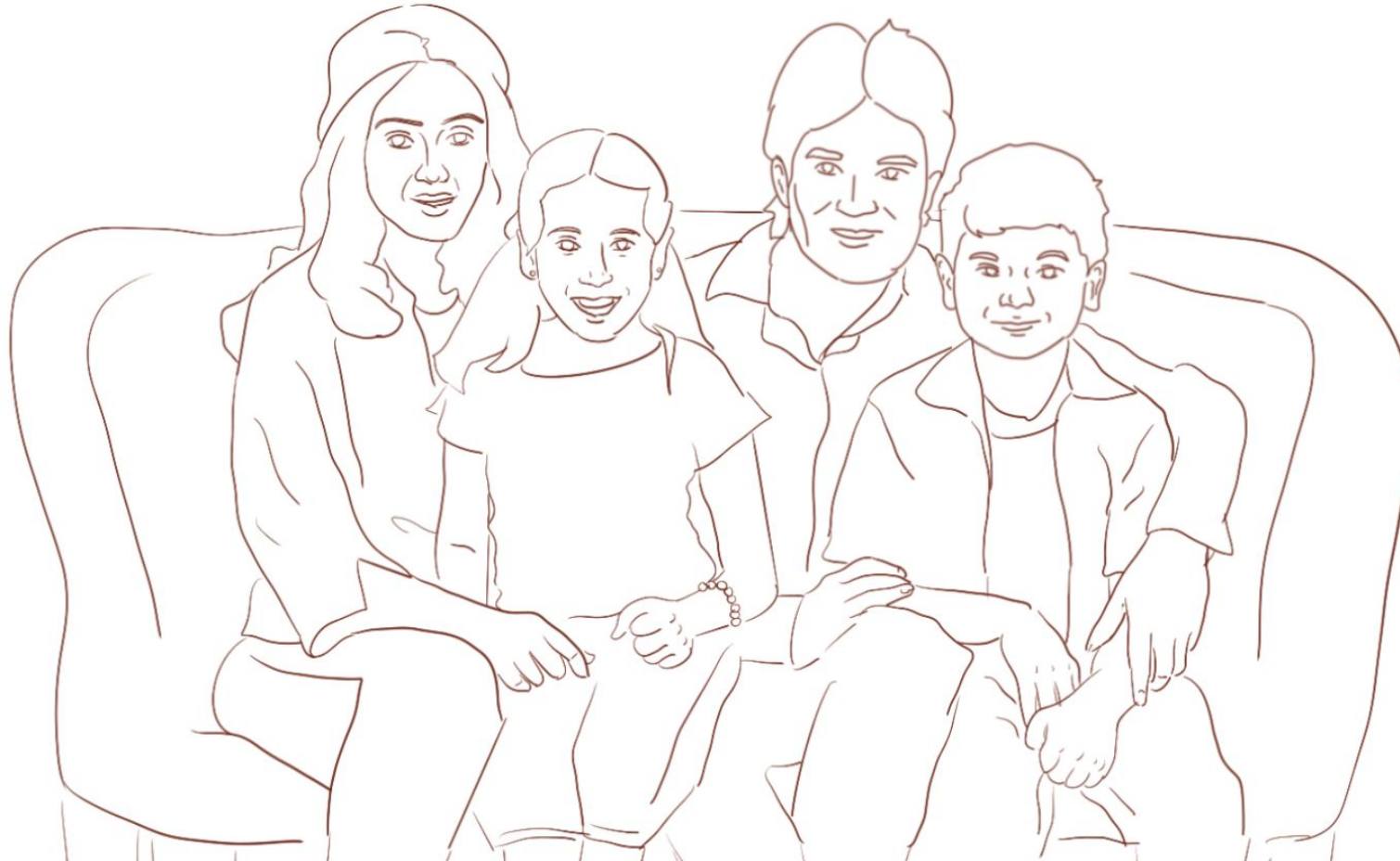
