

ENGAGING READERS



What Is
COVID-19?



Alexis Roumanis

From the Author

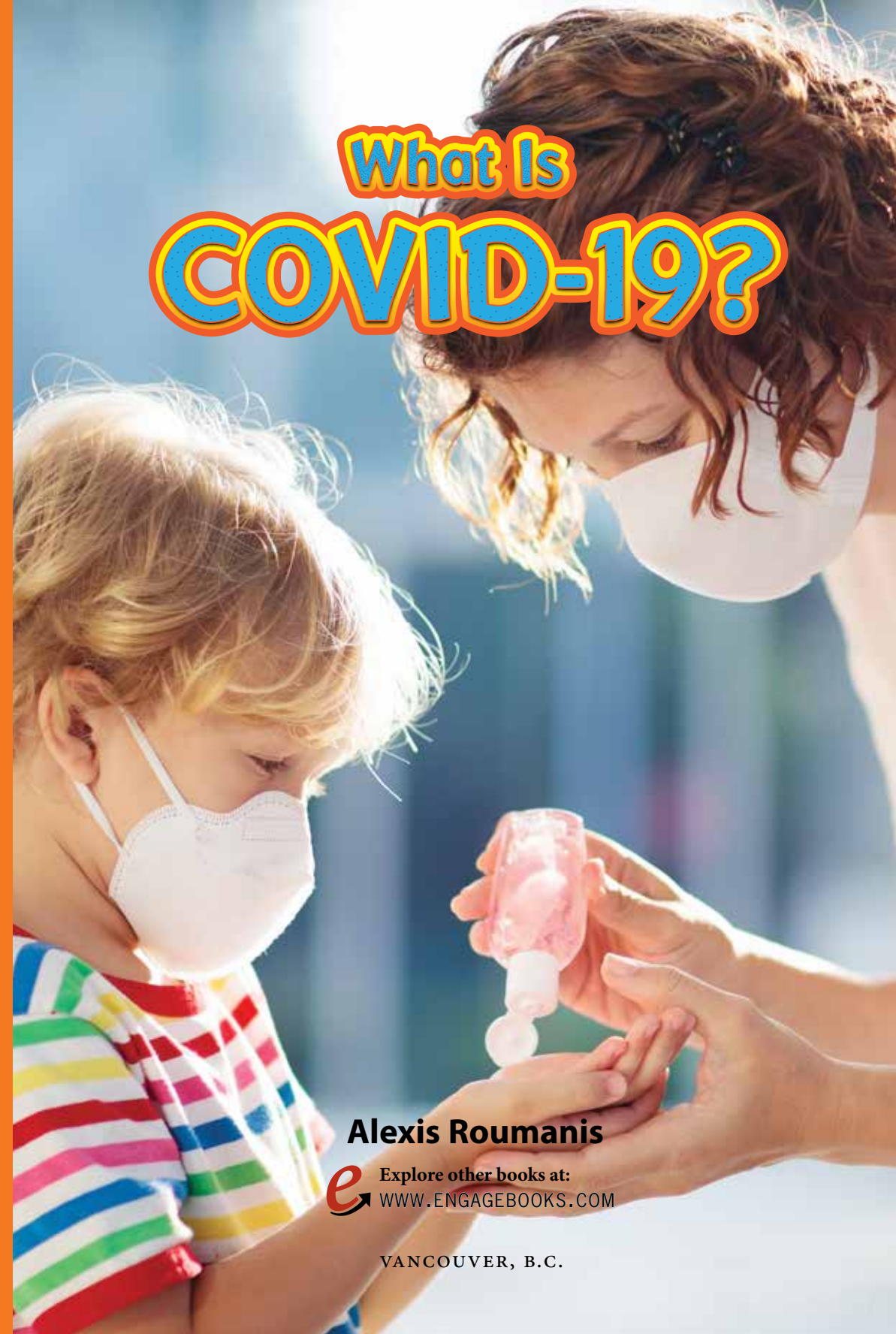
Explaining COVID-19 to young children can be challenging for families. Over the past four weeks, we decided to use our skills to create free resources for parents and educators to help children understand the significant impact that COVID-19 is having on their lives. Our goal with Level 1, 2, and 4 readers is to empower young children to read about COVID-19 on their own, or with the help of an adult. This simple act empowers young readers, and is an important step in making this situation a little less scary.

As COVID-19 is affecting millions of children across the world, we are striving to translate these books into multiple languages. To support our efforts, physical copies are available for purchase (*see the back page for information on how to order*). To help make this book available to as many children and families as possible, this eBook is offered free of charge to everyone.



Alexis Roumanis

What Is COVID-19?



