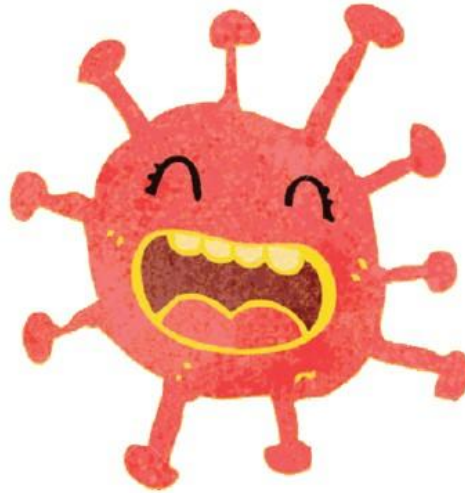


WHAT IS COVID-19?

A guide for students in 4th-5th grade

HELLO!

I am a **VIRUS**,
cousins with the Flu and
the Common Cold



I am also
known as
COVID-19

My name is Coronavirus

Have you heard about me?

YES

NO

**And how do you feel when
you hear my name?**



Relaxed



Confused



Worried



Curious

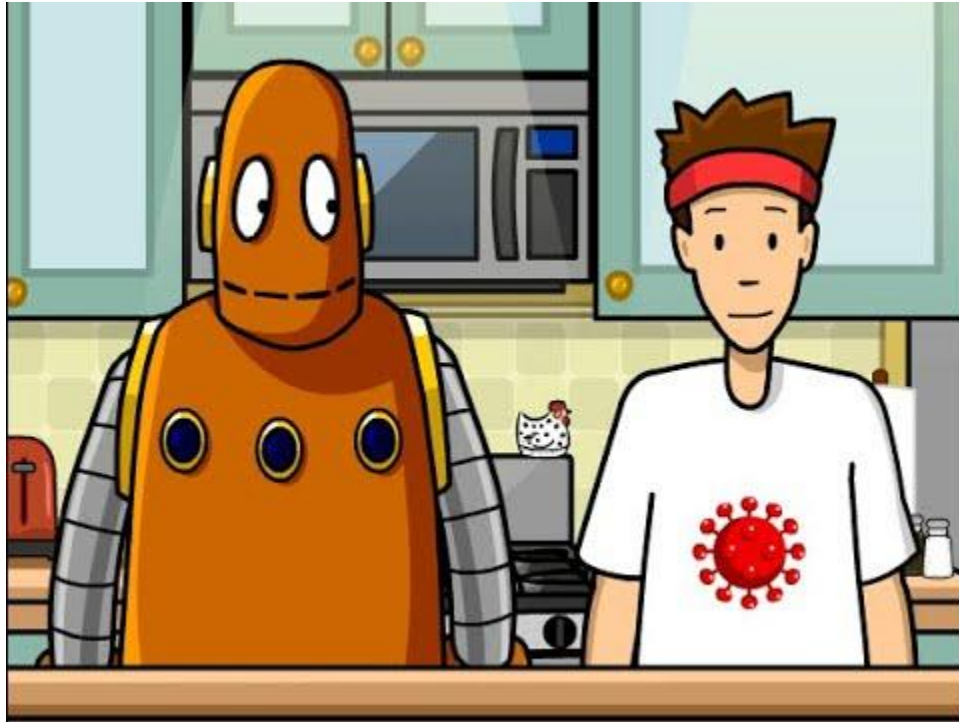


Nervous



Sad

CORONAVIRUS EXPLAINED BY BRAINPOP



WHERE DOES COVID COME FROM?

The virus was first found in a city in China, called Wuhan, last December. But we think the virus actually comes from bats. From there, it hopped into another type of animal, who gave it to humans. No one knows for sure what this mystery animal was, but some people think it might have been a pangolin, a scaly animal that eats ants.



