

WHEN PEOPLE GET THE NEW CORONAVIRUS

A PRINTABLE STORY

It's common for children to worry about the new coronavirus and what will happen if a loved one gets COVID-19. Or perhaps you now have a family member or friend with the virus, prompting questions and concern from your child. This printable story provides age appropriate information about what happens when people get the new coronavirus.

Anxiety is fueled by a need for reassuring comfort and information, so it's helpful to answer children's questions rather than avoiding them—even the tough ones. Of course, talking to young children about COVID-19 can be challenging, especially when we remain worried and uncertain ourselves.

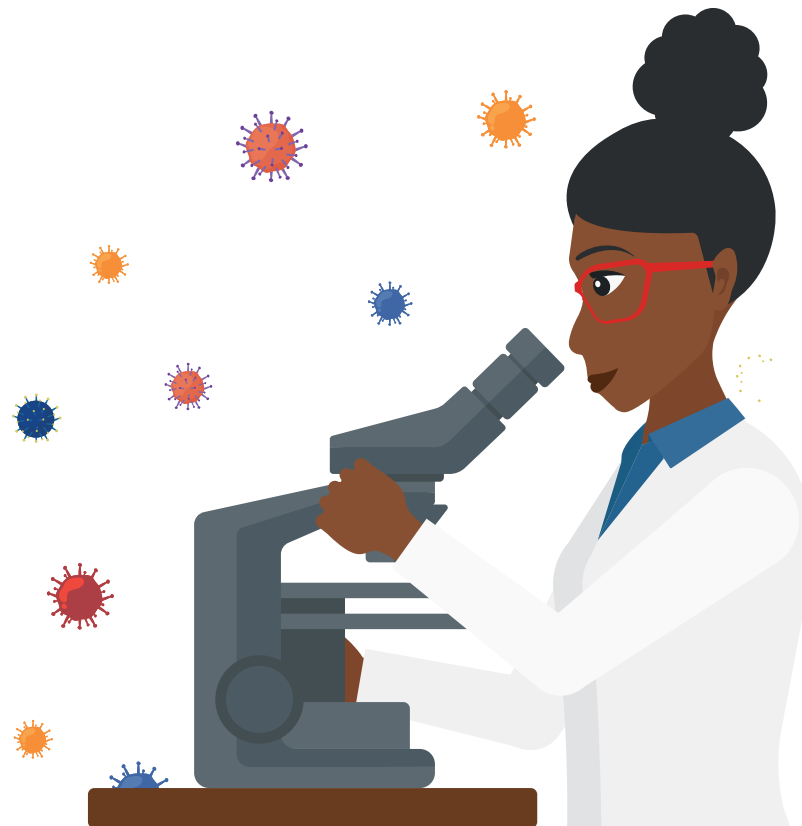
This simple story is a useful support as you discuss what a virus is and what happens when people get COVID-19. It also reminds children that we can take precautions to keep ourselves and others safe, and that nurses and doctors are hard at work helping people who are sick.

Developed by Conscious Discipline Certified Instructor Abbi Kruse, this colorful story explains a complex topic in a way that children understand. Use it as a way to connect with your children while addressing their fears, answering their questions, and soothing their anxiety about the new coronavirus.



Created by Abbi Kruse, Conscious Discipline Certified Instructor

**A virus is something very small.
Viruses live inside people, animals,
and even plants.**

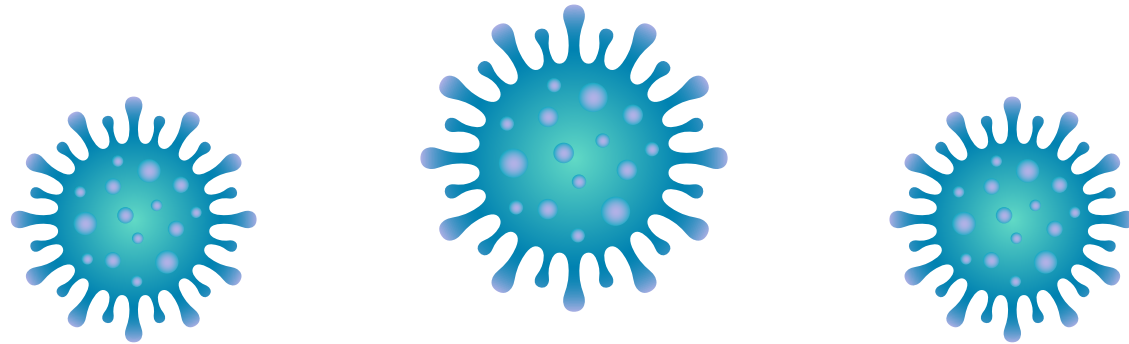


Viruses sometimes make people sick. You have probably had a cold before. A cold is caused by a virus.



When a person gets a virus, their body will fight against the virus. People usually get better quickly.





There are many kinds of coronaviruses. When scientists look at them under a microscope, they look like they have a crown. “Corona” means “crown” and that’s how these viruses got their name.

