

# COPING WITH COVID-19



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

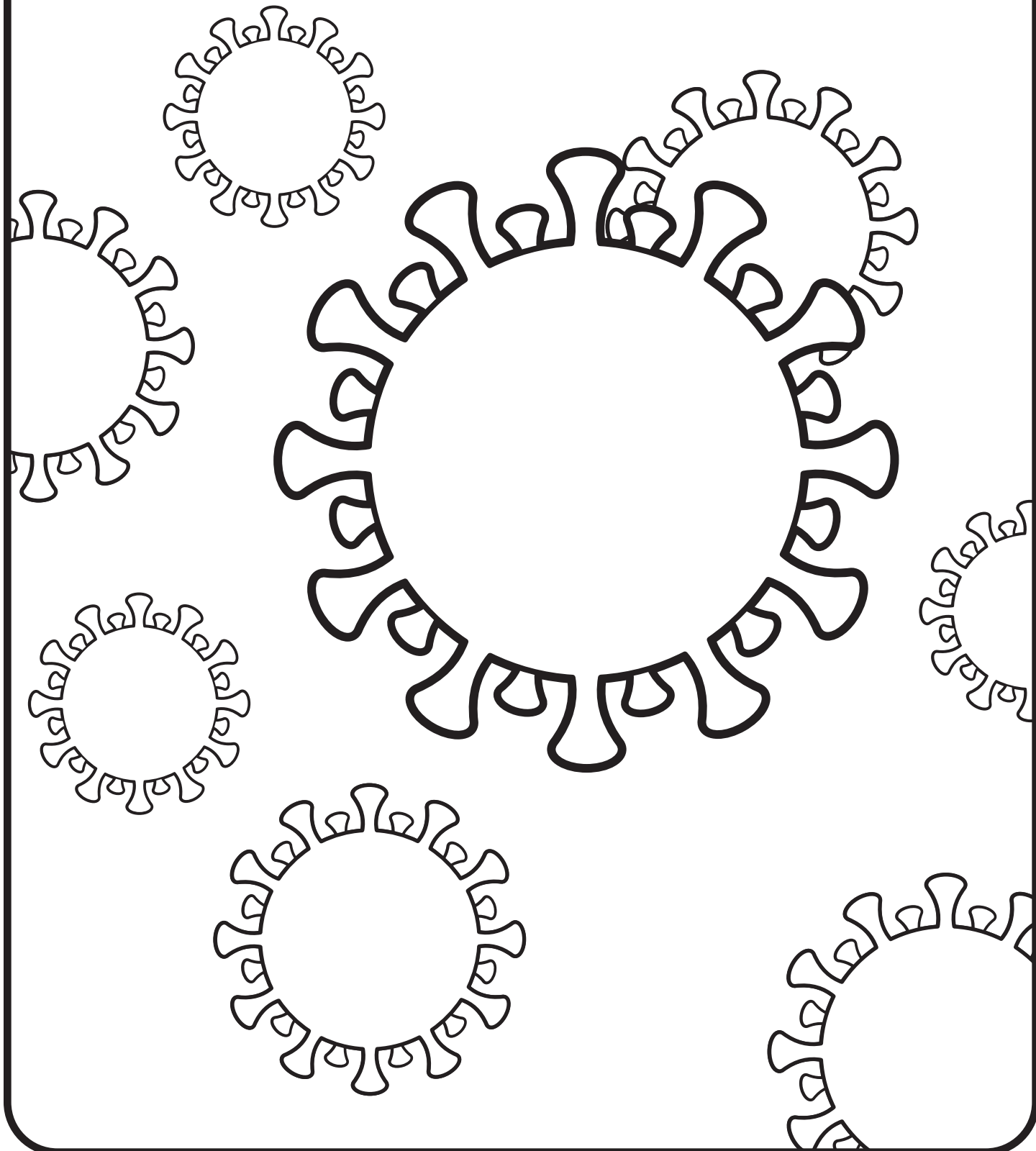


**NAME:** \_\_\_\_\_

**Note to Parents, Guardians, and Teachers**

The Centers for Disease Control and Prevention (CDC) has created *Coping with COVID-19* to provide parents, guardians, teachers, and young children with tips and activities to help the whole family cope with this public health emergency. The activity book is designed to serve as an interactive tool to help children cope with COVID-19 and its related effects, while furthering their understanding about this illness and its spread.

COVID-19 means “coronavirus disease 2019.” It is a disease caused by a new virus. This virus looks round with small points all around – like a crown. That’s why it’s called “coronavirus,” from the Latin word that means crown.



COVID-19 viruses spread from person to person when sick people sneeze, spit or cough. If you breathe in those viruses, they can make you sick. If you touch something with COVID-19 viruses on it and then touch your eyes, mouth, or nose, you could get sick.



# MATCHING

Everyone can take simple, everyday steps to help reduce and prevent #COVID19.

**Match the words with the picture.**

Do not touch your mouth, nose, and eyes.



