

COVID 19: I Can Help!

- Carol Gray

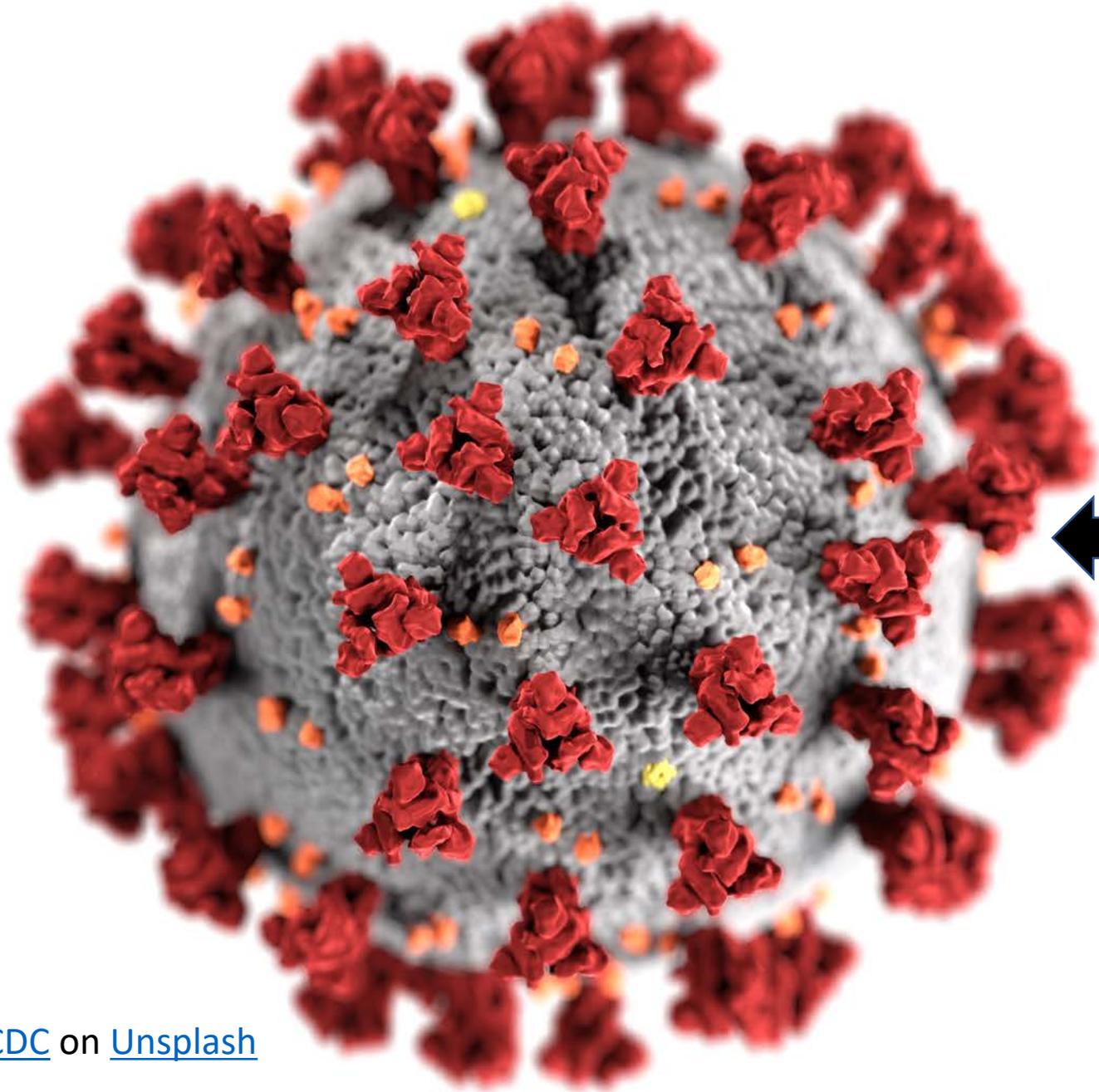
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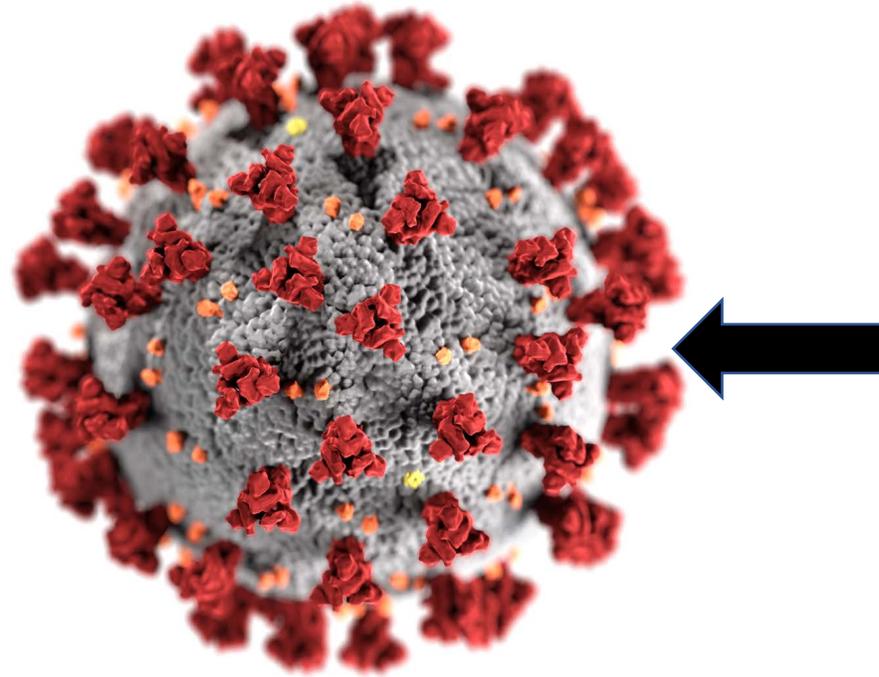
I am learning about a new virus called COVID-19. It is the cause of a *pandemic*. A pandemic is when many people in a large area become sick. COVID-19 is moving around the world from one person to another faster than colds or flu. Kids like me can help.



