

COVID-19: What Every Elementary-Schooler Needs to Know

This information is a product of collaboration between the UNR School of Medicine and the Washoe County School District.
All information has been reviewed and approved by a board-certified physician.

**Let's learn about COVID-19 (also called Coronavirus Disease 2019).
Grab your crayons, colored pencils, or markers and let's get started!**

You can get a parent or sibling to help you learn, and when you're done you can check your answers on page 3.

1. What is COVID-19 (circle the correct answer)?



A) A germ



B) A Zebra



C) A spatula



D) A disinfectant spray



E) C3PO's best friend

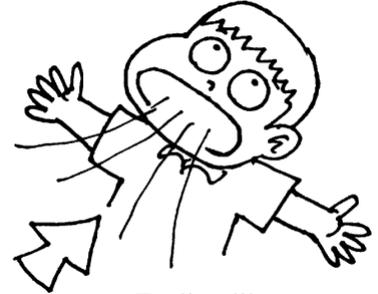
2. Color in the common symptoms (ways the germ can make you feel sick) of COVID-19:



Cough



Fever



Feeling like
you can't
breathe

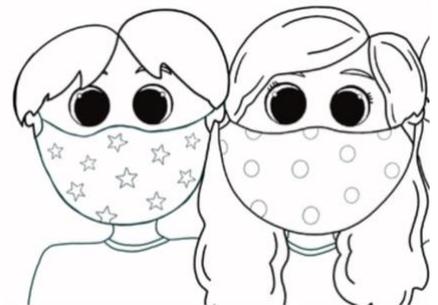
3. How can you help stop the spread of COVID-19 and other germs (circle or color all that apply)?



Wash your hands



Cover your cough
and sneeze



Wear a face mask when
you go outside

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4. How do you feel when you hear about COVID-19 (circle any of the feelings you feel)?

5. Name three things you can do to make yourself feel better when you're feeling down:

1. _____
2. _____
3. _____

★ Tip: If you are having trouble thinking of something, examples are playing with toys, talking to my sister, going on a bike ride with my family.

Zoom with us!

We can talk about other ways to keep your spirits up and talk about how COVID-19 affects you. Tell your parents if you would like to join us!

- UNR Med-sponsored Zoom sessions are being offered to families in Washoe County for emotional support during COVID-19 (see link below!)
 - Different virtual meeting sessions will be held for parents, high school students, middle school students, and elementary students in order to provide different, age-appropriate coping mechanisms and support systems to help individuals through the COVID-19 pandemic.
- Your parent can **click the link below to sign up** for a Zoom session:

<https://bit.ly/35W66c8>



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ANSWER KEY:

1. COVID-19 is a type of germ called a virus! There are different kinds of germs that can spread many different ways and can make you or your family sick.
2. Color in the symptoms: fever, cough, and feeling like it's hard to breathe are some of the ways that COVID-19 makes people feel sick.
3. All are correct!
 - a. It's important to wash your hands with soap and water for at least 20 seconds (how long it takes to sing the ABC's song!) after using the bathroom, after you use a tissue, and before eating.
 - b. Covering your cough is a good way to prevent the spread of germs to other people.
 - c. Wearing a face mask helps protect other people from getting sick.
4. Everyone feels differently when they think about COVID-19. Some people might feel sad or upset, feel like they miss their school friends, or you might feel happy. Any feeling is completely normal, and other people feel the same way you do!
5. The things you do to make yourself feel better are unique to you! Here are some suggestions you can try:
 - a. Take 5 deep breaths
 - b. Take a break in a calm space
 - c. Count to ten
 - d. Play with your favorite toy or favorite board game
 - e. Talk to your family members about how you're feeling
 - f. Call or video chat a friend
 - g. Play with a pet
 - h. Read a book

There are so many different options you can do! It is completely up to you!

Great job completing this activity. Hopefully you learned a little about COVID-19! Now you can teach your family about what you learned!