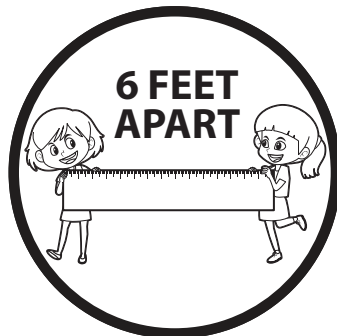
Keep your distance (6 ft) when around people who don't live with you.



Wash your hands often.



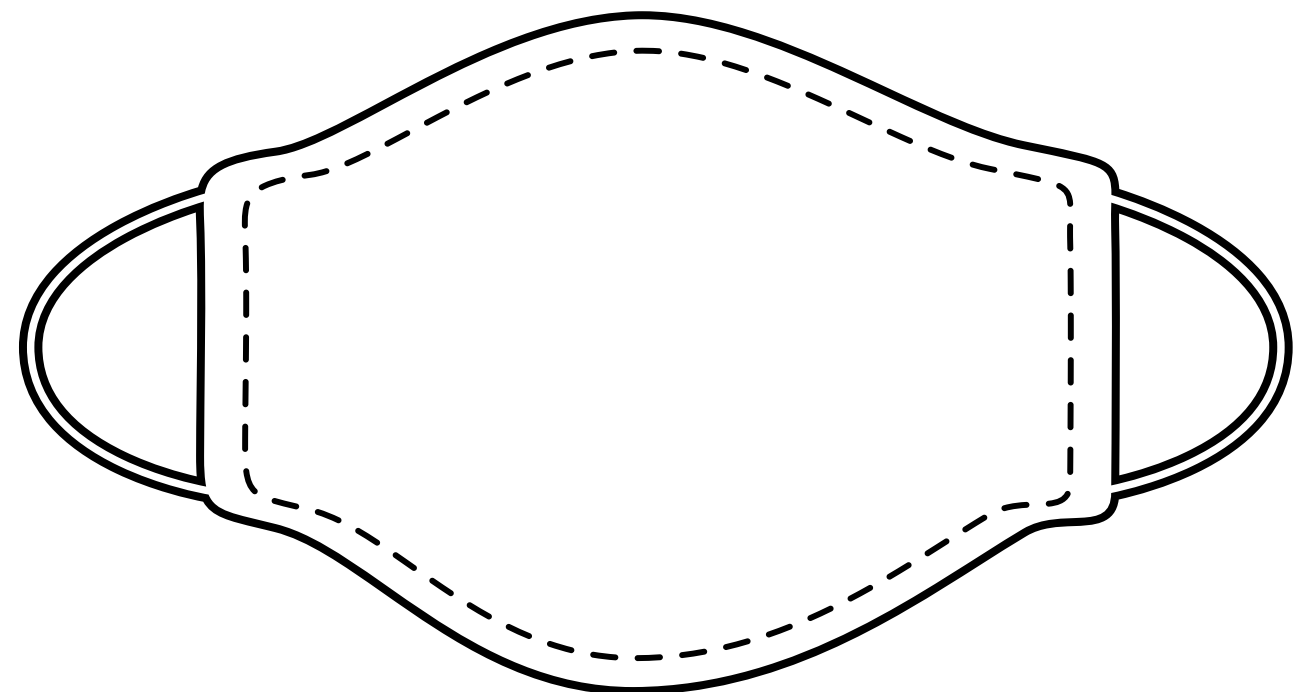
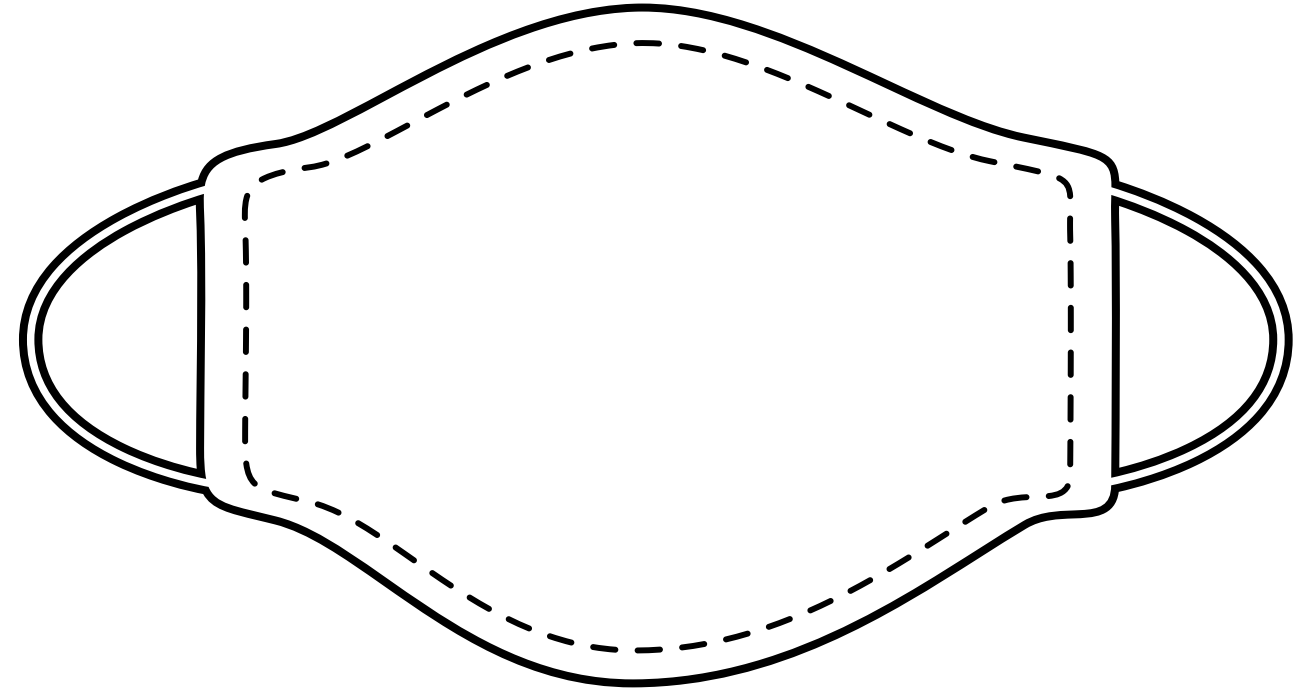
Tell your parents if you feel sick.



