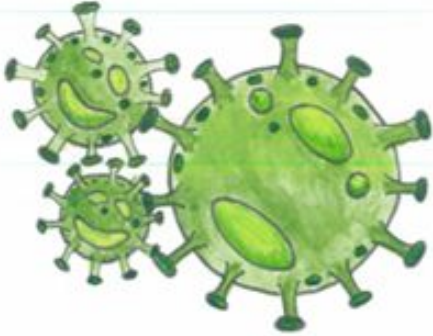


Coronavirus Social Story!



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Hey kids!

I am your immune system and I am here to tell you all about the Coronavirus.



You may have heard a lot about the Coronavirus lately.

You may have had a change of daily routine because of it!

My Daily Routine

Morning

Evening

BREAKFAST

GET DRESSED

SCHOOL

PLAYTIME

HOMEWORK

BEDTIME

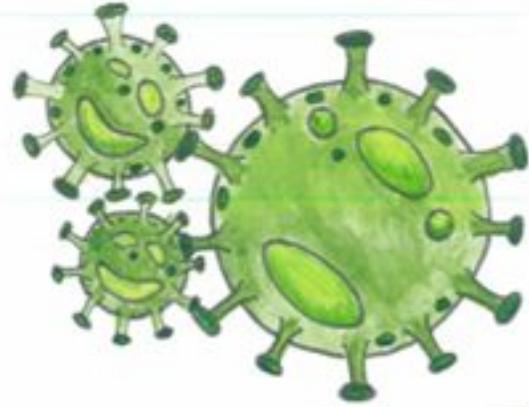
Fill in your new visual routine!
Use these examples or draw in your own ideas!

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What is Coronavirus?

It is a super small germ that can make you sick!

Sometimes this germ can move from person to person very fast, making many people sick.



Everybody has an immune system hero inside of them, but we need your help!

Will you be our sidekick and help us fight against Coronavirus to keep everybody safe?



First, you can help us by washing your hands often.

This helps wash away the germs on our hands.

When we wash the germs away, they can't get into our bodies to make us sick.



1. Get your hands wet with warm water
2. Put some soap in your hands
3. Rub your hands with the soap for 20 seconds, or sing your favorite superhero song
4. Rinse off the soap with warm water
5. Dry your hands



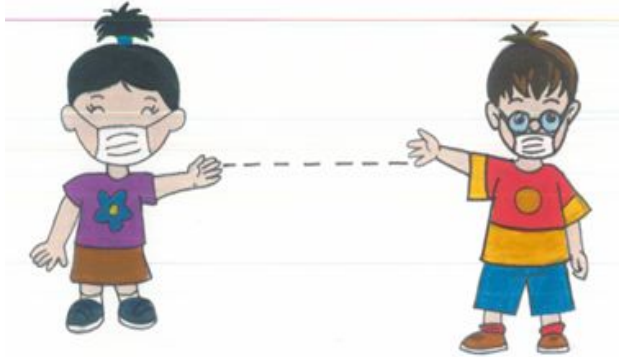
The second thing a sidekick can do is to leave some space between you and others.

This way we can make sure that germs do not spread to our friends.

Staying home with our families more often will help us keep everyone safe!



1. Stay two arm lengths away from our friends so that germs do not spread



3. Stay home if you can

Tell an adult 3 things you like to do at home!



2. Instead of high fives, give a BIG thumbs up!

Show an adult your biggest thumbs up!



4. When you see your friend, give them a BIG HAPPY SMILE instead of a hug



Show an adult your biggest, happiest smile!

An immune system sidekick gets to wear a mask in public, how cool!

This may feel uncomfortable, but it helps keep germs from getting into our bodies.

It may look a little scary to see people covering their face, but don't worry, they are immune system sidekicks just like you!



Help our new sidekick
put on his superhero
mask!

Draw along the dotted
line.



Finally, you can help your immune system by sneezing or coughing into a tissue.

Tissues help trap germs so they cannot spread to others.

Always remember to wash your hands after a cough or a sneeze.



If you do not have a tissue nearby, you can sneeze or cough into your elbow instead.

Think of the 'Dab' dance when you are ready to sneeze or cough.

Practice your sneezing dance moves!



Now you know some ways to help your immune system defend us against Coronavirus!

However, it is not always easy to be a good sidekick.

Some of these changes may make us feel many different emotions, and that's okay!

You can always talk to an adult about those feelings.



Point to the emotion
you are feeling!

Tell an adult why
you feel this way.

How are you feeling?



Happy



Joyful



Content



Silly



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt



Embarrassed

With your help, your immune system can defend us against Coronavirus and keep us safe!



Acknowledgements/Affiliations

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Outside Resources:

CDC guidelines

CUSOM

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Routine Cards - teachingmama.org

Emotion Chart - pricelessparenting.com

**This story is brought to you by
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