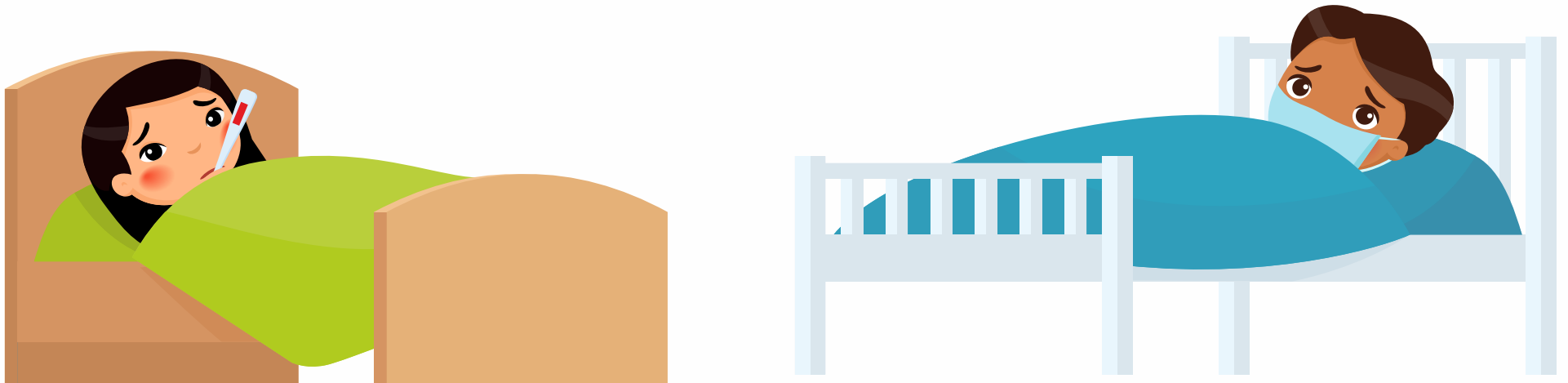
There is a new type of coronavirus called novel coronavirus. It is so new that our bodies don't quite know how to respond to it.



**Some people
who get the new
coronavirus won't
get sick at all.
They won't even
know they have
the virus.**



Some people with the new coronavirus will get a little sick. They will rest at home until they feel better.



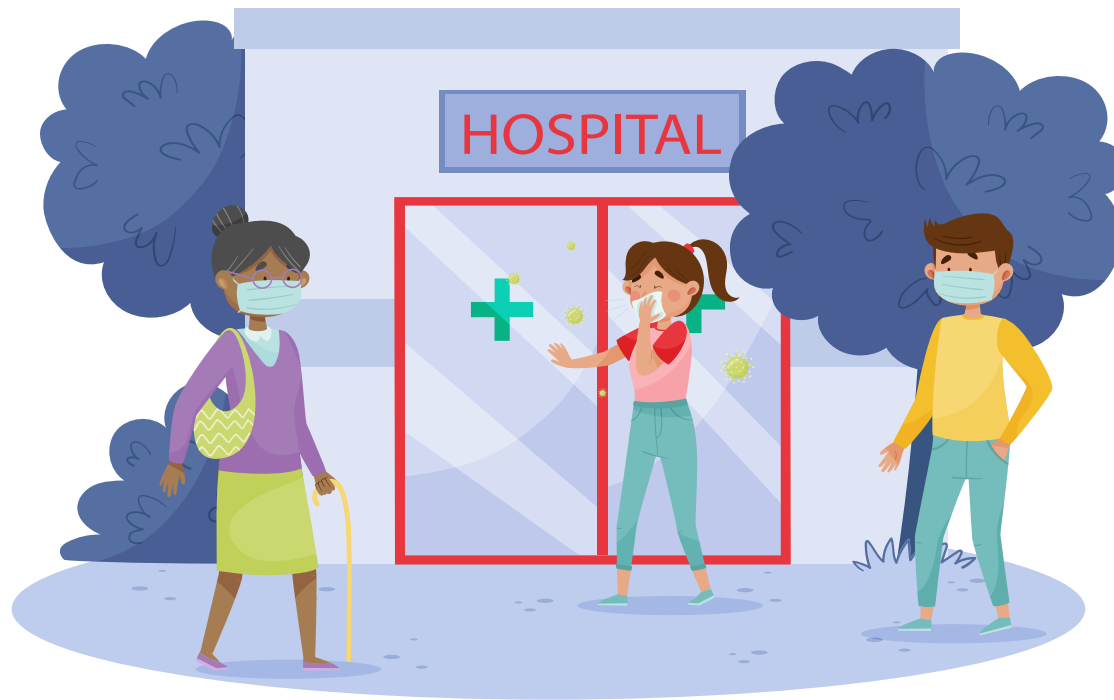
Some people who get the new coronavirus will need to go to the hospital. They will need help from doctors and nurses.



If someone we love gets sick from the new coronavirus, they may need to rest at home until they feel better.



If someone we love gets very sick with the new coronavirus, they might go to the hospital.



It is hard to be separated from people we love, but we know that the hospital is a place where sick people can get help from doctors and nurses.



**There are things
we can do to stay
healthy. We can
help to keep our
friends and families
healthy, too.**



**Washing our hands is helpful.
Keeping space between ourselves
and others is helpful. Wearing
masks is sometimes helpful, too. I
like to think about helpful things
we can do to stay healthy.**



**I also like knowing that doctors
and nurses are at the hospital
for people who need help.**