# DESIGN YOUR MASK

Some people who get COVID-19 might not feel sick. And they may get people around them sick without knowing. Wearing a mask is a way we can help protect others!

**Be creative! Color in your own mask... or a couple of them!**



Everyone can get sick with COVID-19, especially older people. That is why the kids are waving at their grandmother from the window instead of giving her hugs. We can help protect the people we love by keeping our distance.



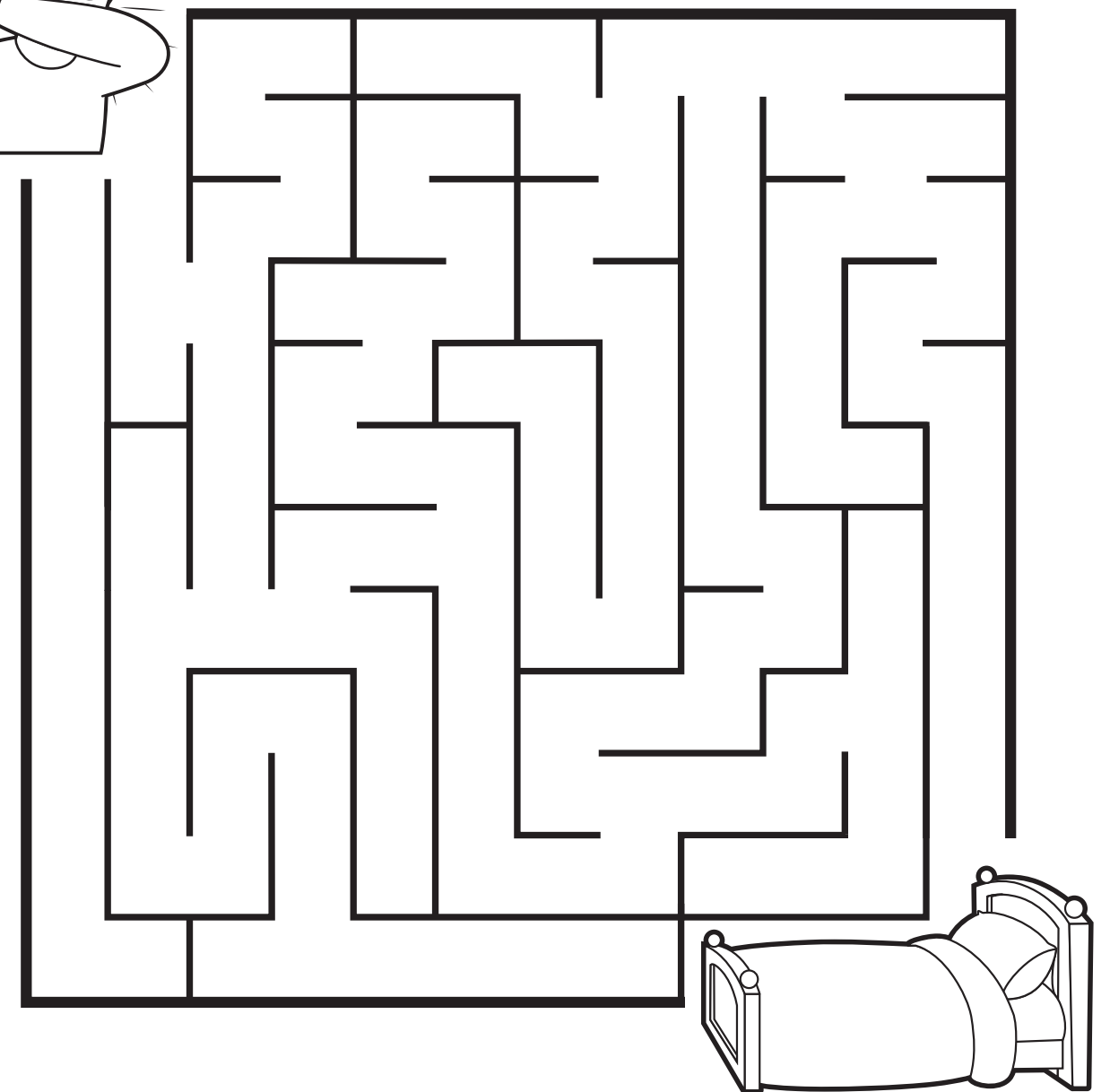
# MAZE

Dad does not feel good. He may be sick with COVID-19 or something else, and does not want to get other people or animals sick.

**Dad needs to rest! Trace a path for Dad to get to his bedroom.**



**START**



# SECRET MESSAGE

Mom is taking care of Dad. She brings him soup to feel better. Both Mom and Dad have a mask on. When Mom leaves the room, she washes her hands right away!

Use the key below to decode the secret message.

