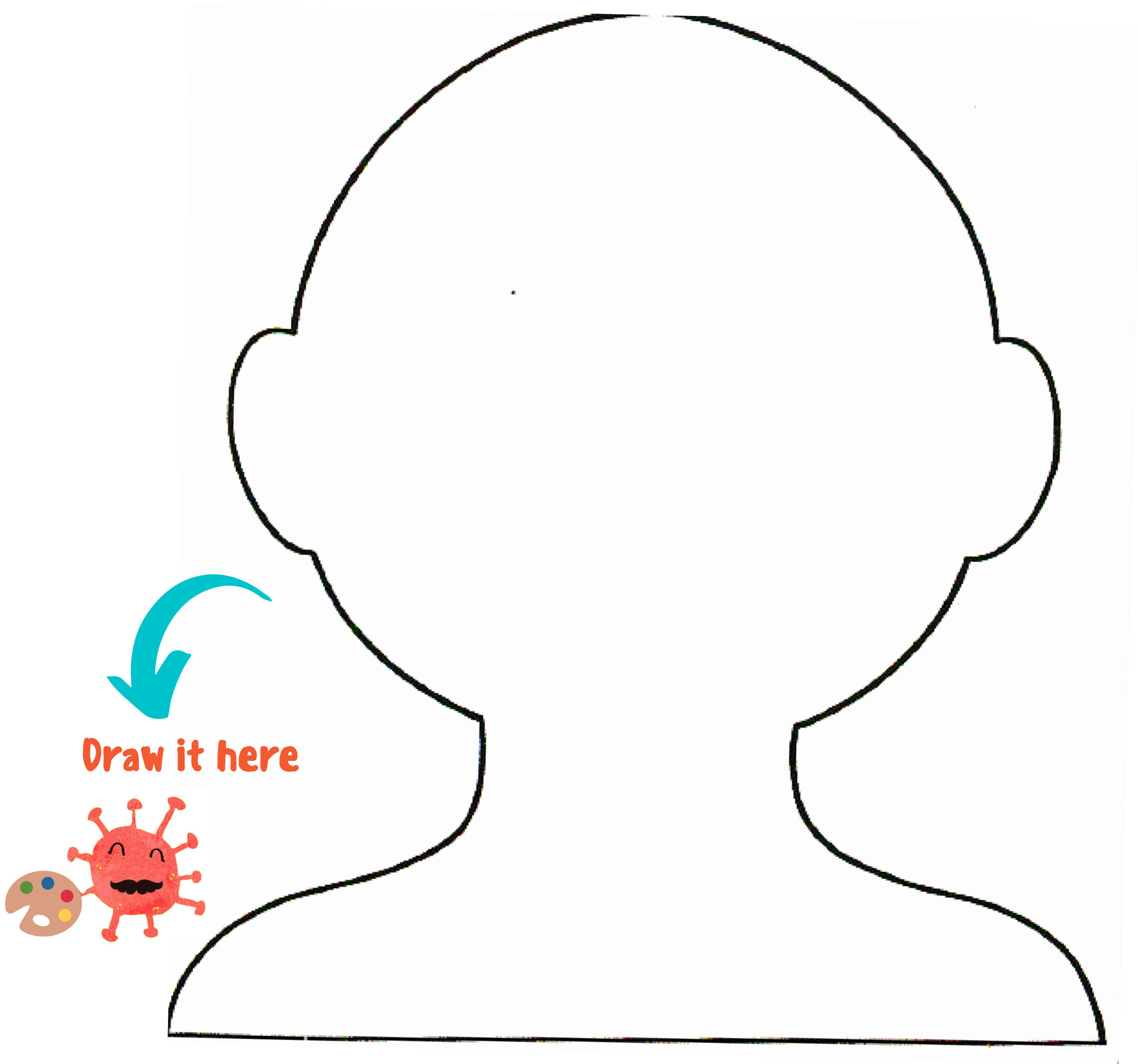


Nervous



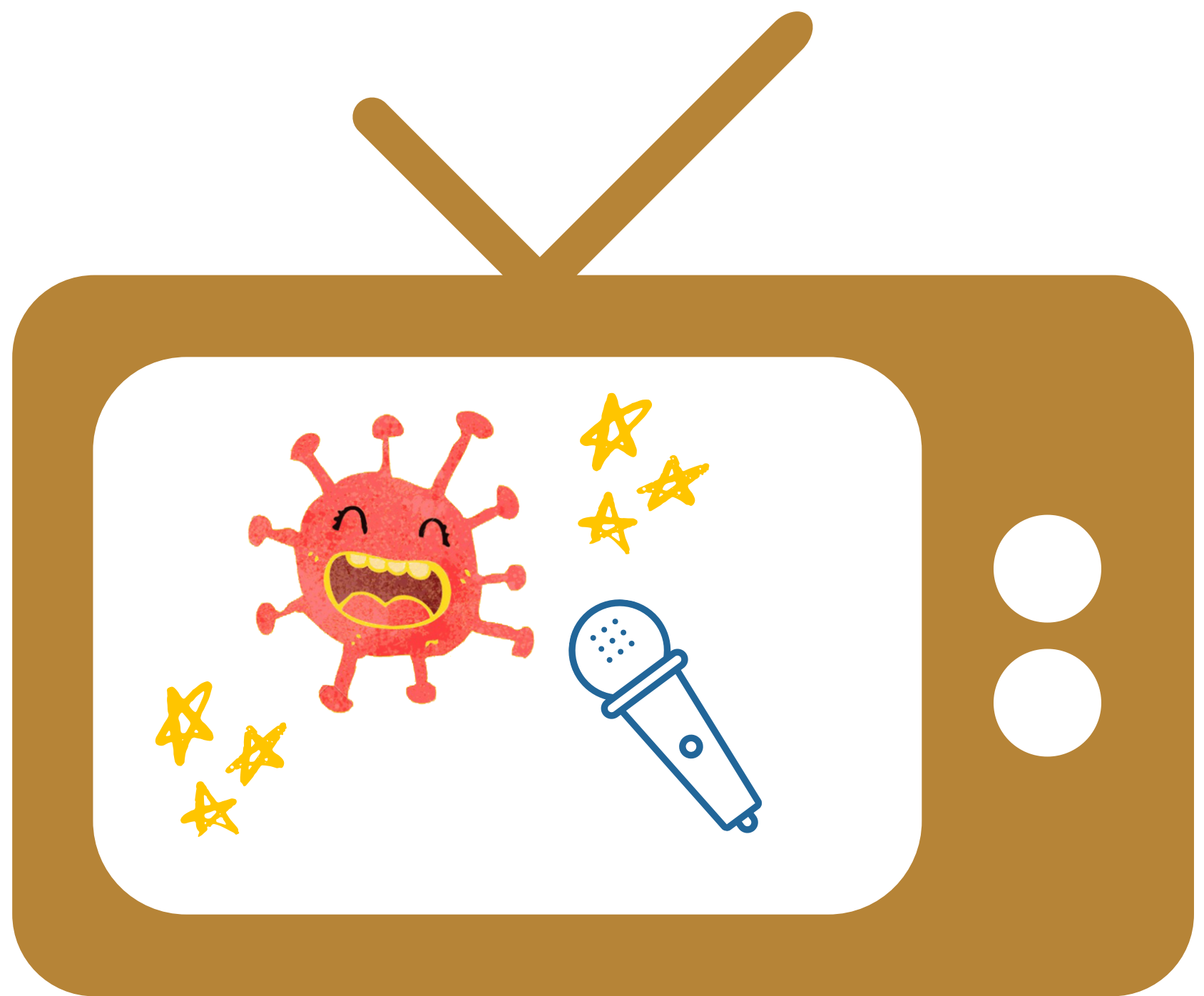
Sad

