

# HELLO!

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



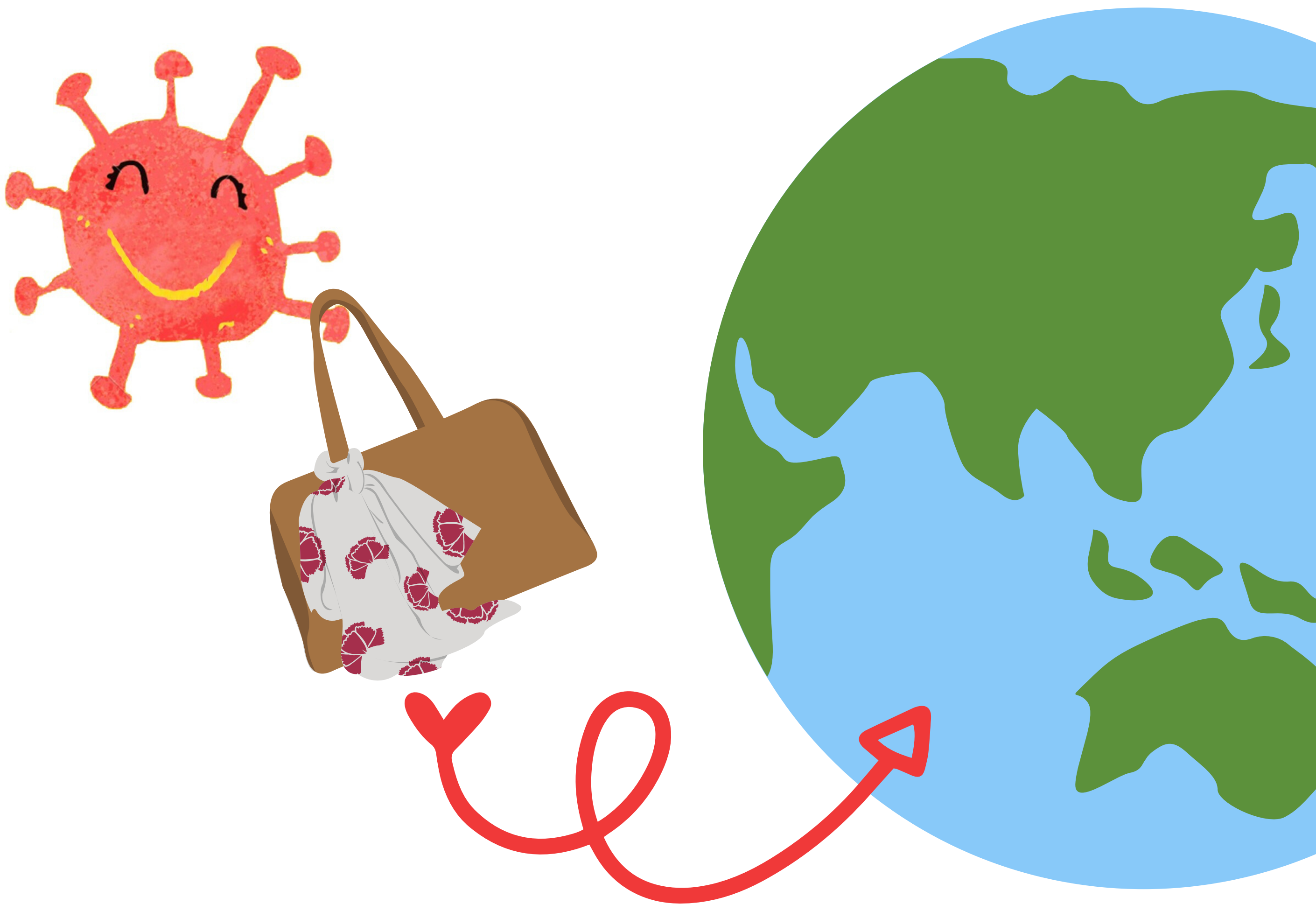
**My name is Coronavirus**

MANUELA MOLINA - @MINDHEART.KIDS

[WWW.MINDHEART.CO](http://WWW.MINDHEART.CO)

CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

I love to travel...



and to jump  
from hand to  
hand to say Hi

**HIGH  
FIVE**



# Have you heard about me?

YES

NO

And how do you feel when you hear my name?



