

# Are Things A little Bit Different?

The Coronavirus and  
Why it is Changing My  
World and How I can  
be a COVID-19 Hero !!





# You may have noticed...

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HOME IS NOW WHERE WE GO TO SCHOOL?!

MOMS AND DADS STAY HOME ALL DAY! HOW EXCITING!

I think....

# There is a new virus so we need to be extra careful

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Everyone is practicing “Social Distancing” and wearing masks to help stop the spread. They won’t give hugs or kisses and I am not allowed to either.

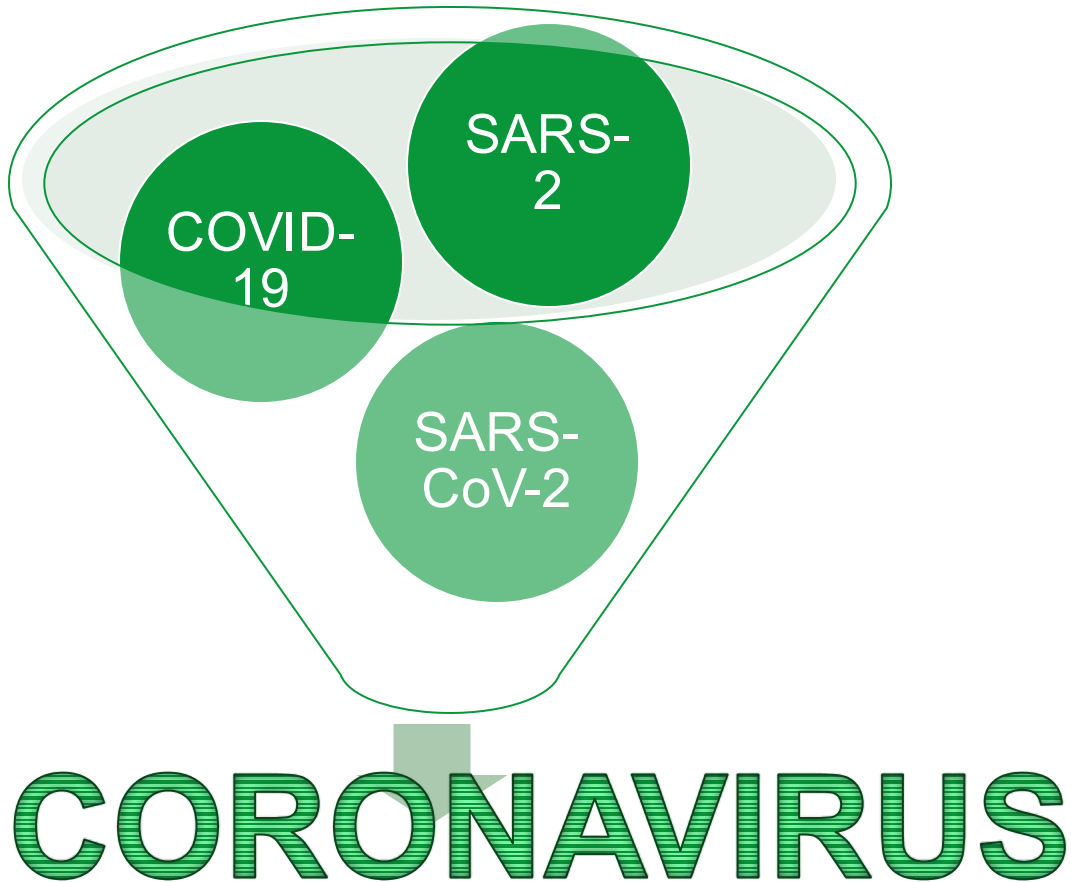
