COVID 19: I Can Help!

Photo by CDC on Unsplash
I am learning about a new virus called COVID-19. It is the cause of a *pandemic*. A pandemic is when many people in a large area become sick. COVID-19 is moving around the world from one person to another faster than colds or flu. Kids like me can help.
Like many kids, I learned to wash my hands when I was very young. It helps to wash germs away. A virus is one kind of germ.
This is a picture of a COVID-19 virus taken with an electron microscope. A real virus is much smaller than this.
That’s better, except the real COVID-19 virus is much smaller than this, too.
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Yes, that’s it! People need an electron microscope to see the COVID-19 virus.
The Covid-19 virus is smaller than tiny and causing huge problems for many people.
I can help!
I can help by washing my hands in warm water on all sides, rinsing well, and drying with a clean cloth. To make sure that I wash long enough, I may sing my favorite song or count very slowly to twenty. Washing my hands helps me stay healthy.
Especially during a pandemic, washing hands well and often helps to keep moms and dads healthy, too.
...and brothers and sisters...
...and grandparents...
...and friends...
...and people I have never met
In a pandemic, it’s amazing how kids can help by washing their hands well and often! I will try to help, too!