

# You can be a Health Hero

Have you heard people talking about this coronavirus thing? Maybe you've heard grown ups mention COVID-19 or social distancing?

You may hear these terms and think, "What in the world is that?" All you know is school is closed for a while. And other things are canceled, too, like your sports practices, birthday parties, or vacation plans. And you may not be allowed to play at your friends' houses right now. It's a little weird, right?

Everyone is acting extra careful because of a new illness called COVID-19, or coronavirus, that's making a lot of people sick.

It's a lot like the flu. People who get it could have a cough, fever, or chills, and some people can have trouble breathing, which can be scary.

Most people who get the virus can get better without a lot of medicine or help from doctors. And children don't seem to get as sick as adults.

But for other people, like grandparents and older adults and people with health problems, COVID-19 can make them very sick and they do need help from doctors and nurses so they can get better.

COVID-19 germs can spread pretty easily. So let's say someone with COVID-19 sneezed on Jill, but she didn't have any symptoms yet. Then Jill plays with her friend Jack. They share a toy, so the germs go from Jill's hands, to the toy, to Jack. But then Jack could pass the germs to people in his family and they could get sick, too. This is why everyone is acting extra careful right now.

So you might be wondering what you can do. You can be a health hero!

Health heroes wash their hands a lot. They wash up after playing with friends, playing outside, and before eating anything. They wash their hands for at least 20 seconds to make sure all the germs go down the sink. They can sing a song like the A-B-Cs while they wash their hands to make sure they get the job done. ♪ A, B, C, D, E, F, G... ♪

And they're careful to keep their hands out of their mouths and their fingers out of their noses because germs love to live in those spots.

Health heroes know that germs will fly out when the sneeze or cough, so they put the sneezes and coughs into a tissue or elbow to keep the germs from spreading. Sneezing and coughing into your

hands means the germs will jump onto everything you touch. Yuk! Plus putting your germs into a tissue or your elbow is just good manners and a good habit to get into.

One of the very best ways to keep the germs from spreading too quickly is to stay at home. When people are around each other, it's easier for the germs to spread from person to person.

So health heroes are working hard to do school work from home. They're hanging out with friends using video calls. They're helping Mom and Dad out around the house.

And they're finding new creative ways to have fun, like putting together puzzles, making art, learning to cook, trying some new dance moves, or reading lots of good books.

And if a health hero feels sick, they tell a grown up right away. This can help prevent others from getting those germs and help them get better quicker.

It's okay to feel nervous about all the changes going on right now. If you feel scared, talk to a grown up. Even heroes feel afraid sometimes, but you play an important role in keeping your friends, family, and neighbors healthy.

And that means you can be a health hero.

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