

What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system such as the lungs, nose, mouth, throat, and all other body parts involved in breathing. It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So, if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touches their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!



Who can get Coronavirus?

Everyone can get Coronavirus, but it affects some people more than others. Healthy children and adults are at minimal risk for getting really sick but people 60 and older are at high risk as well as people that have health problems such as asthma and diabetes.

Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings. We are staying home from school to slow the virus from spreading. If too many people become infected at once then the hospitals will run out of what they need to help people get well.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean.
2. Try to avoid touching your nose, mouth, eyes, ears, and face with unwashed hands.
3. Practice healthy habits such as eating healthy foods, drinking lots of water, exercising and getting plenty of sleep.
4. If you need to sneeze use a tissue. If you need to cough do so into your arm/elbow.



What can I do if I'm feeling worried?

Breathe it Out

If your body is feeling restless or hyper, take some time to sit and slow down your breathing. You can practice hot chocolate breathing or take 5 breathing.

Get help from your circle of support

1. Talk about how you are feeling with the people you trust at home.
2. Video chat or call loved ones.
3. If you have questions' ask the people you trust to help you understand.



Set daily goals

Stay focused on things you can do. Set small daily goals and keep track of them, such as reading goals, exercise goals, and kindness goals.

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family
2. Have a dance or karaoke party
3. Paint, draw, write, and create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, over to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.

