

Caring for Each Other and Ourselves During the **CORONAVIRUS**



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Dear Parents,

The world is very different right now. It can be an overwhelming and scary time for everyone, especially children who aren't sure what to make of the current COVID-19 coronavirus. Young kids are used to going to school, seeing their friends, and playing outside. With everyone spending more time inside, we wanted to create a book that helps frame the coronavirus in a way young children can hopefully understand. It is also meant to serve as a helpful guide for kids. In the following pages, young readers will learn more about the coronavirus, how to stay healthy, and what they can do to hopefully feel more at ease in these difficult times. Together, we will overcome this!

Thank you for staying home with **CLEVER**.



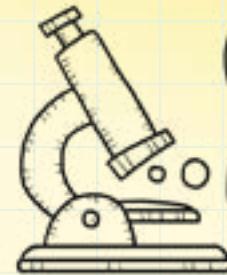
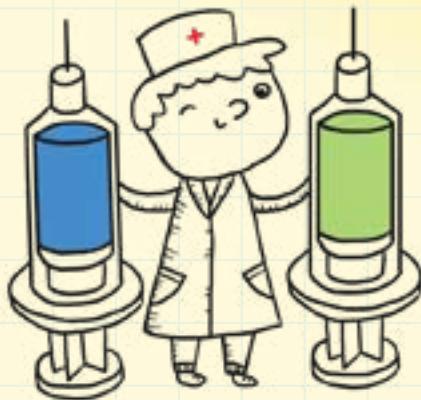
HEALTHY TIPS FOR KIDS AND PARENTS

- Wash your hands regularly with soap for at least 20 seconds.
- Listen to adults. They want to keep you safe and healthy, so always ask before doing something if you're unsure.
- Try to keep a routine. Wake up at the usual time you do for school. Try to concentrate as hard as you can on doing schoolwork at home. Take breaks when you need to!
- Eat a healthy breakfast, lunch, and dinner. Make sure you're getting your daily serving of fruits and vegetables!
- Make time for yourself. Do what makes you happy—whatever that is!
- Keep in touch with your friends and family. Call them on the phone, write them a letter, or talk to them virtually.
- It's important to do our part in helping to stop the spread of the coronavirus. But remember:

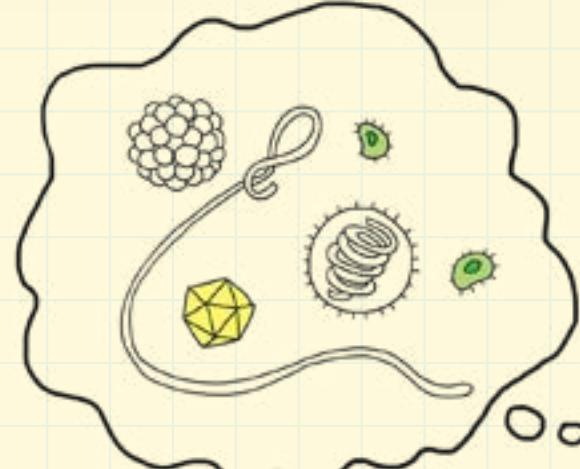
this won't last forever!



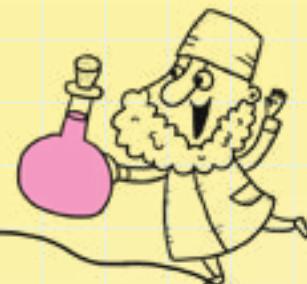
WHAT ARE VIRUSES?



You can't see viruses with just your eyes. You need a microscope to magnify them.



Viruses can be lots of different shapes. What shapes do you see under the microscope?



The **CORONAVIRUS** is a virus that can travel easily. If a person is infected with it, they can spread it to others through coughing, sneezing, and saliva.

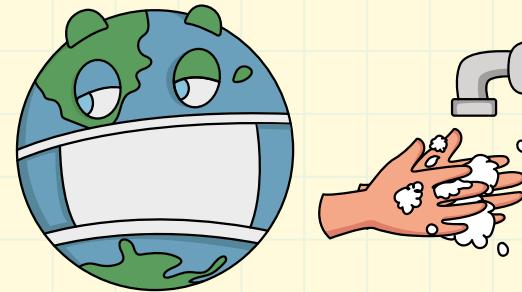


It's very important to cover your mouth when you cough or sneeze. Try to cough and sneeze into your elbow and not your hands, which can spread the virus if you touch something after.