Alexis Roumanis

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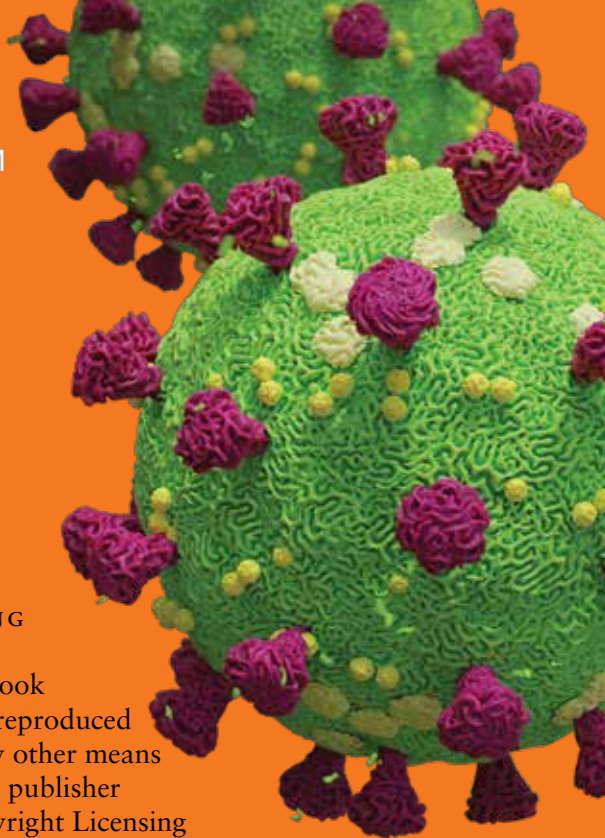
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What Is a Virus?

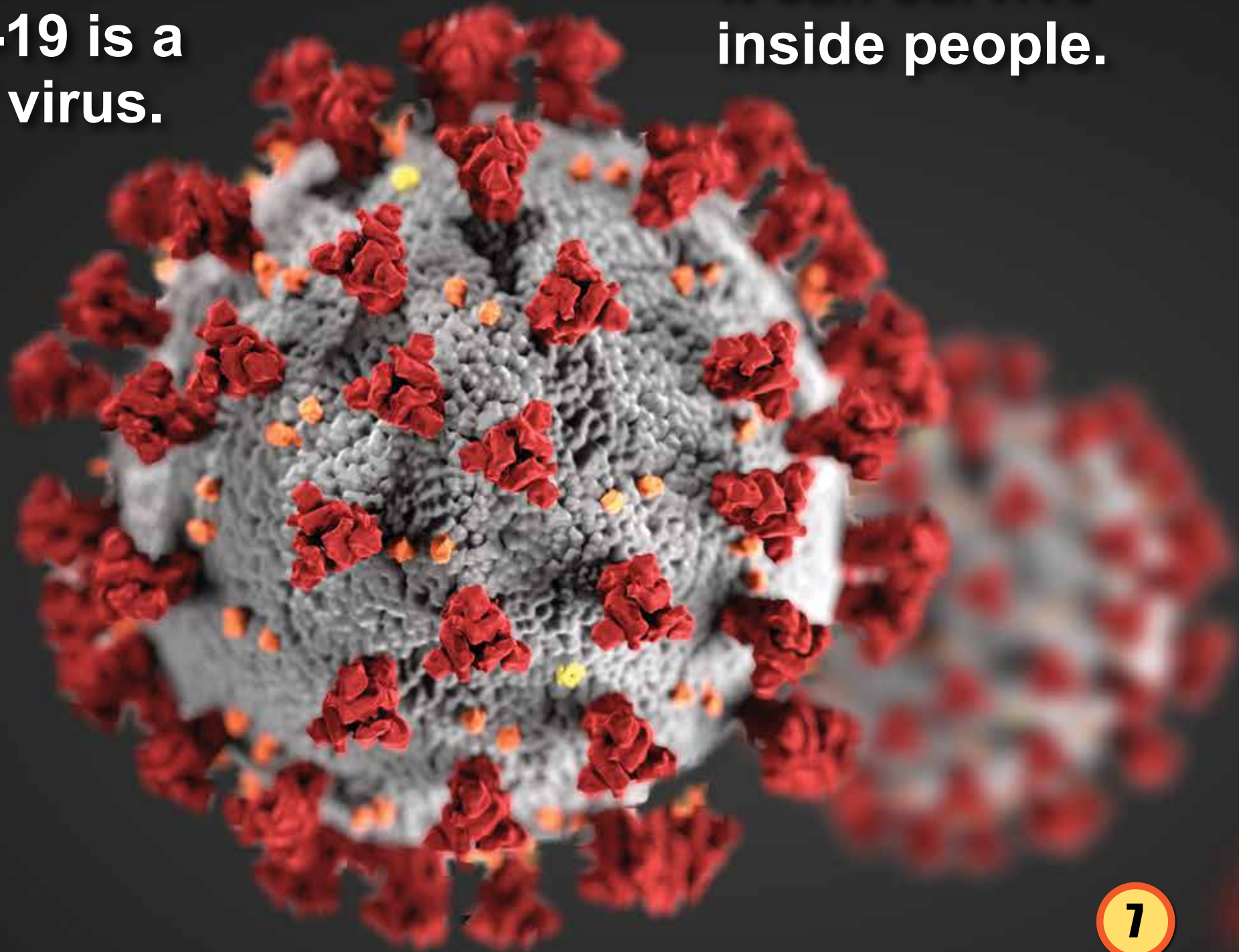
A virus is a tiny germ.