Relaxed



Confused



Worried



Curious

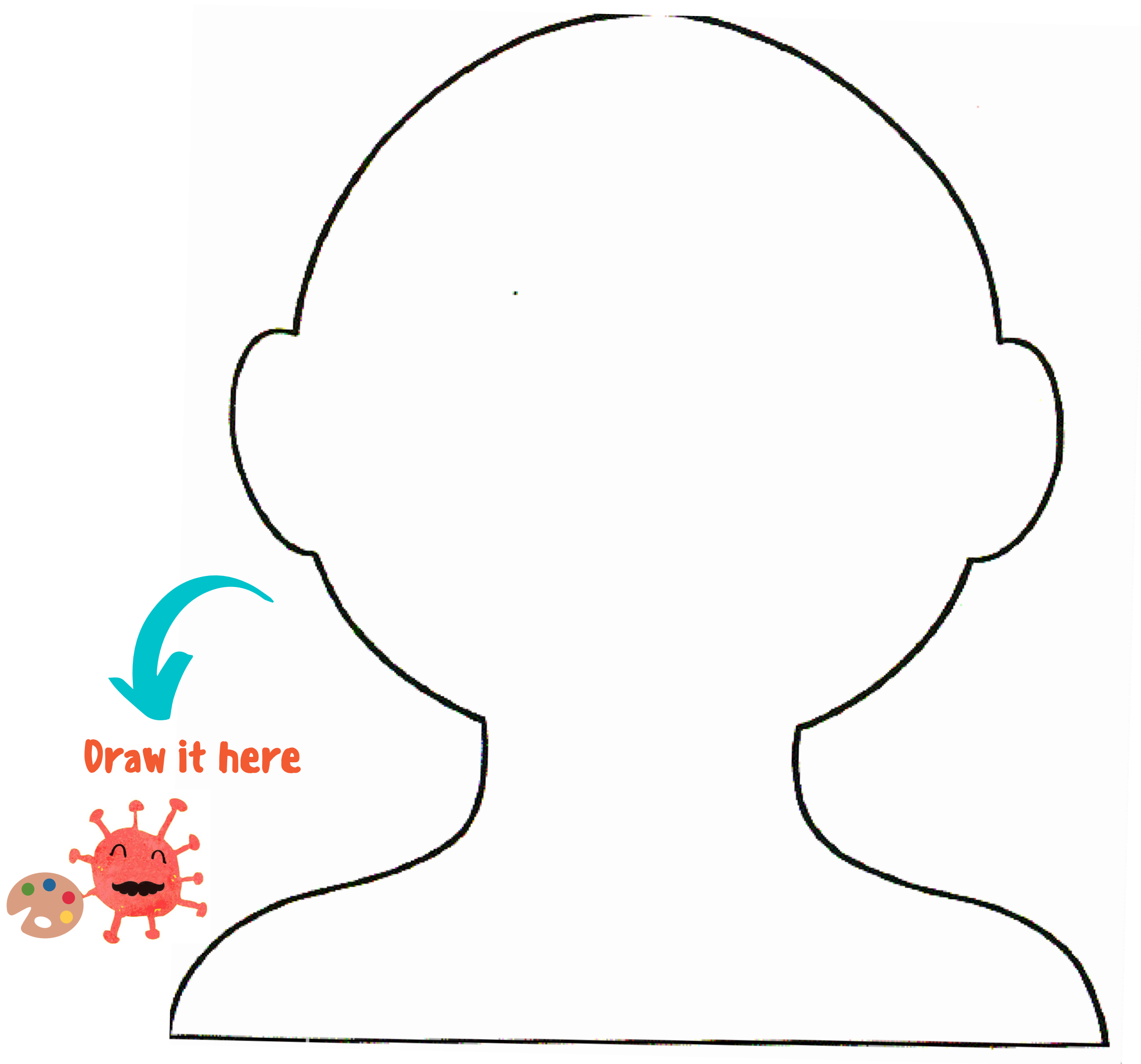