Hint: This helps prevent the spread of COVID-19.

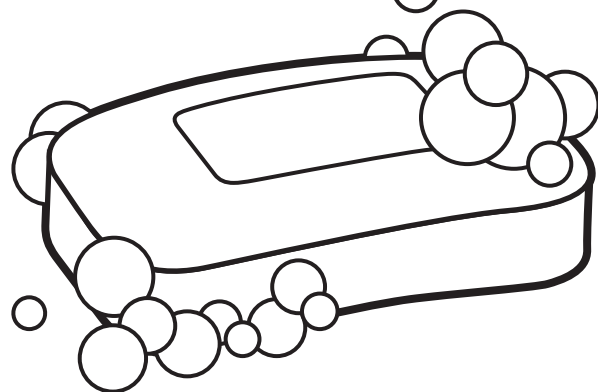
23 1 19 8

25 15 21 18

8 1 14 4 19

## KEY

7-G	14-N	21-U
1-A	8-H	22-V
2-B	9-I	16-P
3-C	10-J	17-Q
4-D	11-K	18-R
5-E	12-L	19-S
6-F	13-M	20-T
		23-W
		24-X
		25-Y
		26-Z



To protect yourself and others, wash your hands with soap and water for at least 20 seconds. Sing "Happy Birthday" twice as you wash.

Follow these five steps—wet, make bubbles, rub together, rinse, and dry.

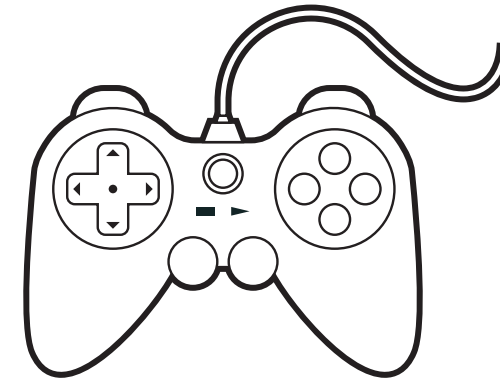


You can be a helper too! You can help your family by taking care of the dog, picking up your toys, or being extra kind to the people at home. If your brother or sister is sad or upset, tell a grown up.

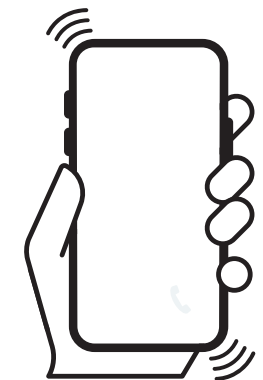


To stop COVID-19 from spreading, we should spend little time in person with people that don't live with us. Even if you cannot play in person with your friends, your parents can help you connect with them in many ways.

