



# HAVE NO FEAR—WE'VE GOT EVERYTHING YOU NEED TO KNOW RIGHT HERE

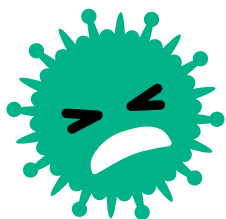
Understanding the facts and keeping your body and mind strong are like superpowers in the fight against COVID-19. And when you share that info with friends and family, you're doing your part to keep your community safe...just like a real-life superhero!

## WHAT?

### WHAT IS CORONAVIRUS?

Coronaviruses are a group of viruses that can make us sick. The funny name, coronavirus, comes from the Latin word “corona,” or “crown.”

This is because when scientists examine the virus under a microscope, the spikes on its surface look like a crown.



If a person is infected with a coronavirus, they may feel like they have a cold. However, it's important to see a doctor to make sure it doesn't turn into something extra-yucky, like pneumonia.

## WHO?

### WHO CAN CATCH IT?

People at any age can catch coronaviruses.

## WHERE?

### WHERE DID IT COME FROM?

Coronaviruses may have been around for hundreds of years; no one knows for sure.

The coronavirus everyone is talking about right now is called “novel coronavirus.” No—it's not a book you have to read for school. It's called “novel,” as in, “new.” This particular coronavirus is being referred to as COVID-19 (because it emerged in the year 2019).



## WHY?

## WHY ARE PEOPLE SO NERVOUS?

When we don't understand something—just like a tough math problem—it's normal to feel overwhelmed. There's also a lot of talk in the news about COVID-19 and that causes people to feel extra worried. It's important to remember that just because you hear something from a friend or see it on TV, that doesn't necessarily mean it's true. If you have questions, talk to a grown-up you trust to help you understand the facts.



## WHY ARE THEY WEARING MASKS?

Sometimes masks can help prevent the spread of germs, and some people feel safer wearing them. But experts say that masks are not necessary at this time—unless you are sick. Masks help people who have cold/flu keep the germs to themselves, but don't really protect you from getting sick if you're well.

## HOW?

## HOW CAN WE PROTECT OURSELVES AND OTHERS?

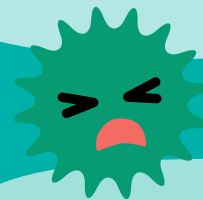
Do the same things you always do to prevent the spread of germs.



Avoid touching your face with your hands. That means no nose-picking, eye-rubbing or wiggling on those loose teeth!



Be a good hand-washer. Sing the “happy birthday” song while using soap and hot water, and dry hands well with a disposable towel.



Stay away from people who are sick, and stay home if you aren't feeling well.