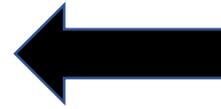
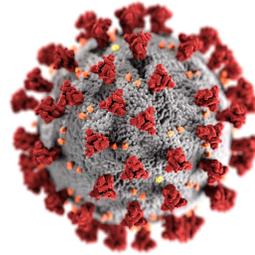
Like many kids, I learned to wash my hands when I was very young. It helps to wash germs away. A *virus* is one kind of germ.



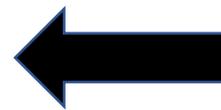
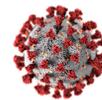
This is a picture of a COVID-19 virus taken with an electron microscope. A real virus is much smaller than this.



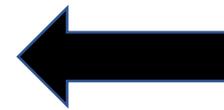
That's better,
except the real
COVID-19 virus is
much smaller than
this, too.



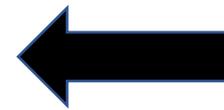
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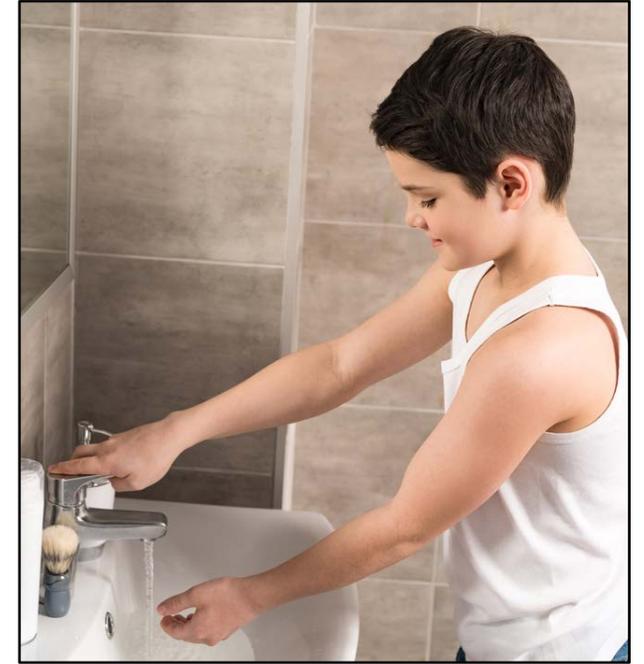
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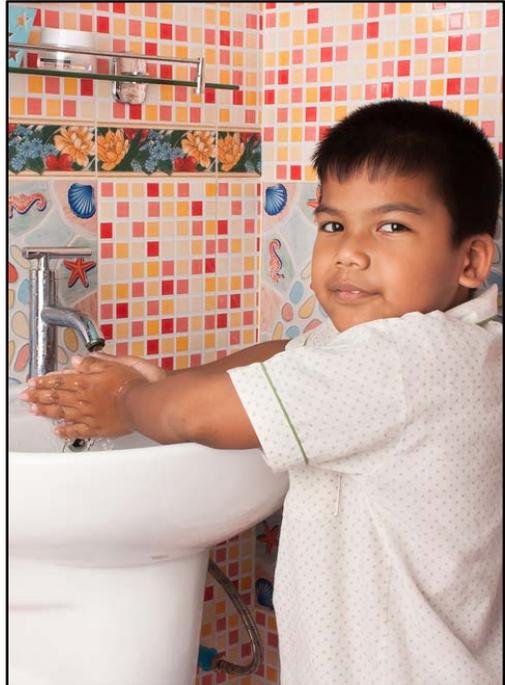
Yes, that's it! People need an electron microscope to see the COVID-19 virus.