Wash your hands immediately. Use tissues whenever you need to wipe your nose or touch your face.

Scientists have named this new coronavirus **COVID-19**.



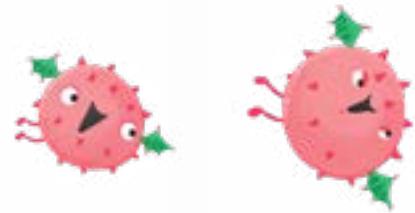
To protect against this virus, it is important to wash your hands a lot! Wash them after you blow your nose, use the bathroom, eat food, go outside, and touch lots of things. Wear masks and gloves when needed, too, to help prevent the spread.



The best thing we can do right now to help stop the spread of the virus is to stay home when possible. We know it's hard! But it will help keep the most amount of people safe and healthy.

This is what a coronavirus looks like under a microscope.





Germs, bacteria, and viruses seem invisible. We can't see them with our eyes, and they usually don't interrupt our daily lives. Sometimes, though, they have other plans.



One day, an especially bad coronavirus named COVID-19 decided to rule the entire world.

"I'm strong and can multiply easily!" the virus said. "I will find a new home in humans."



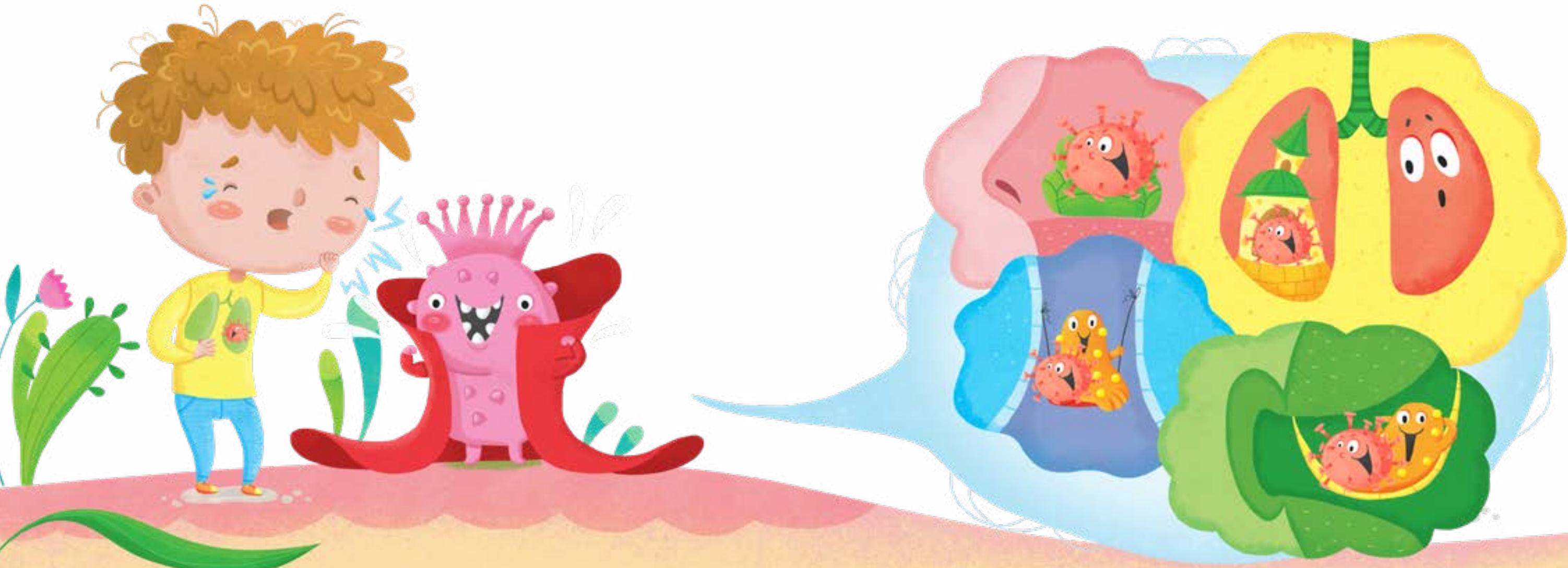
While people all over the world continued living their everyday lives—going to work, going to school, playing, and having fun—COVID-19 was quietly planning to take over.

