Dear adults,
The team at the Therapeutic Family Care Program made this story to help explain the Coronavirus and social distancing to children.

Hey!
What’s going on here?
Let’s find out...
Have you heard of something called the **Coronavirus**? Sometimes people call it **COVID-19** too.

That’s me!
The Coronavirus is a germ. This germ makes people sick. Kind of like getting a cold.

Most people who get sick from Coronavirus will get better on their own. Some people have to go see a Doctor to help them get better.
The Coronavirus is super sneaky!
It can move from person to person and we don’t know it.
The Coronavirus likes to move. It has travelled all around the world. The more it moves, the more people get sick.
So we have to come up with a plan to stop the germ from moving around!

And we are going to need your help!

Are you ready?
Because the germ likes to travel from person-to-person, we need to keep our distance from other people right now.

That’s called **social distancing**.

It helps stop the germ from making more people sick!
That means that kids all around the world are going to stay at home with their family.

When we are social distancing, we won’t be able to go to school or other places with lots of people.
Stay at home forever???
But I am going to be so bored!!!

We don’t know how long we are going to need your help to stay home just yet.
But it won’t last forever.
Some of the things that my family and I can do while at home....

- Play games
- Play outside
- Talk to friends or family over the phone

What are some of your ideas?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
No school? Social distancing? Staying at home? These are some really big changes.

You might have lots of different thoughts & feelings about all these changes...

When will things go back to normal?
I miss my friends
I am worried
This is hard
I’m confused

How do you feel about what’s happening right now?
_________________________________
_________________________________
_________________________________
Who are some of the people that can help you feel safe?

Who helps take care of you?

Draw us a picture!

Pssst...... Don’t forget to wash your hands 😊