**Color the ways you connect with your friends.**



**VIDEO GAMES**



**CALL ON THE PHONE**



**VIDEO CHATS**

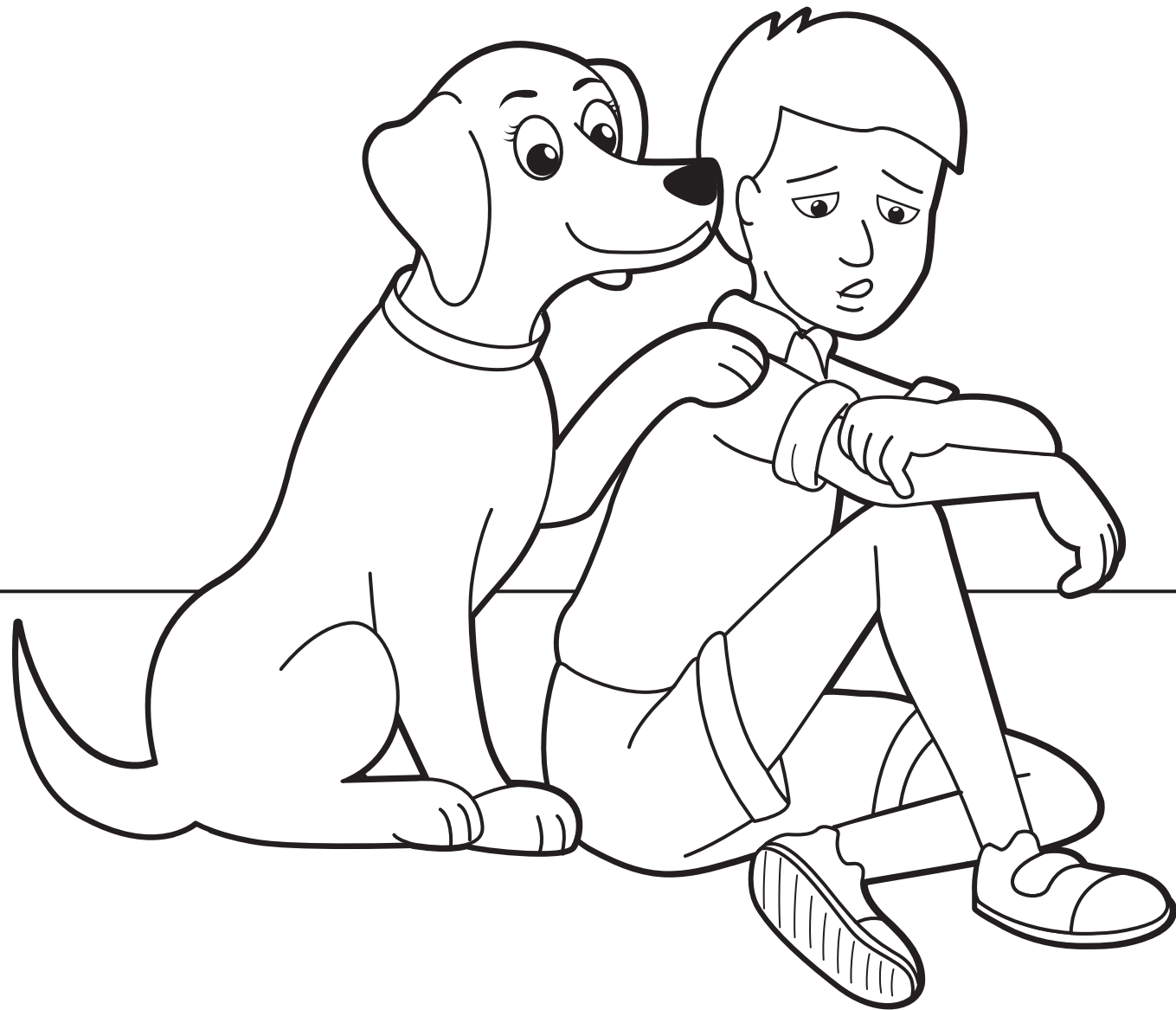


**EMAILS**

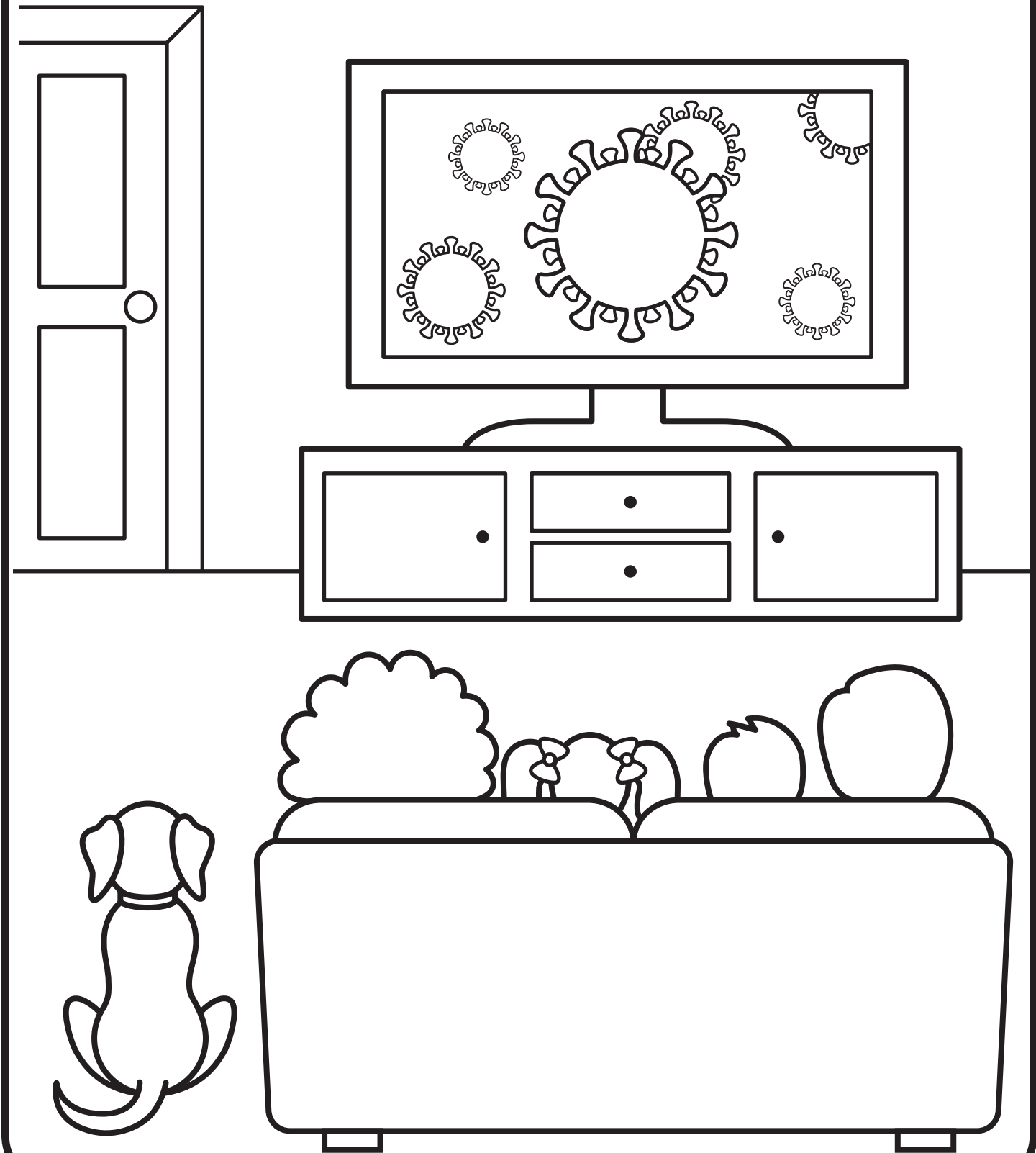


**WRITING LETTERS**

When a neighborhood or town has a lot of sick people, officials may ask people to stay at home. This may seem fun at first, and then scary and confusing. You should know this is not your fault.