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...

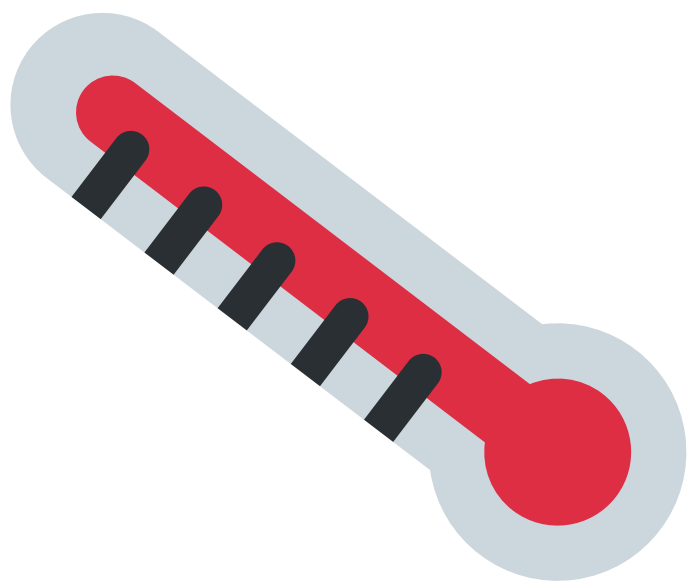


So you can understand...