**BUT WHY?! AM I GOING TO GET SICK?!**

**WHAT IF I DO GET SICK?!**



# But first, what is this things name?!

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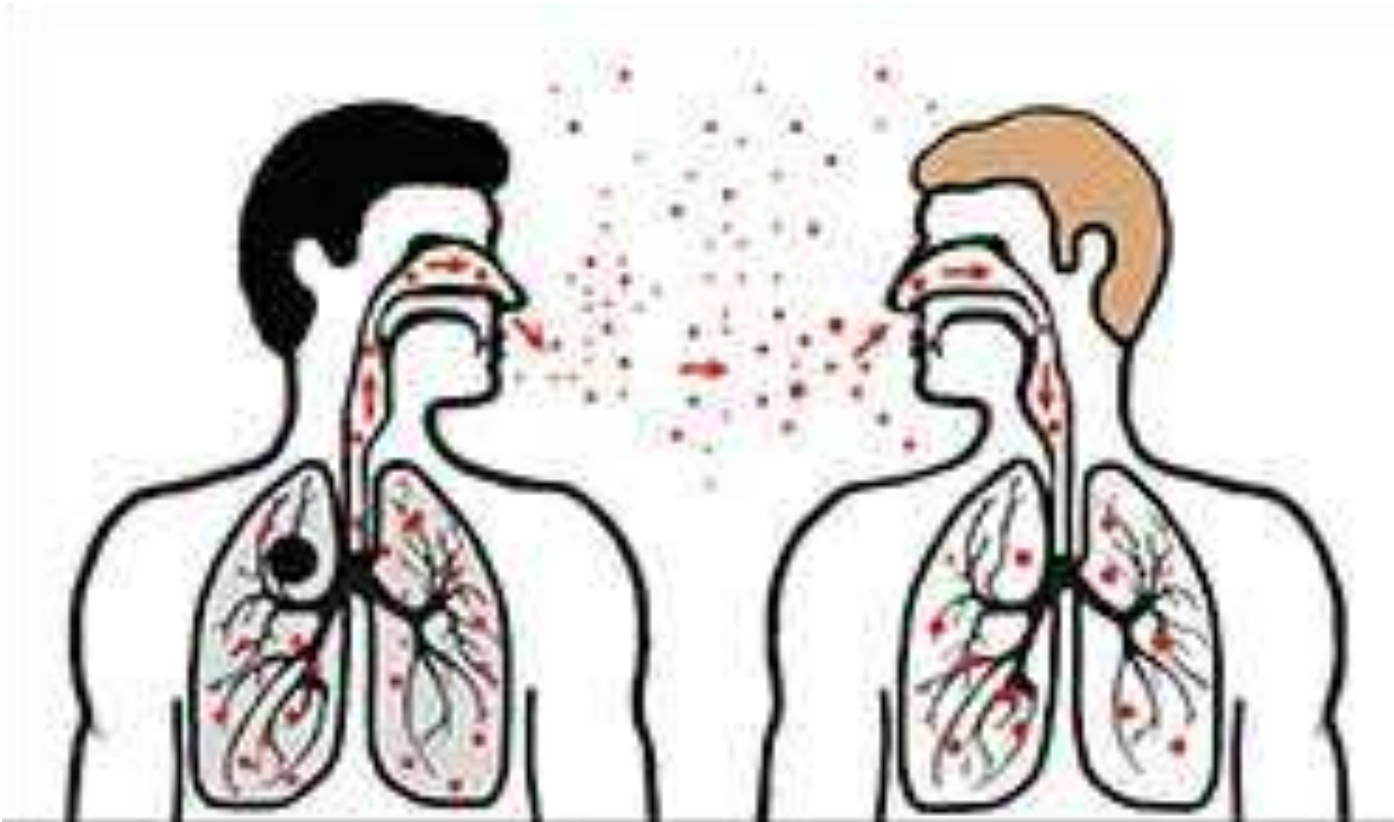
CORONAVIRUS IS A NOVEL VIRUS (MEANING IT WAS JUST DISCOVERED.) It is also called COVID-19

CORONA IS LATIN, FOR CROWN AND THE VIRUS GOT ITS NAME BECAUSE UNDER A MICROSCOPE, IT LOOKS LIKE A CROWN WITH POINTS AND BLOBS AT THE END



# How Does it Spread?

ALL IT  
TAKES IS  
1 SICK  
PERSON



- COVID-19 LIKES TO TRAVEL AROUND A FEW DIFFERENT WAYS
  - SNEEZING/COUGHING
  - MUCUS: THERE IS MUCUS IN YOUR NOSE AND EVEN YOUR EYES!
    - THAT'S WHY WE DON'T TOUCH OUR FACE AT ALL!
  - SALIVA: THE STUFF IN YOUR MOUTH THAT WATERS WHEN YOU SMELL GOOD FOOD