Hearing a lot about COVID-19 can be upsetting. Remember to take breaks from watching, reading, or listening to news on COVID-19.



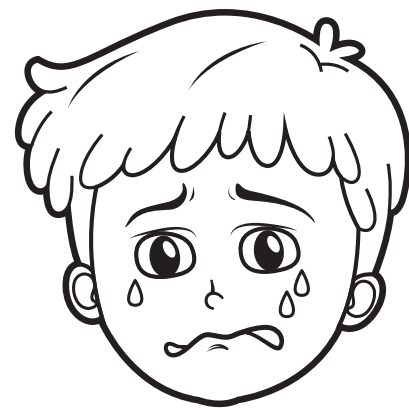


Diseases like COVID-19 can be scary for kids and grown-ups. It's okay to feel upset and ask questions.

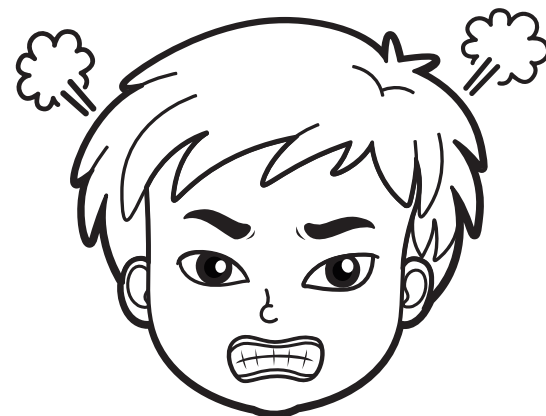
**How do you feel today? Circle one of these feelings or draw your own in the space below.**



