What's the Coronavirus?
Sometimes people get sick.

Have you ever been sick?
When someone gets sick, it is because of germs.

Germs are tiny little things that live all around us.
There is a new sickness called the Coronavirus or CoVid 19.
Coronavirus germs can be spread very easily.
If you touch a bad germ, you can get sick!
I need to wash my hands with soap and water so that I can stay healthy.
When I wash my hands I can count to 20 or sing one of my favorite songs. Let's practice - count to 20 or sing a song!
When I need to cough or sneeze, I should do it in my sleeve!
I should try not to touch my eyes, nose, and mouth!
Sometimes, when a lot of people get sick, my school and stores might need to close.
If places close, this will help to keep me and my family and friends healthy.
To stay safe and healthy, I will need to stay at home.
I can do so many fun things at home.
My teacher might have sent me some things to work on while school is closed.
I can read books, play games, and play with toys.
I can color or do arts and crafts.
I can listen to music and make music.
I can do therapies using the computer, tablet (ipad) or phone.
My family, friends, teachers and therapists want me to stay happy, healthy, and safe.
Contact us at 412.342.2270 to learn about telehealth opportunities that can help you and your family to continue with essential services.
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