It wanted to reach as many places as possible. How could it travel the globe?



“I know!” the virus declared. “I will live inside people’s lungs and multiply that way. When people cough or sneeze, I will spread to other people.”

The coronavirus likes to live inside people, where it thrives, but it is not so fun for the people who have it.



The virus is so mighty and so bad that even the other viruses are afraid of it.



The coronavirus is unlike anything people have encountered before. Scientists and doctors, however, are working hard to figure out everything about it.





One hard and scary thing about the coronavirus is that it is so small. It can't be seen by the eye unless it's under a microscope!



Unfortunately, that means it can travel with us into our homes if someone catches it.

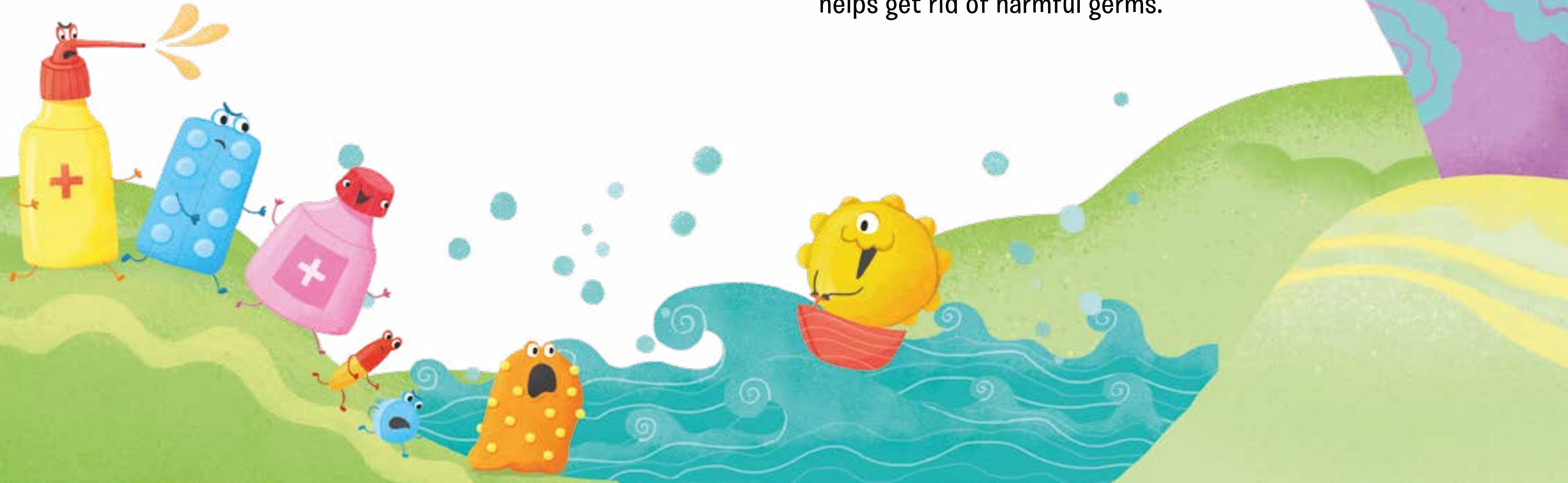


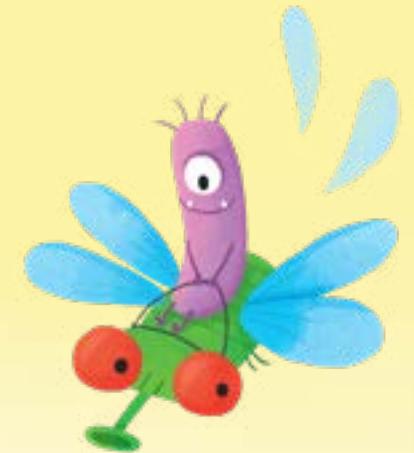
It spreads from person-to-person easily. If someone has the virus, they may show symptoms like fever, coughing, loss of appetite, and trouble sleeping at night. Some people don't show signs at all, even if they have it.