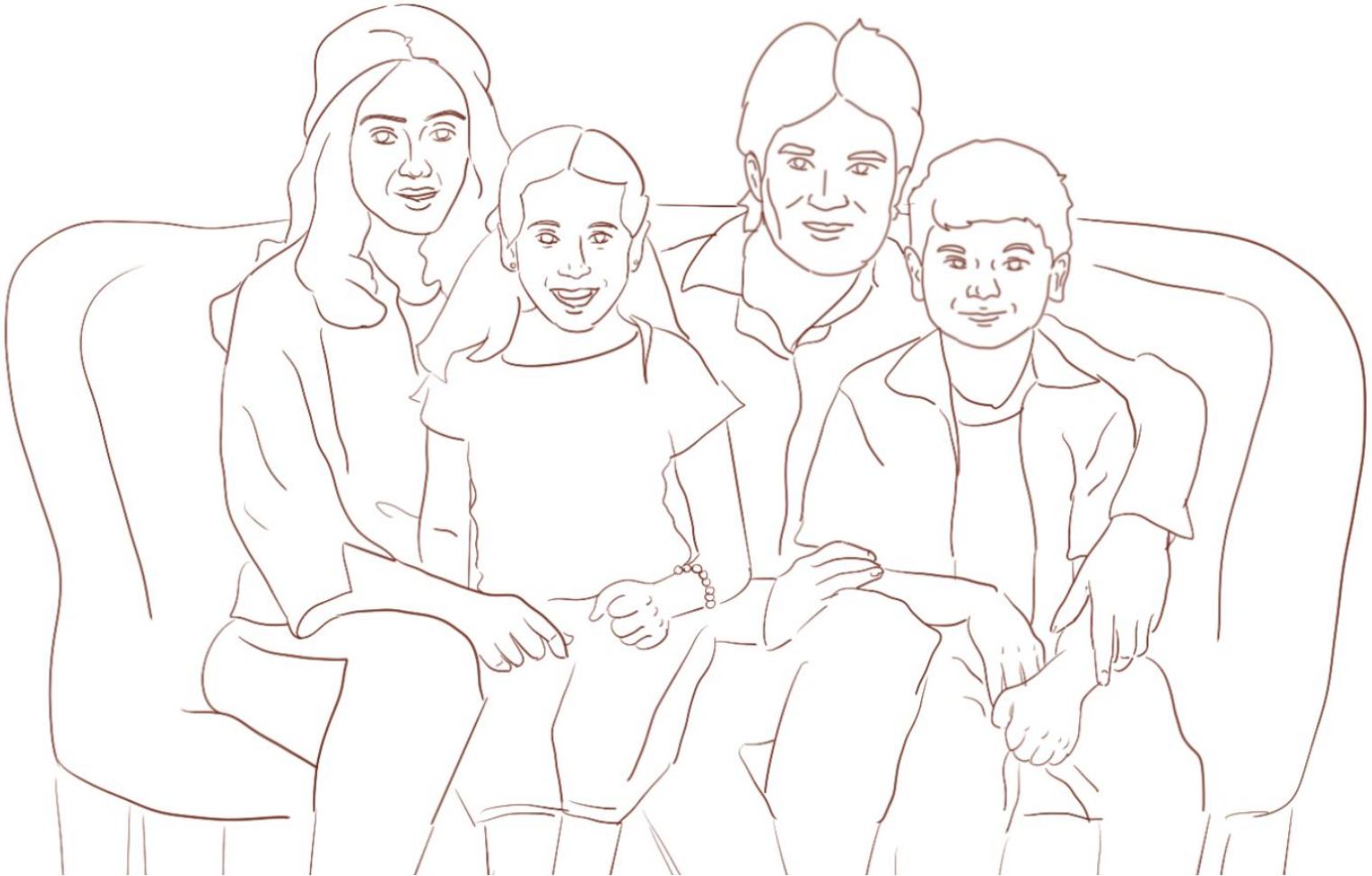