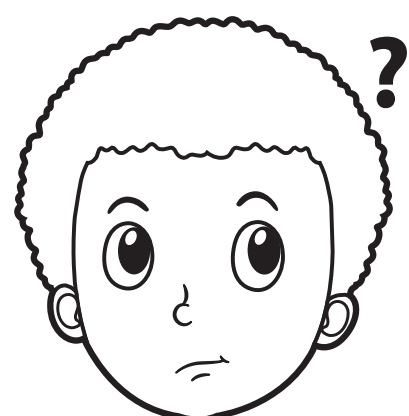
**HAPPY**



**SAD**



**MAD**



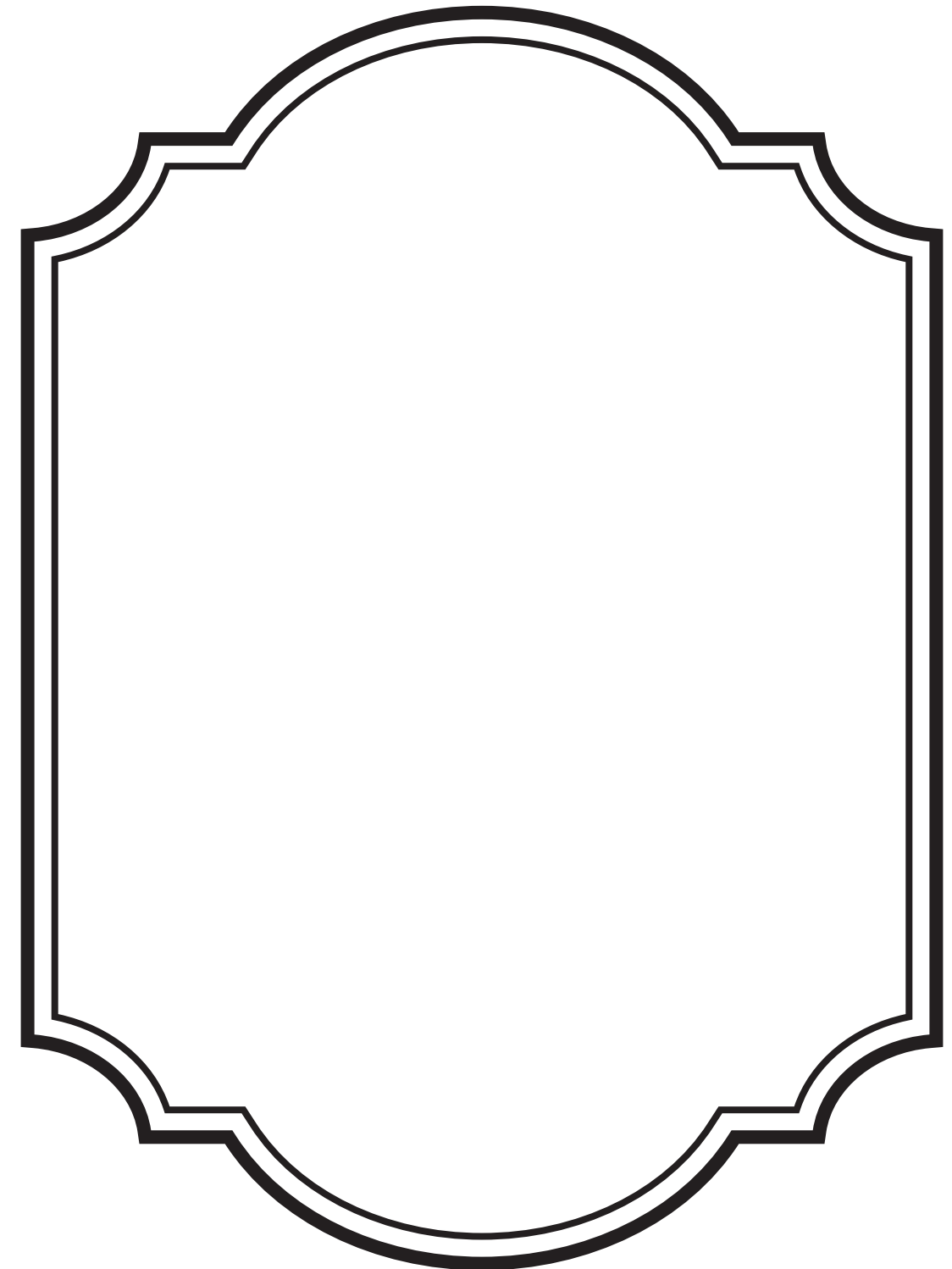
**CONFUSED**



**SCARED**

There are people all around you who can help! You will not be alone.

**Draw a picture of someone you can talk to when you need help.**



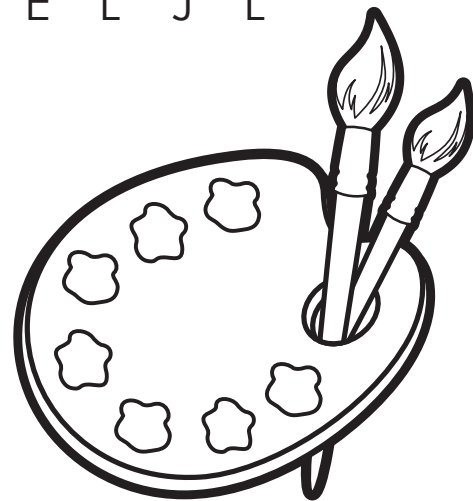
# WORD SEARCH

It's good to do something you like to do. Some kids like to read, draw, dance, or color. What do you like to do?