That's why practicing personal hygiene right now is so essential. The coronavirus has an enemy found in all of our homes: soap!

OH NO!
IT'S SOAP!

The coronavirus *hates* soap because it washes away the virus. Washing your hands helps get rid of harmful germs.





The coronavirus doesn't like it when we wash our hands, which is why we have to keep doing it all the time! That is one way to help stop the spread of the virus.

While you wash your hands, sing your favorite song for at least twenty seconds.





It's also important to try to not touch your face a lot, pick your nose, or put your fingers in your mouth. The virus is spread very easily by coughing, sneezing, and droplets in our saliva. Always cough and sneeze into your elbow and wash your hands immediately after! Use a tissue, too.

If you are feeling sick, tell your parents or an adult close to you so they can help take care of you! You're not in this alone.

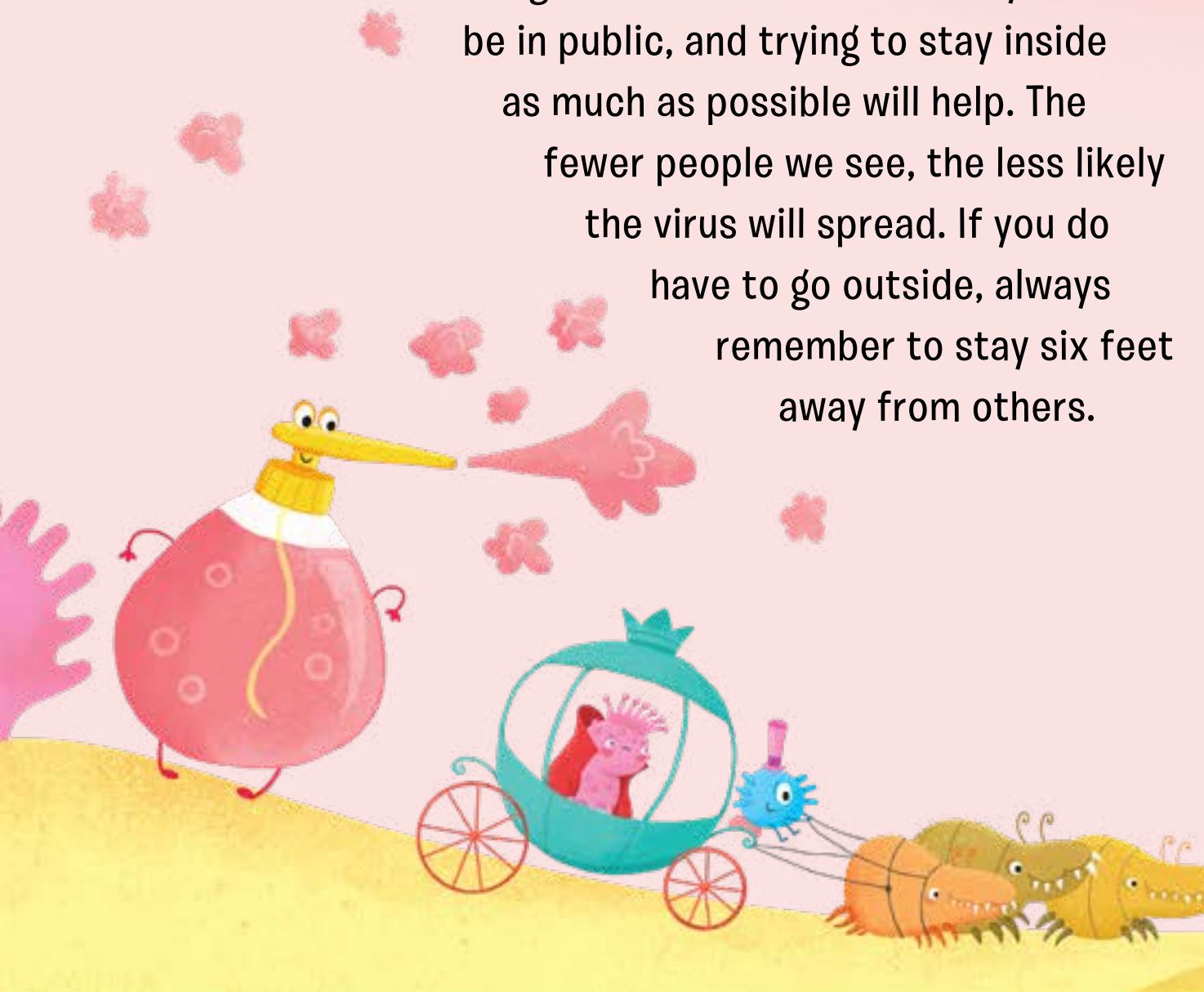




We are all working hard to get rid
of the coronavirus for good.

We can keep doing things
to help slow the spread.

Things like washing our hands as much as possible, wearing masks when we absolutely must be in public, and trying to stay inside as much as possible will help. The fewer people we see, the less likely the virus will spread. If you do have to go outside, always remember to stay six feet away from others.



By doing our own small part, we can help keep doctors, scientists, essential workers, our family, and our friends safe and healthy. Even if it takes a while, we can help defeat COVID-19 together!



HEALTHY HABITS

Try to sneeze and cough into your elbow or a tissue. Avoid covering your mouth with your hands. Wash your hands right after, too.