WHERE THE COVID DOES NOT COME FROM

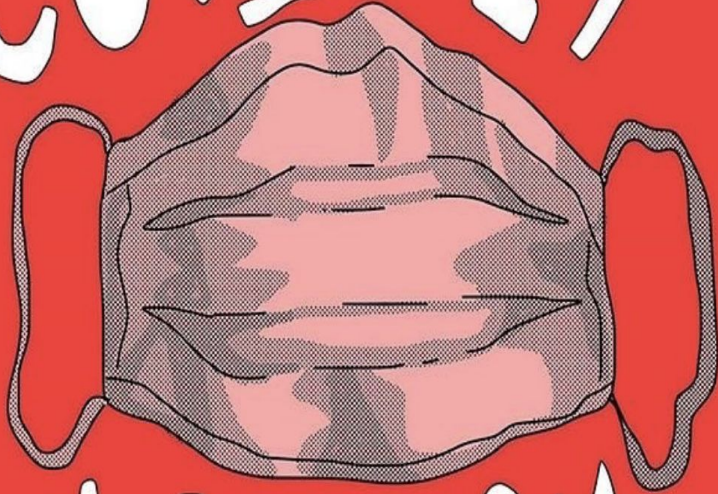


COVID-19 is not a “Chinese virus”. While the virus was first founded in Wuhan, China, that does not mean that only Chinese people can be infected or infect others.

COVID-19 does not care about your race, ethnicity, sex, gender, etc.

LET'S TALK:

COVID-19



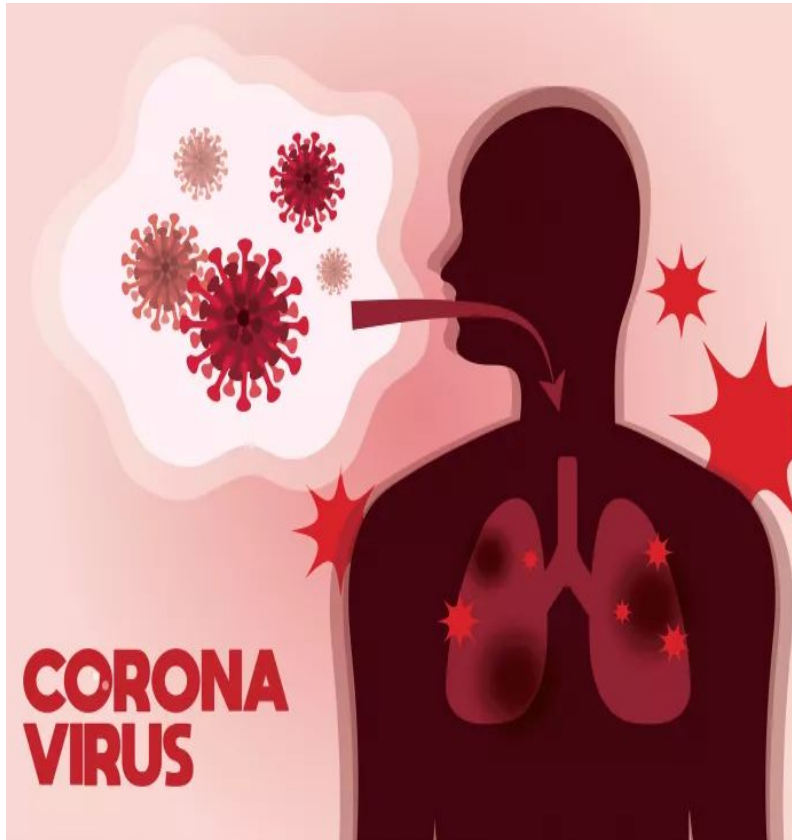
*RACISM

Racializing diseases: Racism is not an unprecedented reaction to a spreading virus. Sinophobic sentiments have historically associated Chinese people with disease and uncleanness, arousing resentment and fear directed at East Asians as we saw with SARS in 2003.

Sinophobia: The perception of Asian bodies as unwanted viruses is tied to a history of Sinophobic systems established by Western dominance. The Chinese Exclusion Act of 1882 banned Chinese immigrant laborers. Similarly, Trump's restrictions on Chinese students since 2018 displays that hostility toward China and Chinese people remains prevalent. But fundamentally, sinophobia is rooted in systems of US hegemony and imperialism that control the narrative surrounding non-Western nations and peoples.