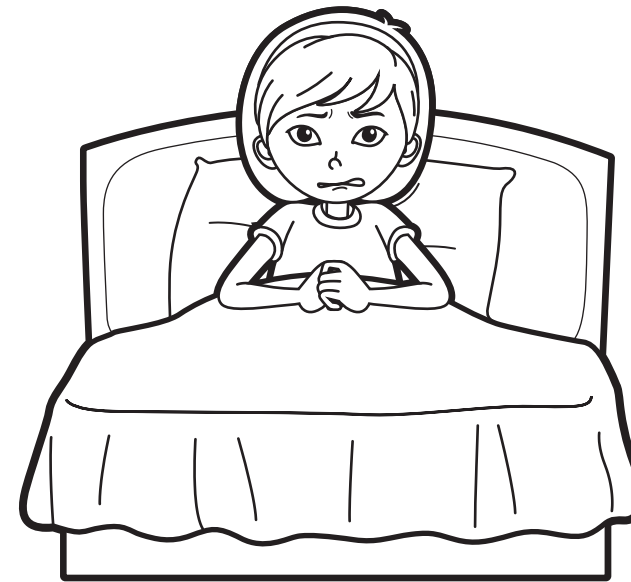
Help find all of the fun activity words below. The words can be across, down, or even diagonal.

A W R Q S E L D P G O N B  
 E J Z E Y S I N G N Q B E  
 Y I M Q A G J G J G Q U X  
 K A Y Q Z D S K I P X B H  
 G E W I T B C X S R T V X  
 Y A T M Y O C O D S J Q J  
 C Y A A H E Y N L Y R U N  
 D O L L W D E S P O R T S  
 A P A I N T A V A N R H C  
 R M C U E S R N M O F G Z  
 D H Z R E K Z R C K U U W  
 S D P X F D J B L E L J L

COLOR	PLAY	SING
DANCE	PRETEND	SKIP
GAMES	READ	SPORTS
PAINT	RUN	TOYS



You may feel different since COVID-19 started, compared to how you felt before. Tell a grown-up if you:



Have nightmares or are afraid.



Are sad or angry.



Don't feel like playing with your friends.

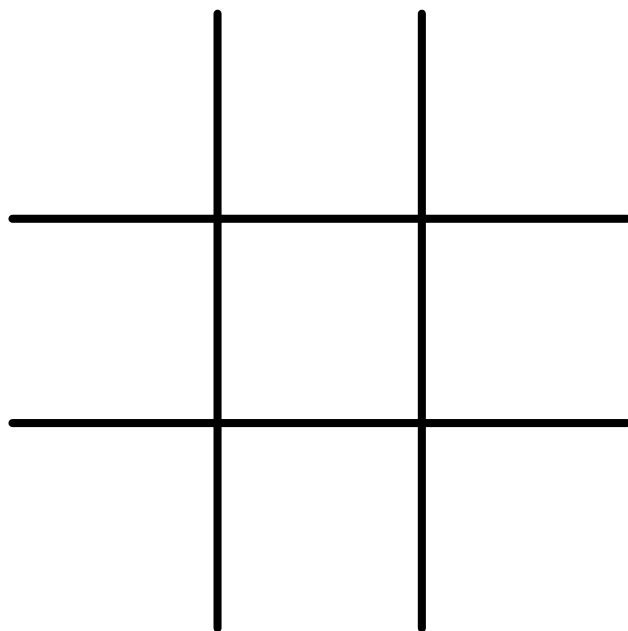
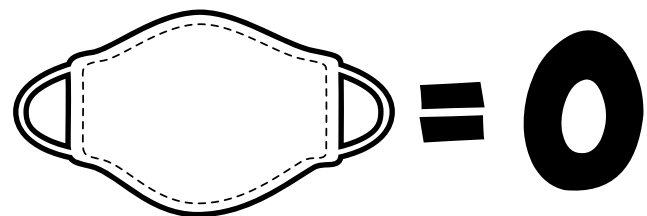
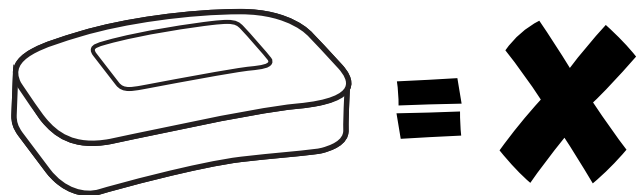


Have aches or pains that you don't usually feel.

# TIC TAC TOE

There are many ways to prevent COVID-19. We can wash our hands, wear masks, and stay at least 6 feet away from others. Remember to do all three!

Play tic tac toe with a twist! Xs are soap, and Os are masks.



# BE A HANDWASHING HERO!

Help your friends and family learn about how they can prevent COVID-19.

Color in the picture and become your family's Handwashing Hero.



Cut Here

# GREAT JOB!

\_\_\_\_\_  
(Your Name)

learned so much about COVID-19!

## Remember to:

- Wash your hands with soap and water!
- Wear your mask when you go out.
- Stay 6 feet away from people who don't live with you.

Things I learned about COVID-19:

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_





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For more fun activities visit  
[www.cdc.gov/phpr/readywrigley](http://www.cdc.gov/phpr/readywrigley)  
[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)