# Coping with the COVID-19 Pandemic



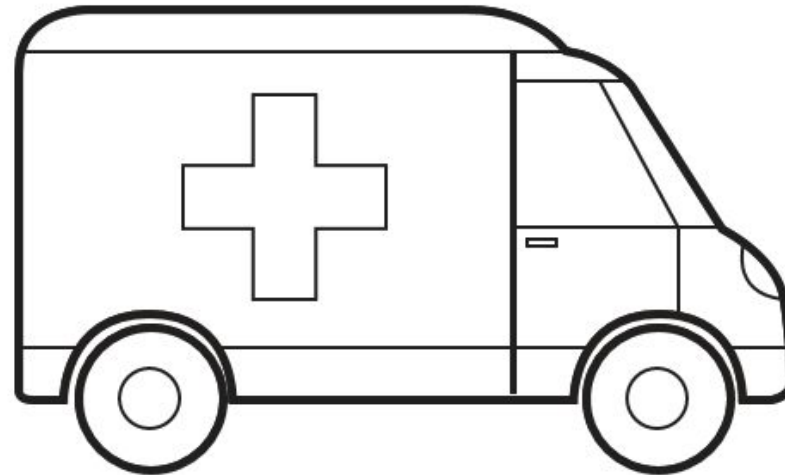
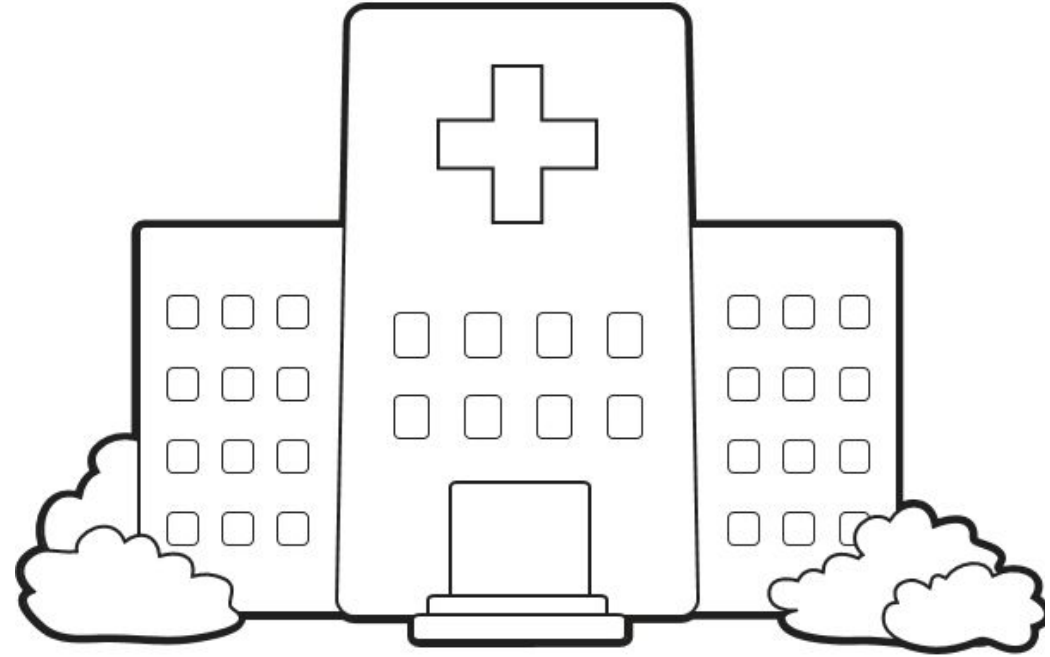
# Anna and her family are learning about COVID-19



COVID-19 has made many people ill.

Some had trouble breathing and had to go to the hospital.

Children could not go to school. And many adults could not work.



