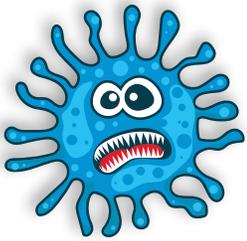


# UTHSC Coronavirus Facts for Kids



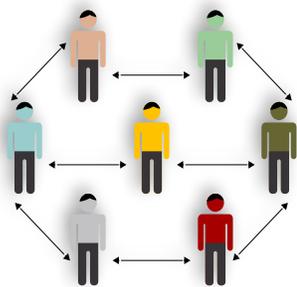
## WHAT IS A VIRUS?

A **virus** is a type of germ that uses the cells in our bodies to make more copies of itself. Viruses cause many diseases. You've probably had the common cold, which is caused by a virus. Some viruses can make people very sick, and we do not always have medicines to fight these viruses.



## WHAT ABOUT CORONAVIRUS?

The **new coronavirus** causes a disease called **COVID-19**. If someone breathes in the virus, it gets into their nose and then attacks their lungs. Some people who get COVID-19 (like older adults and people with other health problems) may have trouble breathing and need to go to the hospital. Luckily, most kids who catch the coronavirus only get a little bit sick. They may even feel well.



## WHAT IS SOCIAL DISTANCING? WHY ARE WE DOING IT?

**Social distancing** means staying away from other people to slow down the spread of the coronavirus. People catch COVID-19 from other people who already have it. By closing schools and businesses and **staying home**, we can make sure fewer people will catch it at one time. This makes it easier for hospitals to help the people who get very sick.



## HOW LONG WILL THIS LAST?

No one knows. Social distancing could last for **weeks or months**.

But here's the good news: **There are lots of people working to fight COVID-19.** Doctors and nurses are taking care of people with the virus. Scientists are looking for new medicines. Factory workers are making hospital supplies. Grocery store workers are making sure people can buy food.

You can help them by **staying home and wearing a mask** if you have to be in public.



## WHAT SHOULD I DO?

- **Keep eating healthy foods!** Try your best to fill your plate with GO foods:
  - **Fruits** like apples or grapes
  - **Vegetables** like broccoli, carrots, or squash
  - **Proteins** like chicken, fish, or beans
  - **Dairy** products like low-fat milk or yogurt
  - **Grains** like oatmeal, whole-grain pasta, or brown rice
- **Keep exercising!** It's OK to **play outside** if you stay at least 6 feet away (about 3 BIG steps) from other people.
  - Stuck inside? Crank up some music and have a **10-minute dance party!**
- **Feed your brain!** Your teachers have probably told you about **educational apps** and games you can use to keep your mind in shape. Here are more ideas:
  - If you have a Memphis Public Library card, you can **check out books** on a phone or tablet using the free Libby app.
  - **Learn a new skill** from a family member. Ask how to make your favorite food or shoot the perfect free-throw!
  - **Wash your hands!** Use soap and warm water. Sing "Happy Birthday" TWICE to yourself while you scrub.

---

## CORONAVIRUS FOR PARENTS

As a parent, you set an example for your child in terms of cleanliness, social distancing, and healthy eating. Because kids are likely to have the disease but not show symptoms (asymptomatic carriers) it is very important for everyone in the household to practice good hygiene to prevent further spread of the disease.

### Here are some recommendations for you and your family:

- One adult ALONE should go to get essential items (grocery store, pharmacy) once a week.
- Do not have social gatherings for the next 3 weeks.
- Because COVID-19 can live on some surfaces up to 72 hours, use disinfectant wipes to clean groceries, delivered items (i.e. from Amazon), door handles, TV remotes, and other commonly touched surfaces. If this is not possible, leave the item out in the sun for 72 hours to kill the virus.
- **If you or your child get sick:**
  - **Stay home and rest** to help your body fight the virus by:
    - Separate yourself from others you live with (use your own bedroom, bathroom, dining area, linens, trash)
    - Wear a mask and gloves (both the patient and caretaker) when interacting or handling any objects the patient has touched.

### Call the ER or COVID-19 triage center if the patient develops:

- Severe shortness of breath
- Blue coloration
- Chest pain
- Confusion or excessive drowsiness



THE UNIVERSITY OF  
**TENNESSEE**  
HEALTH SCIENCE CENTER™

## FOR MORE INFORMATION ABOUT COVID-19:

**For Kids:** [brainpop.com/health/diseasesinjuriesandconditions/coronavirus](https://brainpop.com/health/diseasesinjuriesandconditions/coronavirus)

**For Parents:** [cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html?Sort=Date%3A%3Adesc](https://cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html?Sort=Date%3A%3Adesc)

**Who to Call:** UTHSC Call Center: Text COVID to 901.203.5526