Nervous



Sad

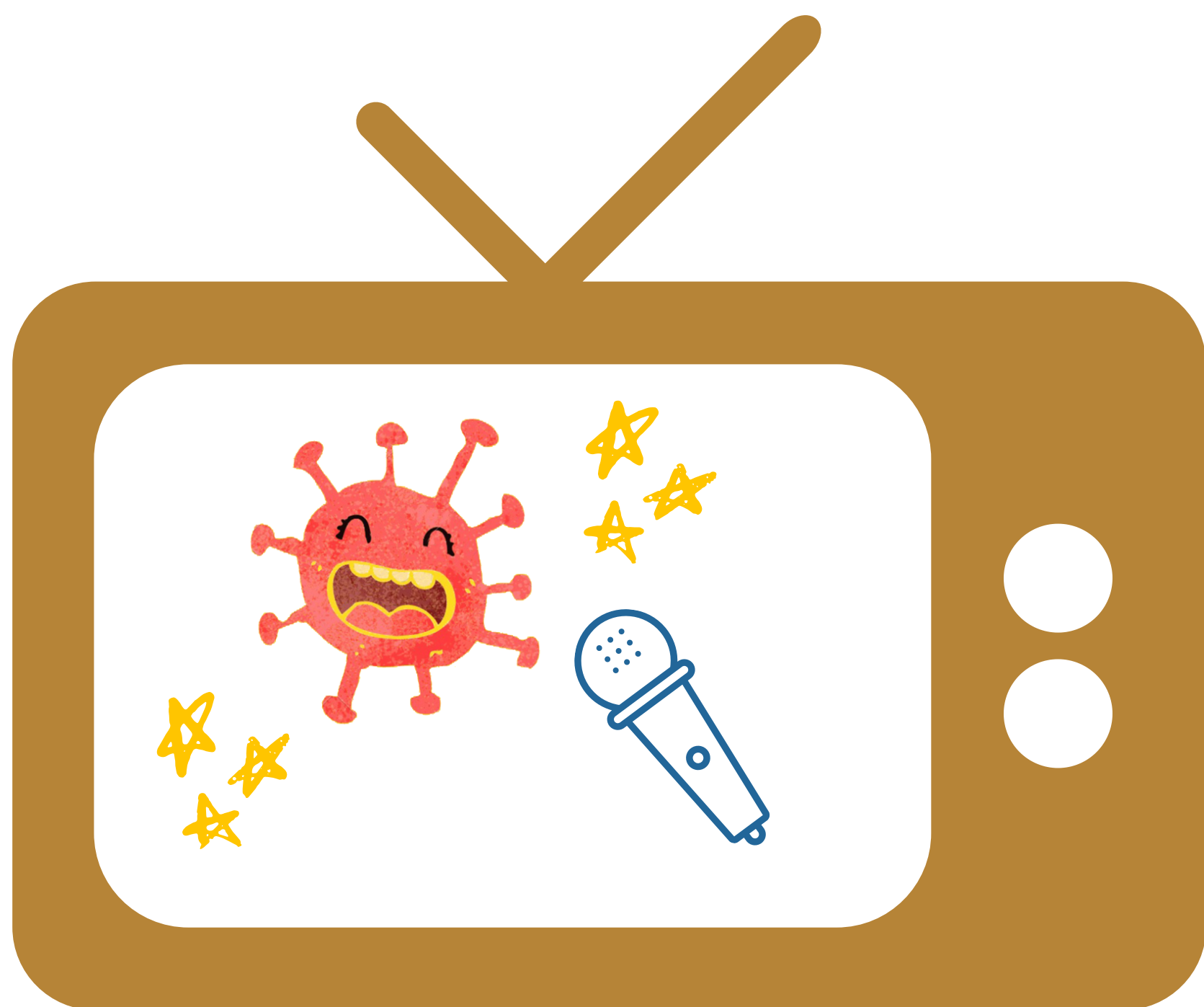
# I can understand you feel...



