

Coping with the COVID-19 Pandemic



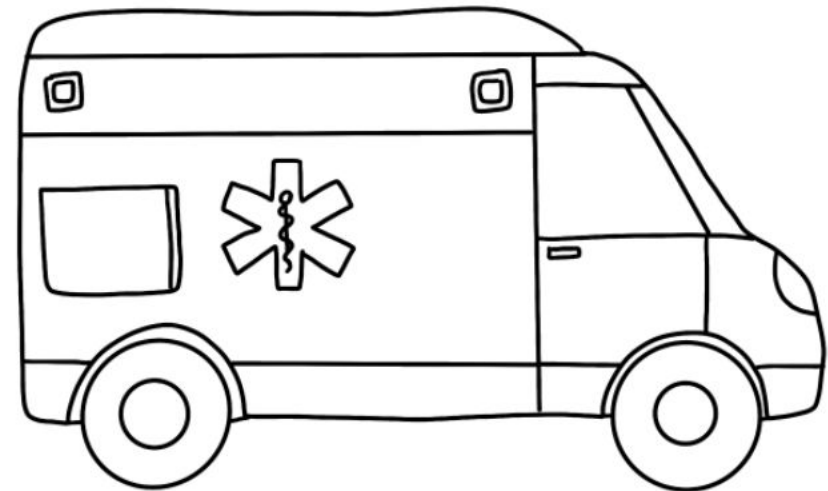
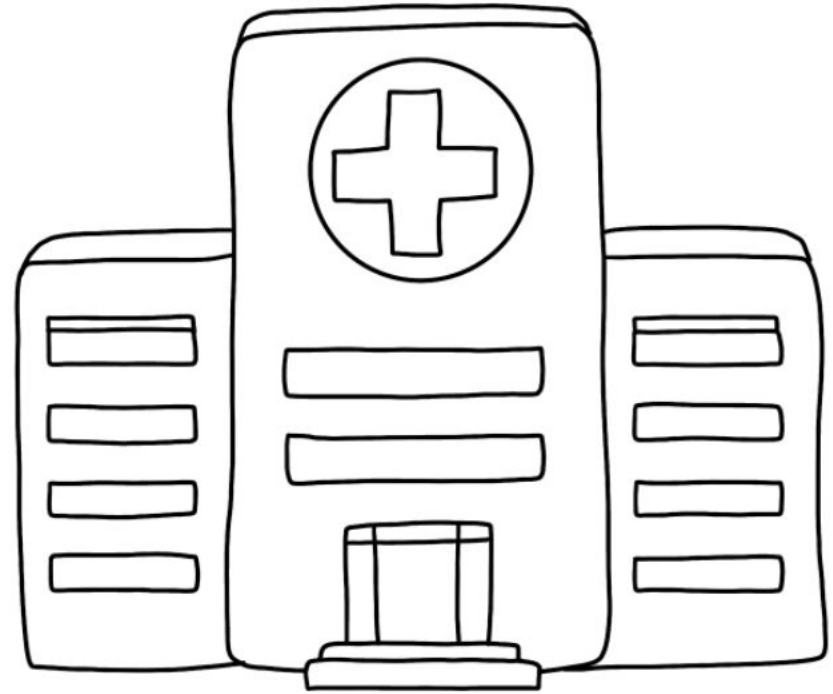
Althea and her family are learning about COVID-19.



COVID-19 has made many people ill.

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

Children could not go to school.
Many adults could not work.



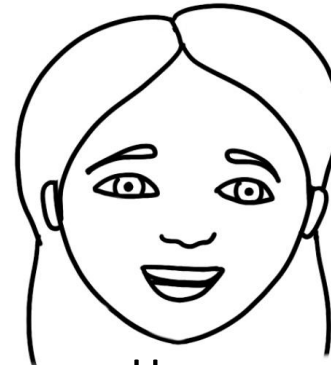
COVID-19 is scary.

Tell a grown-up how you feel.

It is good to ask questions.

How do you feel today?

Circle one of these pictures, or draw your own.