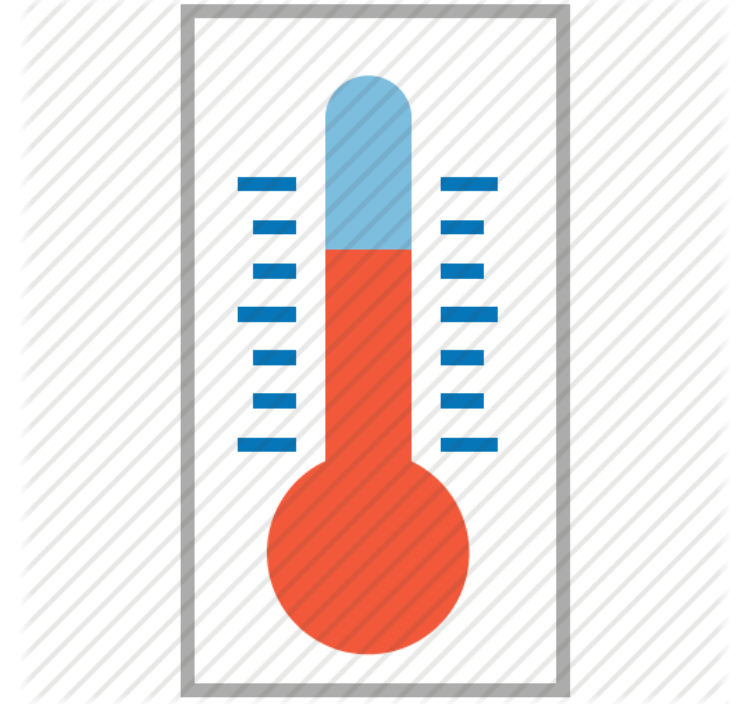
# This novel virus is getting a lot of people sick

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177 out of 195 countries have confirmed cases of coronavirus

That means that how many countries are still without a case?

ONLY 18



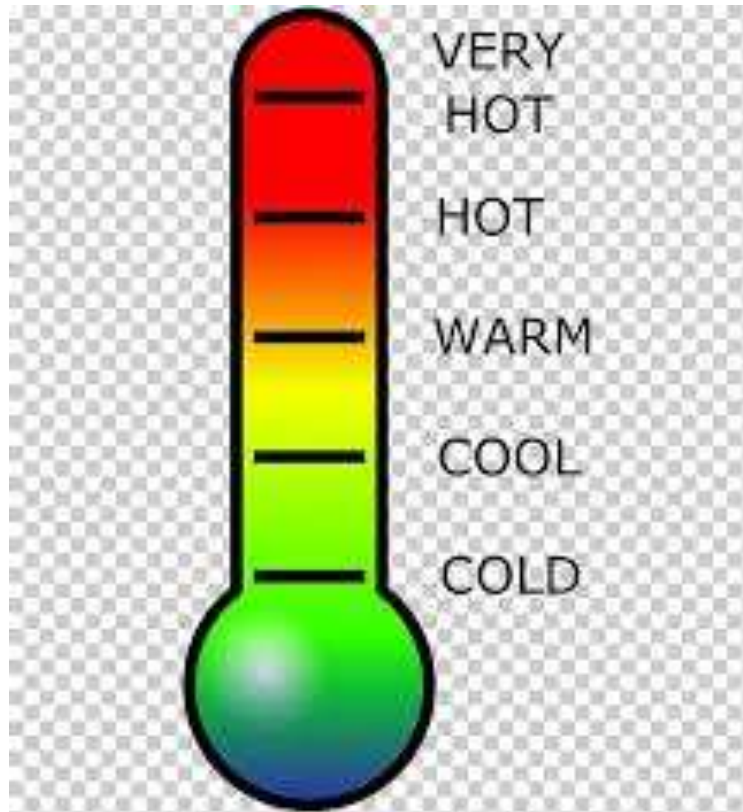
When sick with coronavirus you might have symptoms like:

- Fever
- Dry cough
- Need help breathing



# Does everyone get sick the same?

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Can you remember the three main symptoms? They effect your body at different levels.