## ...I would feel the same way



Sometimes adults get  
worried when they read  
the news or see me on TV



**But I am going to explain myself...**

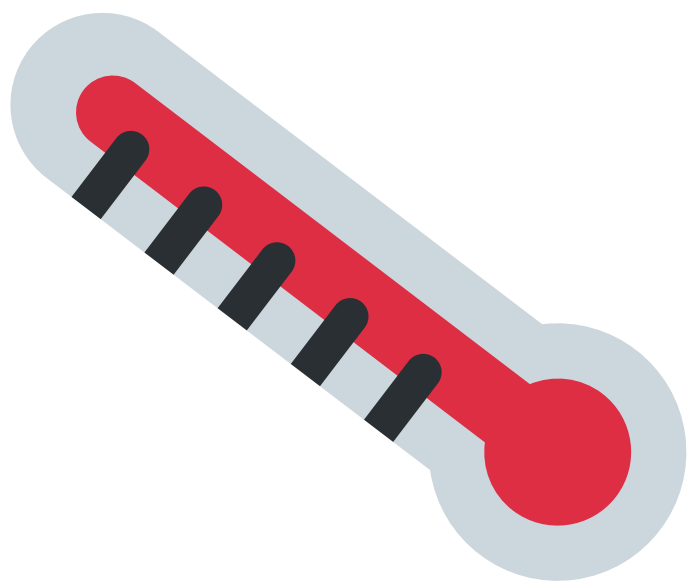


**So you can understand...**

**When I come to visit, I bring...**



**Difficulty breathing**

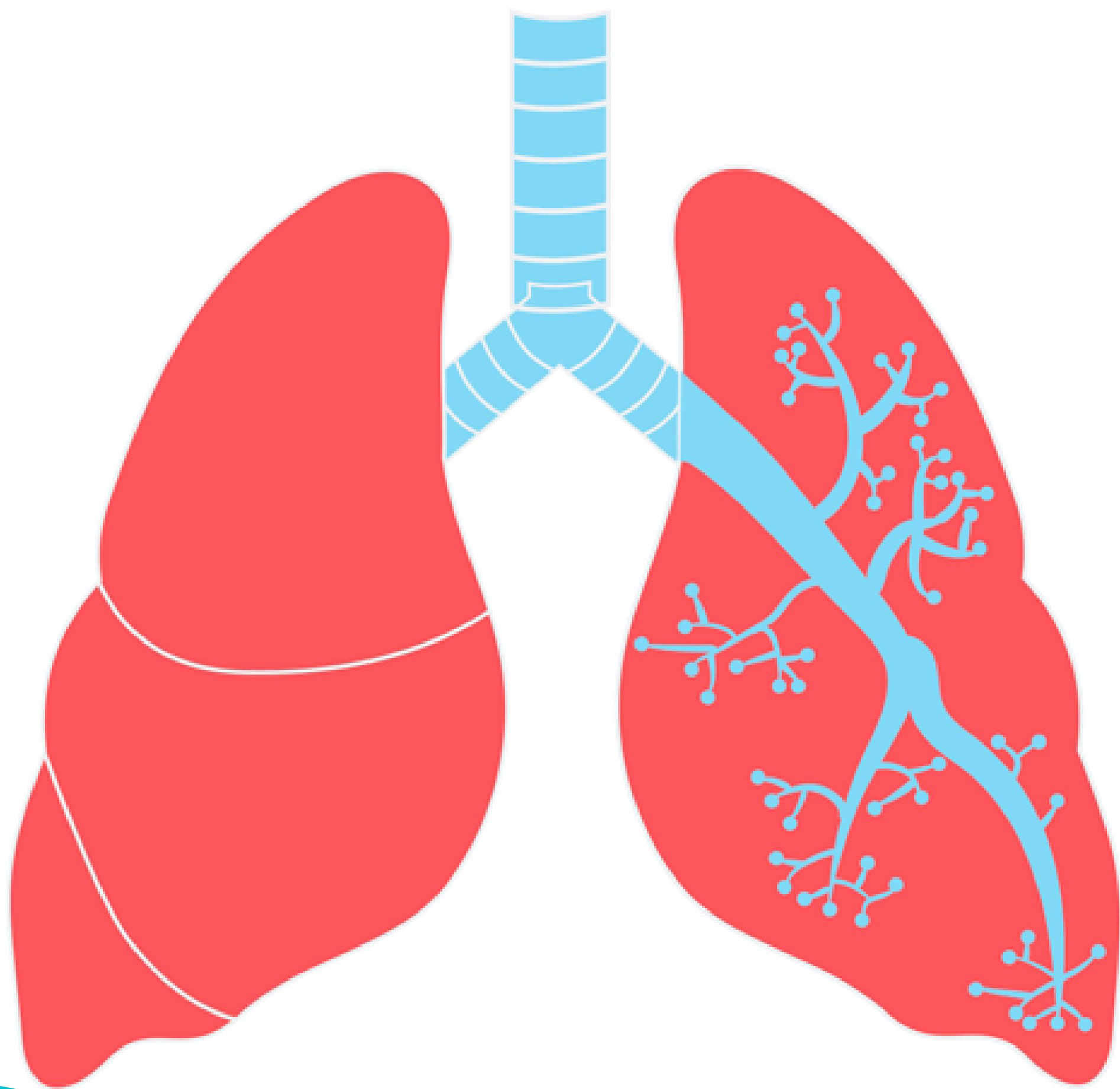


**Fever**



**Cough**

**But I don't stay with  
people for long, and almost  
everyone gets better**



**Just like when you get a  
scrape on you  
knee and it heals**

**BYE BYE...**





**Dont you worry!**

**The adults who take care of you:**

---

**will keep you safe**



# And you can help...

1



**By washing your hands with soap and water while singing a song**



**You can sing your favorite song, the happy birthday song, or the alphabet song**

2



**By using hand sanitizer and letting it dry on your hands**



**Without moving them count to 10**

**1, 2, 3, 4, 5, 6, 7, 8, 9, 10**

**Once your hands are dry you can get back to playing!!**

**If you do all that  
I will not come to visit**



**while the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**



MANUELA MOLINA - @MINDHEART.KIDS

[WWW.MINDHEART.CO](http://WWW.MINDHEART.CO)

CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

# THE END



**Download this PDF here:**

**[www.mindheart.co/descargables](http://www.mindheart.co/descargables)**

**Author:**

**Manuela Molina Cruz**

**Instagram: @mindheart.kids**

**manuela\_825@hotmail.com**

CC BY-NC-SA 4.0 Internacional Public License