The Covid-19 virus is smaller than tiny and causing huge problems for many people.



I can help!





I can help by washing my hands in warm water on all sides, rinsing well, and drying with a clean cloth. To make sure that I wash long enough, I may sing my favorite song or count very slowly to twenty. Washing my hands helps me stay healthy.





Especially during a pandemic, washing hands well and often helps to keep moms and dads healthy, too.



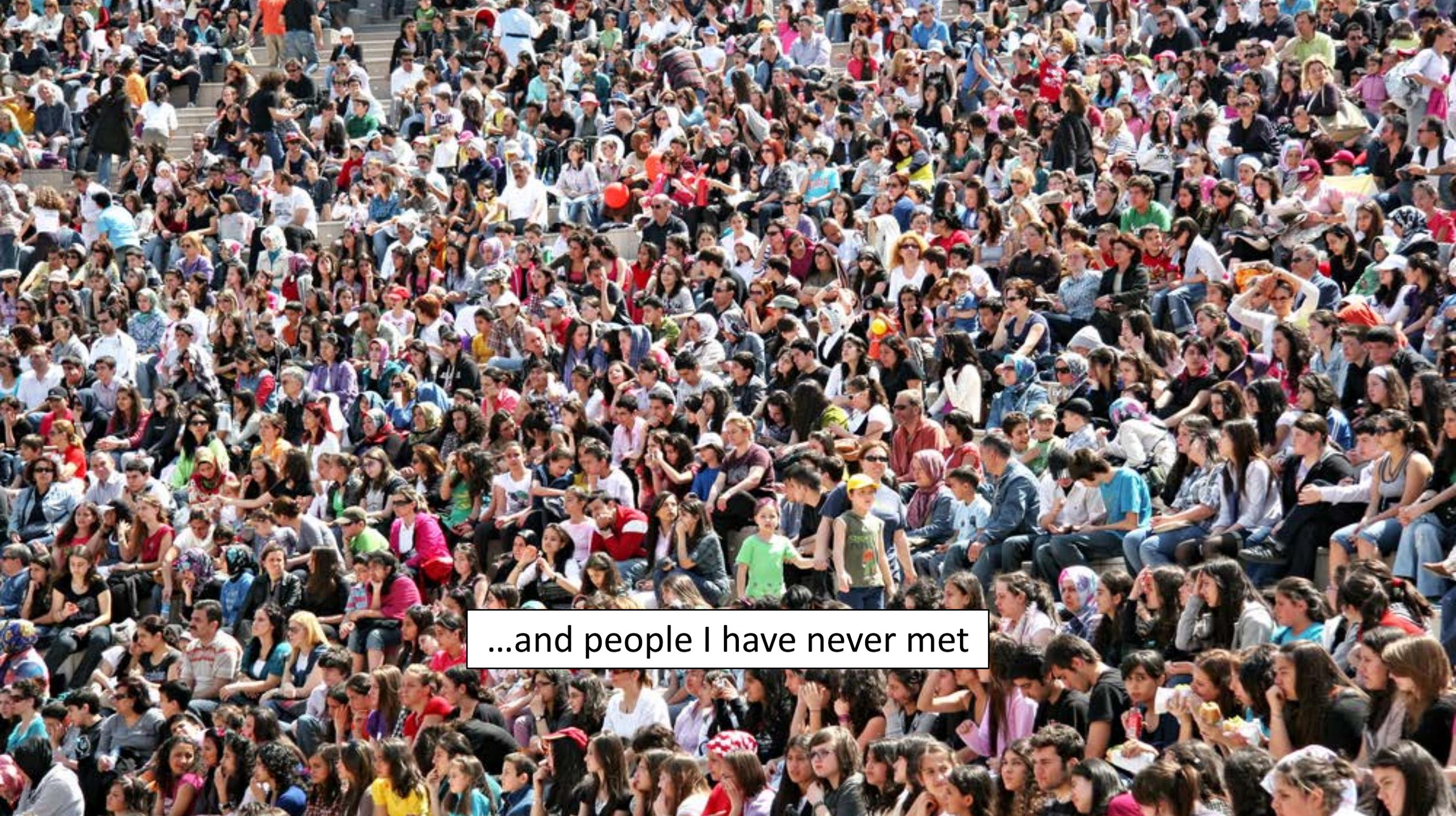
...and brothers and sisters...



...and grandparents...



...and friends...



...and people I have never met



In a pandemic, it's
amazing how kids can
help by washing their
hands well and often!
I will try to help, too!