"Exotic" food: First off, the coronavirus may have not originated in the Wuhan seafood market. Regardless of origin, though, the racism surrounding the Coronavirus is a manifestation of how Chinese people are viewed as "barbaric" or "exotic" for eating certain types of meat. The very perception of these diets as "strange," however, is rooted in a Eurocentric perspective that labels what is familiar to the West as the "norm."

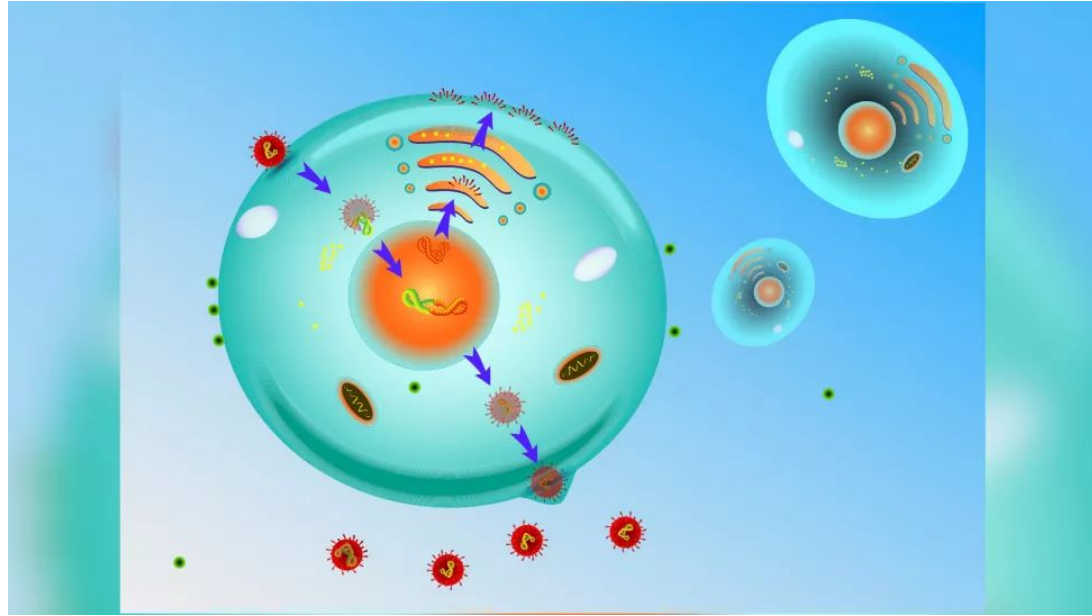
HOW DO PEOPLE GET COVID-19?



The virus enters cells using a special "door" on the outside of human cells. The new coronavirus also needs a "key" to get into cells. In this case, the coronavirus has a special "spike" on its surface that it uses as a key to open the door.

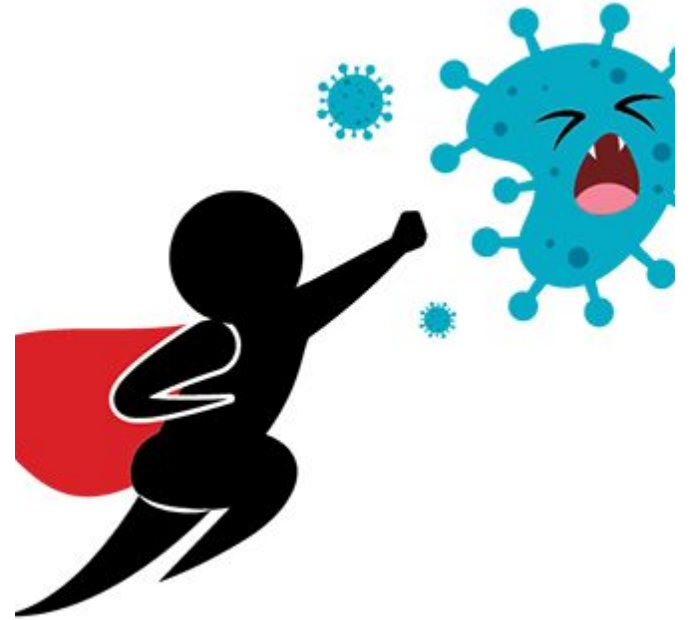
HOW DOES IT MAKE PEOPLE SICK?