Happy



Sad



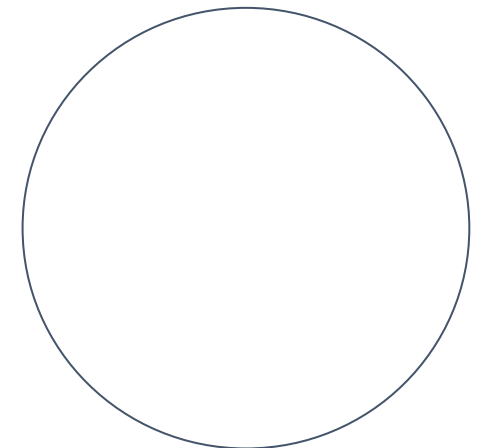
Mad



Confused



Scared

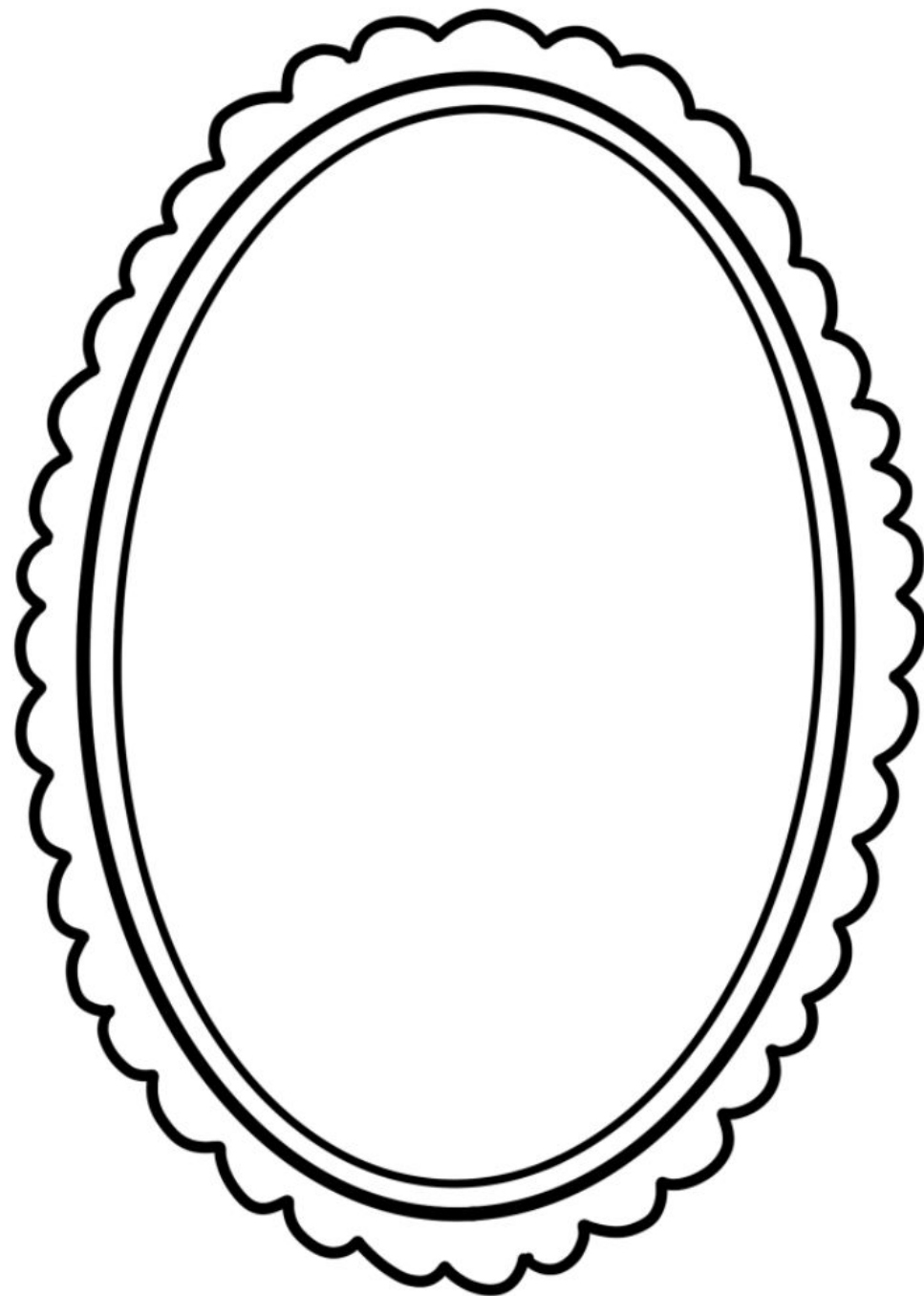


There are people around you
who can help.

You will not be alone.

Asha 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
help to 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, 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*
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Illustrated by Sarah Ampalloor and Sarah Dong