Find fun and interesting things to do when you can. But remember, it's okay to feel sad, too. Talk to an adult about what you're feeling.



Try not to touch your face as much as possible. Wearing a mask helps with this. So does wearing gloves.



Remember to wash your hands for at least twenty seconds with soap and warm water throughout the day!



Vaccinations help us stay healthy. They come in shots, which aren't always fun, but they are quick and will keep you healthy for a long time!



Boost your immune system. Exercise, eat healthy, get lots of sleep, and get some fresh air outside without being in crowded places.

Don't visit friends in your homes for now. Instead, find time to talk to them on the phone or computer. If you don't feel well, talk to an adult. Along with a doctor, adults can help make you feel better.



Viruses are all around us. But so are the things that help keep us safe and healthy!

Point to all the germs and bacteria. Then, identify the things that help us stay healthy like soap and toothpaste.

THANK YOU FOR STAYING HOME WITH



The world is very different right now. With everyone spending more time inside, we wanted to create a book that helps frame the coronavirus in a way young children can easily understand. It is also meant to serve as a helpful guide for kids and their parents.



We are excited to share this free, educational, kid-friendly book about COVID-19 with you and your family. Clever's foremost goal is to help families ease the tension and fear that may be surrounding this crazy coronavirus and social distancing time! And, we're hoping that with this small contribution we can help you discuss the coronavirus and the safety measures we're practicing in a non-threatening, educational way with your children.