It can survive inside life forms.

What Is COVID-19?

COVID-19 is a kind of virus.

It can survive inside people.



How Does COVID-19 Make People Feel?

**COVID-19 can
make people
feel sick.**

**People may cough or
feel warm. Some find
it hard to breathe.**

How Does COVID-19 Spread?

People can catch COVID-19 from others.

The virus can also live on things that others touch.

10

11

How to Stop the Spread of COVID-19?

Do not touch your eyes, nose, or mouth.



Sneeze or cough into an elbow.



To stay safe, wash your hands with soap.



12

Do not share your food or drinks.



13

How COVID-19 Affects Adults

**Older adults
often struggle to
fight off viruses.**

**They can become
very sick if they
catch COVID-19.**

How COVID-19 Affects Children

COVID-19 does not often make children sick.

Children can still carry the virus.

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17



Keeping Away from Others

You can help
stop COVID-19.

The best way is to
keep away from
others. Doctors say
6 feet (2 meters) is a
safe distance.

Staying Home

Many people are staying at home with their families.

This helps to keep everyone safe.



Helping Hospitals

**Staying home
keeps hospitals
from getting
too busy.**

**This helps doctors
and nurses take
care of sick people.**

What Is a Vaccine?

Scientists and doctors are making medicine for COVID-19. This medicine is called a vaccine.

They hope to make a vaccine for COVID-19 in about 18 months.

Going to School

Many children are doing school from home. This keeps your teachers and other kids healthy.

It is important to do your part to keep everyone healthy.

How to Wash Your Hands

To keep safe from COVID-19, you should wash your hands often. You may have touched something that others have touched. This could be a door handle, railing, or counter top. Never touch your eyes, nose, or mouth. This is how COVID-19 enters the body. Washing your hands for at least 20 seconds with soap can kill COVID-19.

4. Wash between each finger.



5. Wash the base of each thumb.



6. Wash fingernails in each palm.



1. Use soap.



7. Rinse hands.



2. Wash each palm.



8. Dry hands.



3. Wash the backs of each hand.



28

29

Quiz

Test your knowledge of COVID-19 by answering the following questions. The questions are based on what you have read in this book. The answers are listed on the bottom of the next page.



1

Where can a virus survive?

2

Which people struggle to fight off COVID-19?



3

Can children carry COVID-19?



4

How far should people keep away from others?



5

What kind of medicine can stop COVID-19?



6

How long should people wash their hands with soap?



Explore other levels in the COVID-19 series.



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About the Author

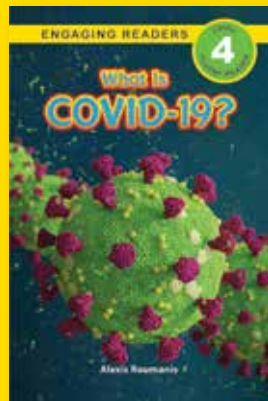
Alexis Roumanis graduated from Simon Fraser University's Master in Publishing program in 2009. Since then, he has edited hundreds of children's books, and written more than 100 educational books. His audience includes children in grades K-12 as well as university students. Alexis lives with his wife and three young boys in British Columbia, Canada. He enjoys the outdoors, reading a good book, and has a passion for learning new things.

Answers: 1. Inside a life form 2. Older adults 3. Yes 4. 6 feet (2 meters) 5. A vaccine 6. At least 20 seconds

What Is COVID-19?

COVID-19 has disrupted the lives of children around the world. Learning about the virus is an important way for children to do their part to keep everyone safe. In this Level 1 reader, children will learn how COVID-19 spreads, and how to stop the spread of the virus. They will also learn how their actions are helping to keep hospitals from getting too busy. Included are step-by-step instructions on how children can properly wash their hands to kill a virus.

Explore other levels in the COVID-19 series!



LEVEL 1 Reading together

LEVEL 2 Reading with help

LEVEL 3 Reading independently

LEVEL 4 Fluent reader



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