COVID-19 is scary.

Tell a grown-up how you feel.  
It is great to ask questions.

How do you feel today? Circle  
one of these pictures, or draw  
your own.



Surprised



Nervous



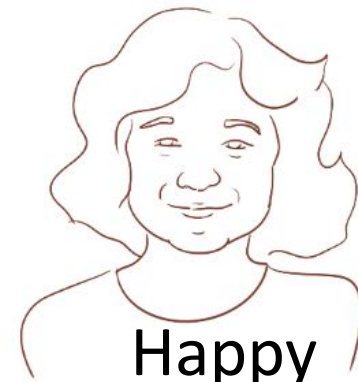
Sad



Angry



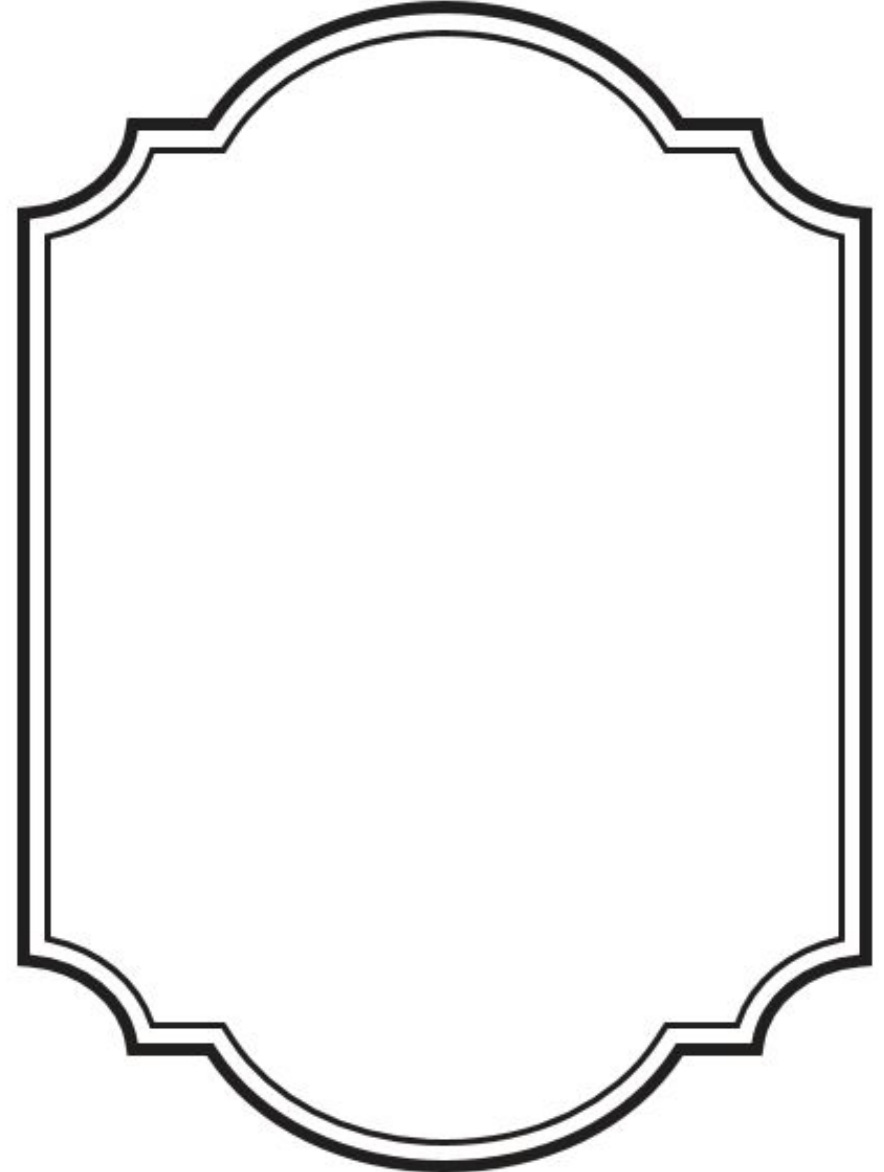
Confused



Happy

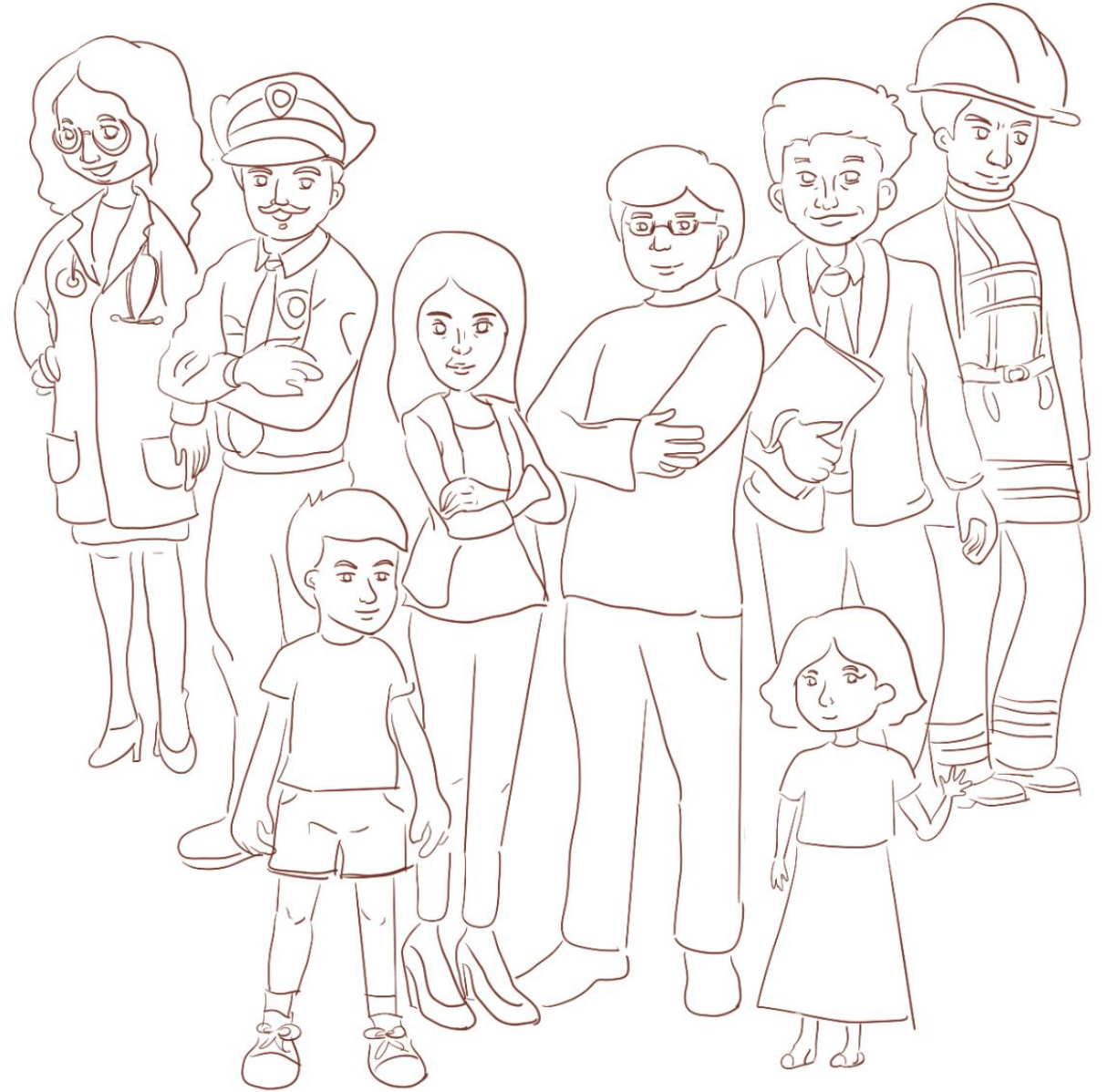
There are people around you who can help. You will not be alone. Anna has her family to help, and also her neighbors.