When I come to visit, I bring...



Difficulty breathing



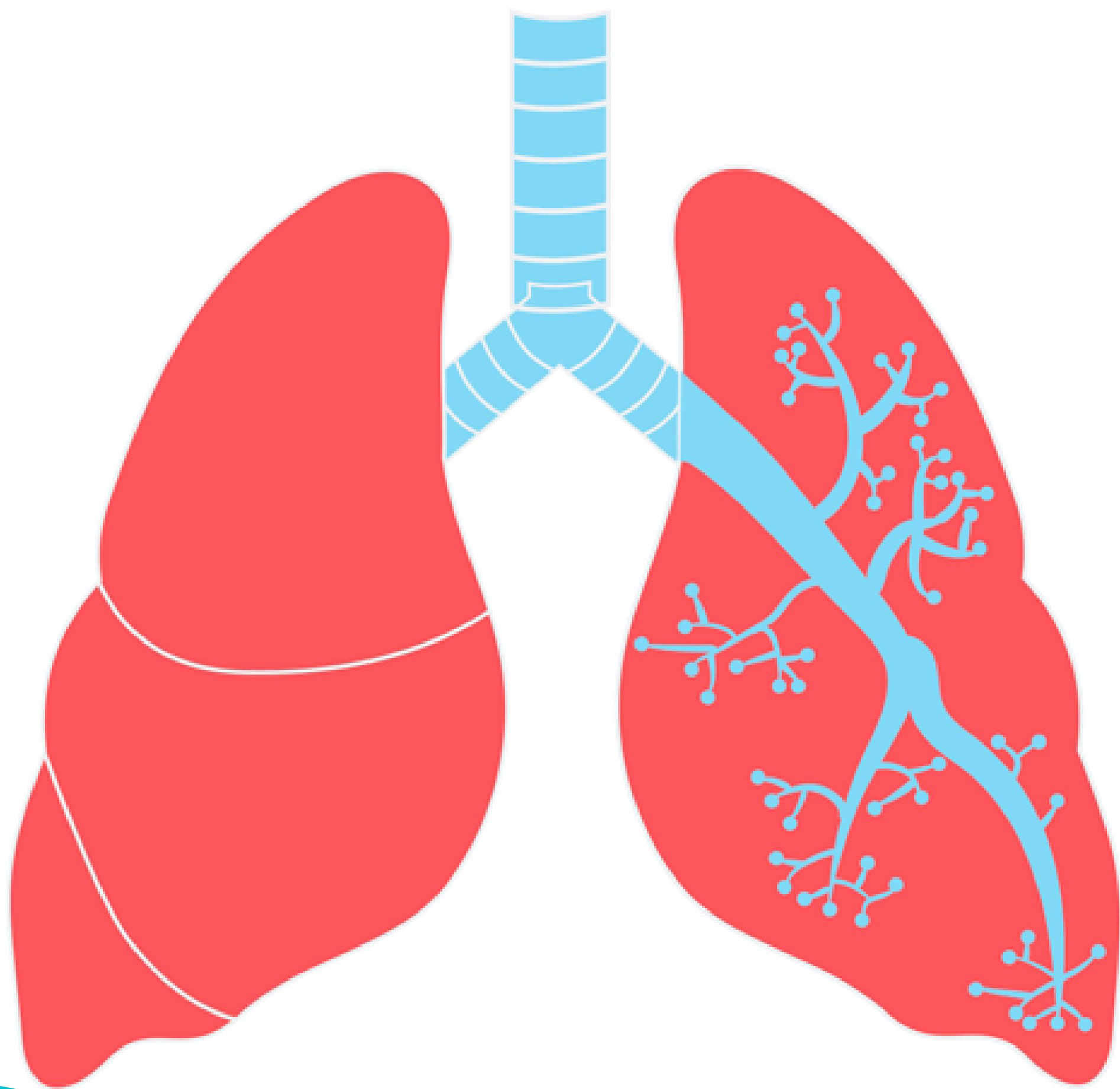
Fever



Cough



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



**Just like when you get a
scrape on your
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

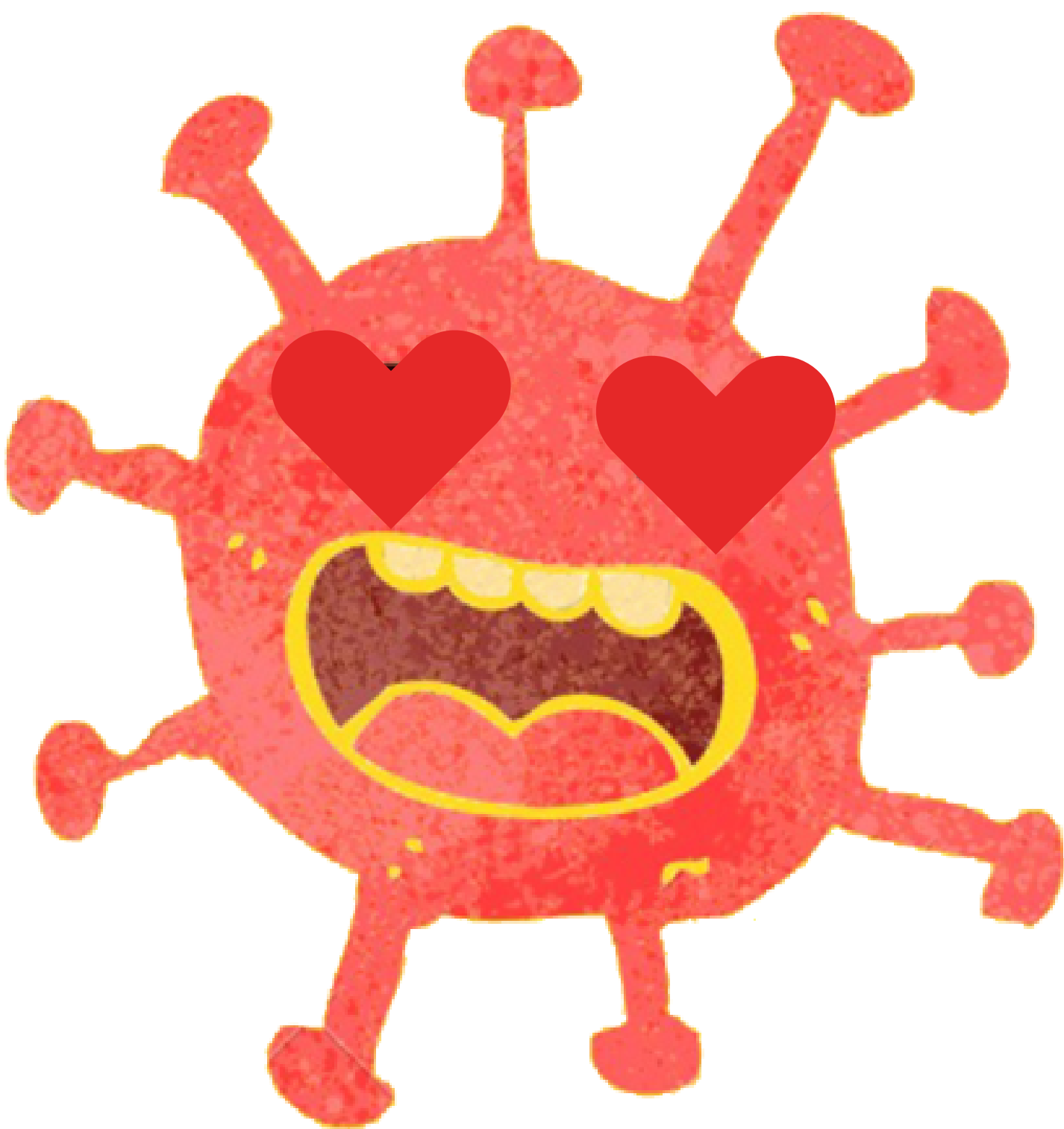
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

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

**IF YOU DO ALL THIS YOU
ARE LESS LIKELY TO
CATCH ME.**



**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 INTERNATIONAL 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 International Public License