

Taking Extra Care in a Pandemic

We are in a pandemic. That means that a virus is being passed from one person to someone else. This virus is the Coronavirus. There are many many people who have this virus. This is why it is called a pandemic.

Sometimes this virus can make people very sick. This illness is called Covid.



Most people want to stay well. They want to be virus-free. So, they try make it hard to catch this virus. They try to make it hard to give this virus too.

So it is a good idea to take extra care. Here are some ways to stay virus-free:



Wash hands a lot. This is very very important! For this long: Say the verse to “You Are My Sunshine”

I can try to:

- Stay apart from other people, standing or sitting.



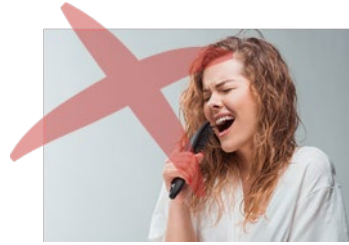
- Keep my hands:

✚ Away from people

✚ Away from my face



- Talk only.



- Cough, sneeze into arm.



- Stay home most of the time



I can try to wear a mask sometimes. Staff might ask me to do this.

I can try to follow the lines in stores and offices.



These ideas usually keep people away from the virus. It is important for people to do these things.

The pandemic will stop. It is hard to say when it will stop. Someone will tell me when it is safe to stop taking extra care.