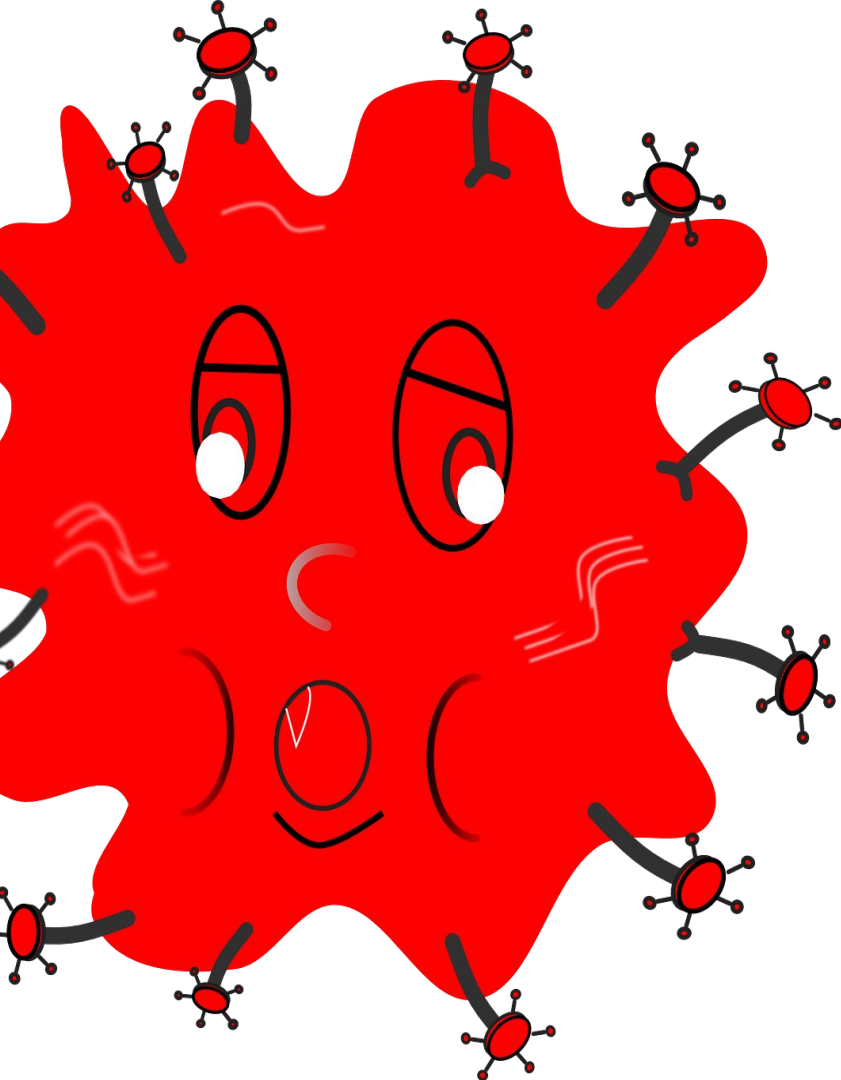
Once inside cells, the virus makes lots of copies of itself. Those copies break out of cells, then infect other cells. At a certain point, there are so many virus particles being produced that our normal cells can't work properly ... and we get sick.



Luckily, your body has an army to fight germs like the coronavirus. It's called the immune system. When a virus enters your body, the immune system attacks the virus.

You know how you can get a fever, headache or runny nose when you're sick? That's caused by the immune system, and it's good! These yucky symptoms are signs that your body is fighting the virus.





Most people who get COVID-19 just have symptoms like a cough, fever or runny nose. Doctors are not sure why, but some people get really sick. Some peoples' immune systems may not fight hard enough. Other peoples' immune systems may fight too hard, hurting their own cells. Both of these things can make people sicker.

WHAT IF I GET
COVID-19?



There's a special test to see if you have COVID-19.

If you feel sick, tell your parents. They will call your doctor to see if you need the test.

It's just like a flu test; they stick a Q-tip up your nose and test your snot for the virus.

The results come back a day later.

Covid-19 doesn't usually make kids very sick, but there are still some things you can do to keep yourself and other people healthy



HOW TO CARE FOR YOURSELF IF YOU GET SICK

Most people with COVID-19 can, and should, stay home and rest to get better.