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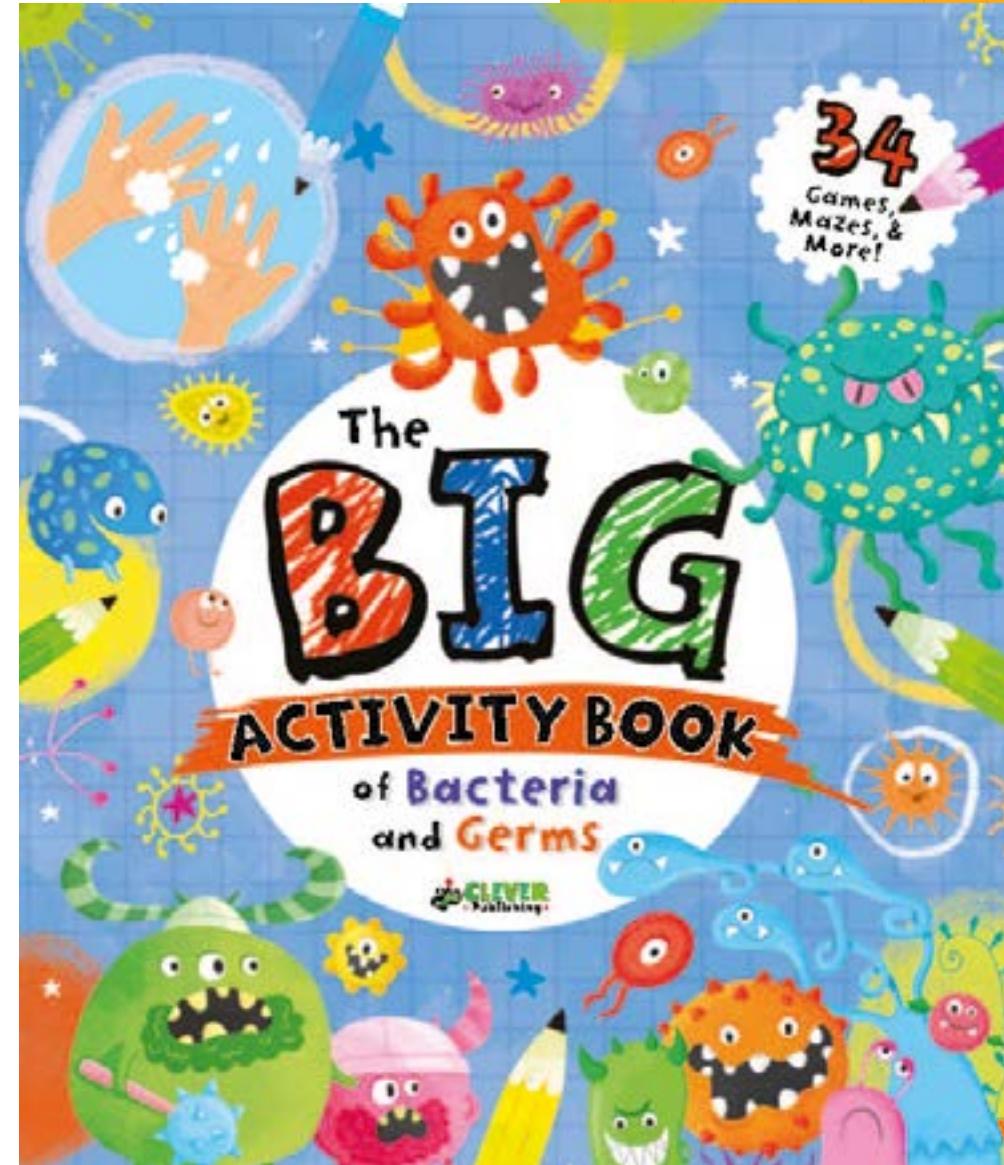
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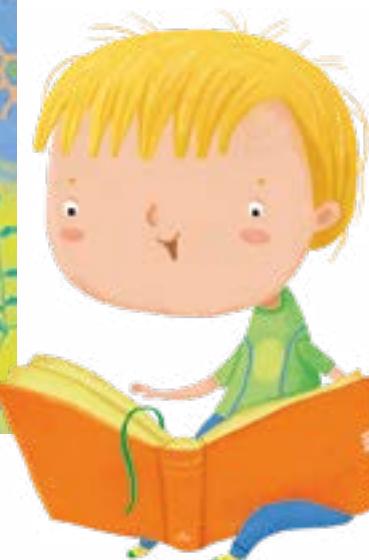
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Big Book of Germs and Bacteria Activity Book