Draw a picture of someone you can talk to when you need help.



Look for helpers around you.

Doctors, police, parents,  
teachers and firefighters all  
keep you safe.

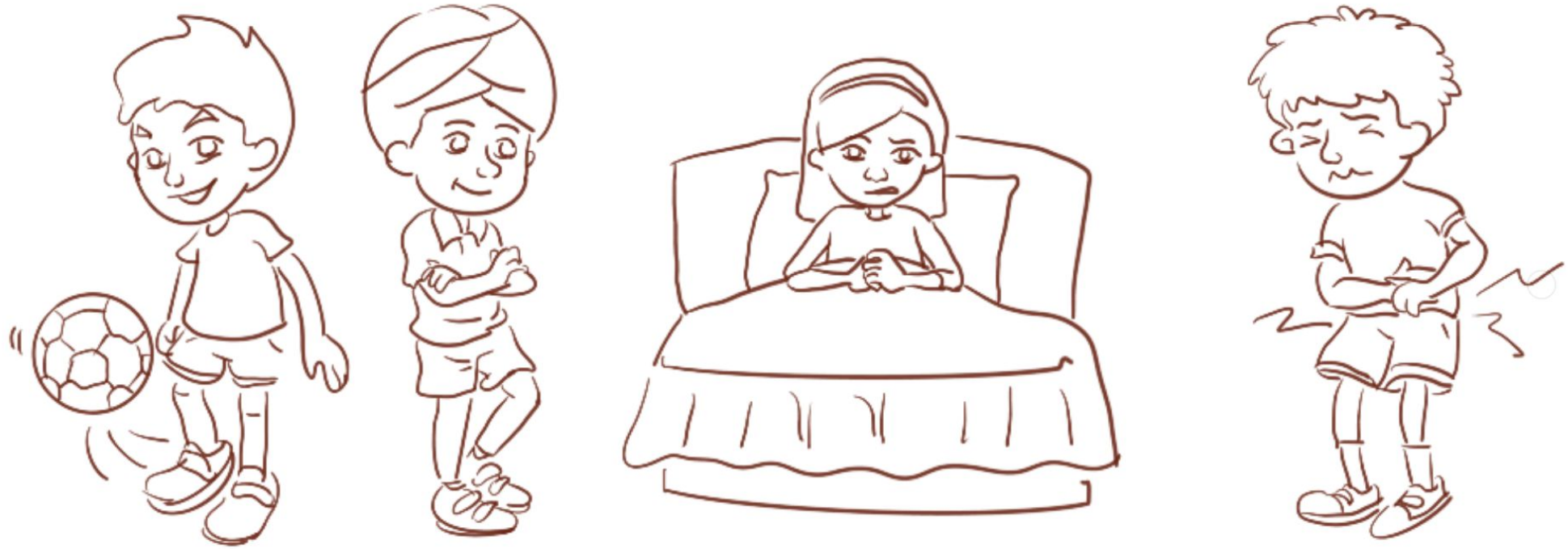


If you are scared, try taking  
slow deep breaths.

You can pretend you are  
blowing up a balloon -- very  
slowly!



# COVID-19 upsets many people.



Tell an adult if you are sad, if you don't want to play with your friends, if you can't sleep, or if you feel bad.



# Yay!!

You learned so much!

Remember..

1. Ask an adult for help!
2. Breathe slowly
3. Remember that this is not your fault
4. It is normal to feel weird!



You can color in this ribbon, and the rest of this book!

Based on US CDC *Coping after Disaster*  
Adapted by David Levine and Maya Spencer