They will need to stay home for awhile so they don't get other people sick



A few people with COVID-19 may need to go to a hospital so a doctor can help them feel better.



WHAT CAN I DO
TO HELP?



I should wash my hands often. I take my time and scrub the soap between my fingers and all over my hands before I wash it off.



If I can't wash my hands, then I can use hand sanitizer. By keeping my hands clean I can help get rid of germs that make people sick!



I can cover my mouth with my arm or a tissue if I sneeze or cough to try and prevent the spread of germs.



I should avoid touching my face to prevent germs from entering my body. I should try not to pick my nose, touch my mouth or rub my eyes.



An important way to help during COVID-19 is by showing support and respect to any classmate that might have gotten sick or has a family member who has gotten sick.



We want to make sure that we are empathic, kind, and inclusive of those students.

It is a hard time for everyone!

Remember, McKinley PRIDE!

Peaceful, Respectful,
Intelligent, Diverse,
and Enthusiastic

SHOULD I BE WORRIED?

While COVID-19 sounds and seems scary, *adults are working very hard to keep kids and other adults safe.* There are a lot of policies and practices in place to protect and prevent further spreading.

That includes McKinley too!



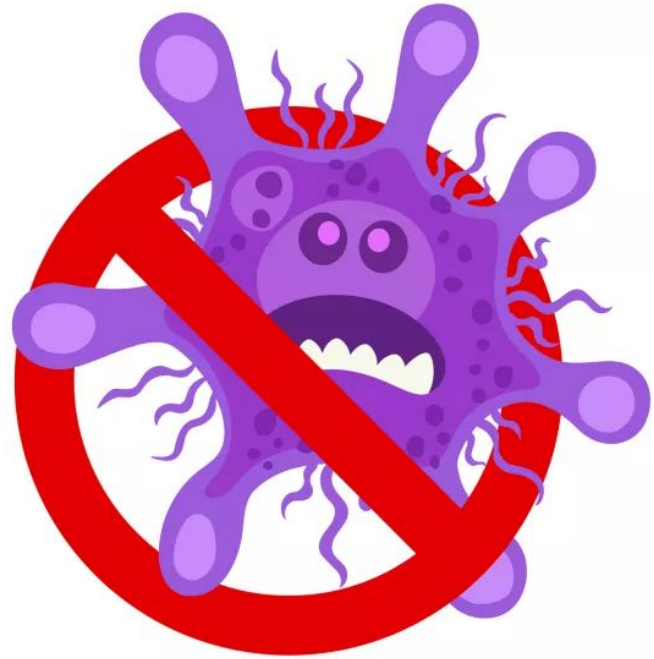
WHEN CAN I GO BACK TO SCHOOL?

When people in charge decide that it is safe and the COVID-19 germs are gone I will go back to school.



WHEN WILL THE CORONAVIRUS / COVID-19 END?

We don't know for sure. (I know, not what you want to hear!) But you still have a special role to play in protecting others! That means washing your hands and staying home if you're sick. It may also mean skipping your activities or continuing to practice physical distancing. That can slow down the spread of the virus



If there's anything you may be confused or worried about don't be afraid to ask someone you trust.



AND IF YOU ARE FEELING WORRIED . . .

COPING STATEMENTS FOR WORRY



HOT CHOCOLATE BREATH



1. HOLD YOUR HANDS OUT IN FRONT OF YOU, AS IF YOU WERE HOLDING A MUG OF HOT CHOCOLATE.
 2. BREATHE IN SLOWLY, IMAGINING YOU ARE INHALING THAT WARM COCO SMELL, THROUGH YOUR NOSE.
 3. GENTLY EXHALE THROUGH YOUR MOUTH, LIKE YOU WERE TRYING TO COOL DOWN THE HOT CHOCOLATE BEFORE YOU TAKE A SIP.
- REPEAT - NOTICE AS YOU FEEL MORE CALM. YOU MAY EVEN NOTICE YOUR HANDS FEELING WARM.

May I be well,
may I be happy,
May I be healthy,

May I be
filled with
loving
Kindness.