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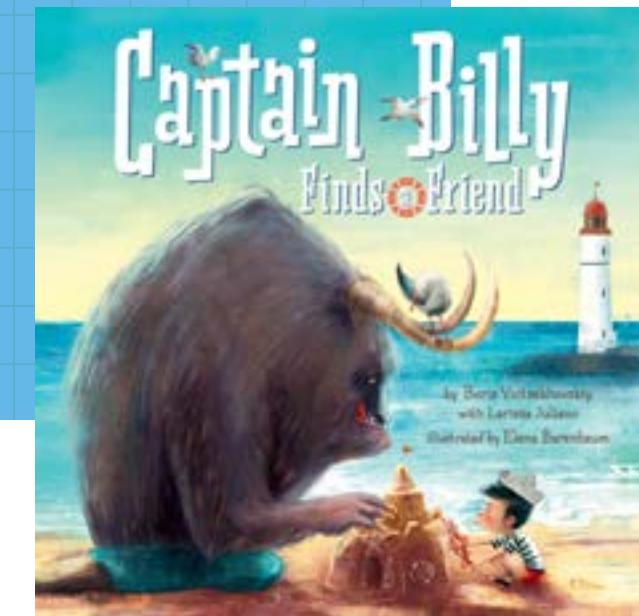
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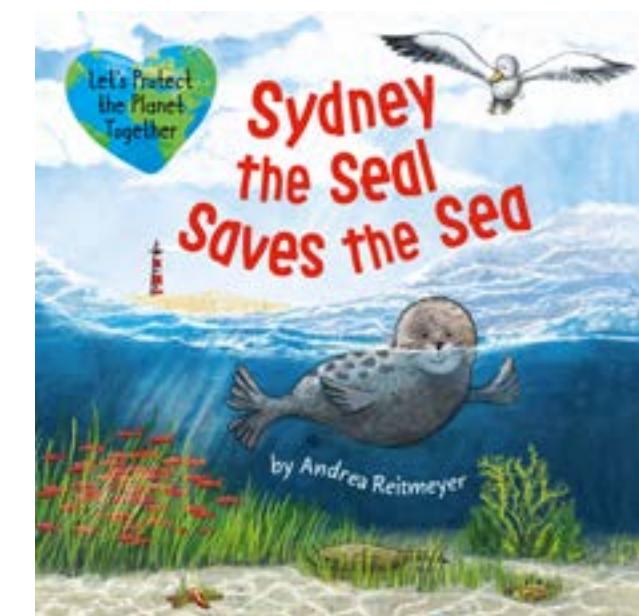
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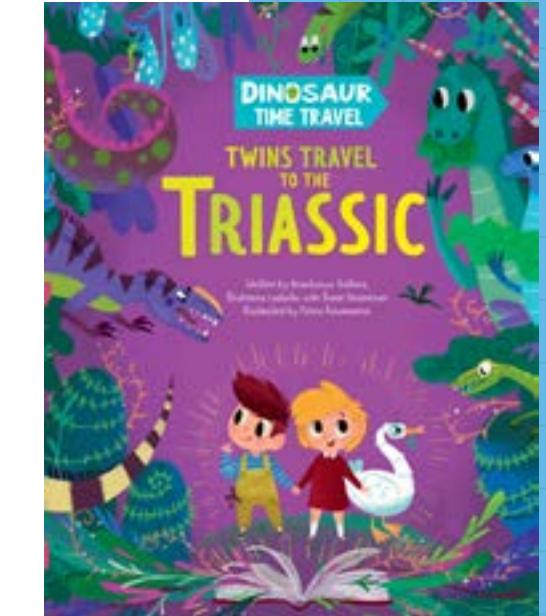
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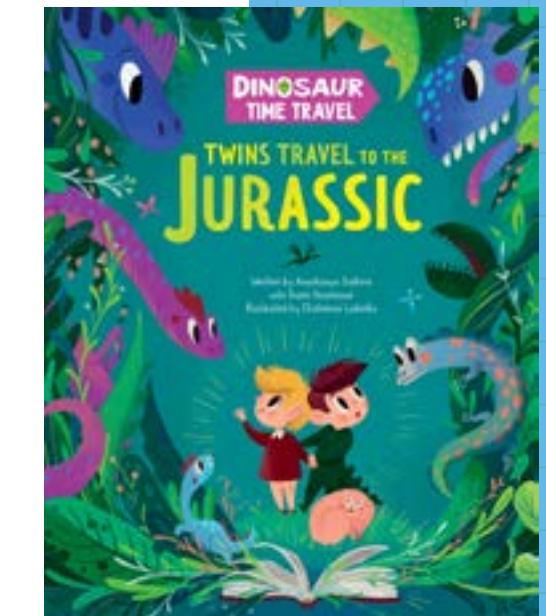
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