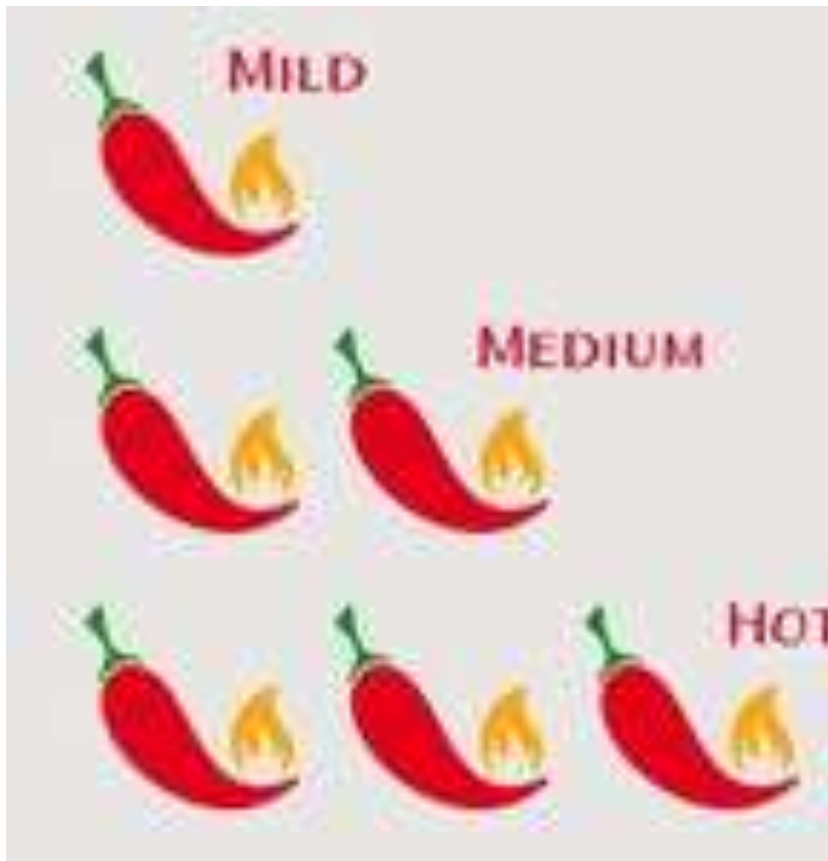
SEVERE-This is the most or meaning an extreme case.

MODERATE- This is in the middle, not to bad, but still not good.

MILD- Mild is the least, you may not even notice a mild case.

# What is Mild, Moderate or Severe Symptoms ?

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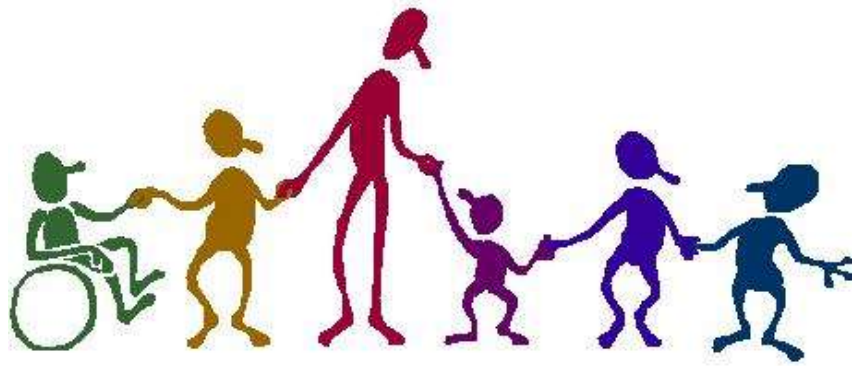
You can think of it like eating spicy foods:

**MILD:** Almost everyone can handle mild. A person with a mild case of coronavirus might show the symptoms but might not. And if they do have symptoms, they just need rest to beat the virus eventually!

**MODERATE:** Moderate is more serious, and not severe. Moderate cases of coronavirus require a trip to the doctor and possibly some help breathing. It will take at least 14 DAYS to feel better.

**SEVERE:** Severe means serious or extreme. Most severe cases of coronavirus are usually those with weakened immune systems (their bodies can't fight it as well). This requires help from machines to breath and can be scary. Luckily, there are some great doctors and hospitals who can help the people we love.





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# If I get sick how serious will it be ?

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There are two factors that determine how serious getting sick will be for you or someone you love.

## Age/Health Condition

Those who have healthy lungs and immune systems, which are most of us are able fight the virus. This usually keeps the symptoms in the MILD state. \*SO MOST OF US WILL BE OKAY\*

# How can I avoid getting sick ?

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**TURN ON YOUR LISTENING EARS:** Your parents can help you learn about safety when you go out of your house. They will also help you stay focused and help with school! There are a lot of different and new rules, do not be afraid to ask your parents! Help at home when needed, there are many new jobs because everyone needs to be home more often. How can you help?

**FOLLOW INSTRUCTIONS:** When you go out with your parents to like the grocery store, or you leave your house at other times. Be safe and smart. Follow the instructions your parents have given you. Social distance (stay six feet away from others), wear the mask you have been given to wear. By doing this you will help yourself not get sick even if you are around someone who is.

**LISTEN TO YOUR TEACHERS WHEN YOU GO BACK TO SCHOOL:** Just like your parents, your teachers care about you. They also are receiving the latest information of what you need to do not to get sick. So listen to them and follow their instructions, both during school and after school.

# What can I do to help ?

## BECOME A COVID-19 HERO !!

There are many COVID-19 Heroes. Such as:

- doctors, nurses and other people working in the medical field
- police officers, fire fighters
- grocery store workers and other people helping us have food and needed supplies
- our parents and other relatives who care about us who are making sure we stay safe are all COVID-19 Heroes.

YOU CAN BE A COVID-19 HERO AS WELL.



# How can I be a COVID-19 Hero ?

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## HOW YOU CAN BE A COVID-19 HERO :

- By Helping to stop COVID-19 from spreading :
  - Wash your hands for at least 20 seconds
    - This is proven to kill the virus
  - Wear a face mask in public
    - Just in case someone sneezes or coughs, you do not want to breathe that!
  - Practice Social Distancing
    - Social Distancing is when you stay six feet apart from someone when you are in public, to ensure you or a loved one do not get sick.
  - Do not touch your face in Public.
- By exercising every day
- By talking to your friends and relatives by telephone or Facetime or zoom.

*Can you think of another way to be a COVID-19 Hero?*

# Let us know if you are a COVID-19 Hero ?

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If you are a COVID-19 Hero :

Write us a letter and tell us how you are a Covid-19 Hero and we will send you a certificate and a gift to you.

You can send us the letter by emailing us at:

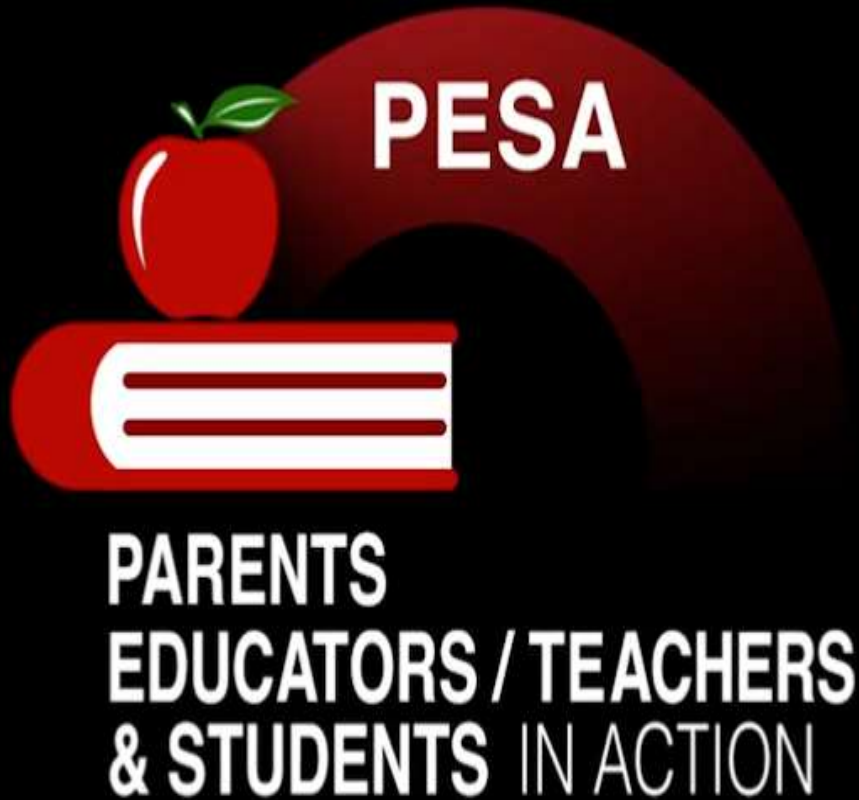
[Cindy@pesa-edu.org](mailto:Cindy@pesa-edu.org)

Or mailing it to us at:

**PESA**  
**18017 Chatsworth Street, #337**  
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# Created by the Dedicated Team of Professionals at Parent, Educators/Teachers & Students in Action (PESA)



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If you would like to find out more about PESA or make a donation, please go to our website at:

**[Pesaforbeterschools.org](http://Pesaforbeterschools.org)**

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