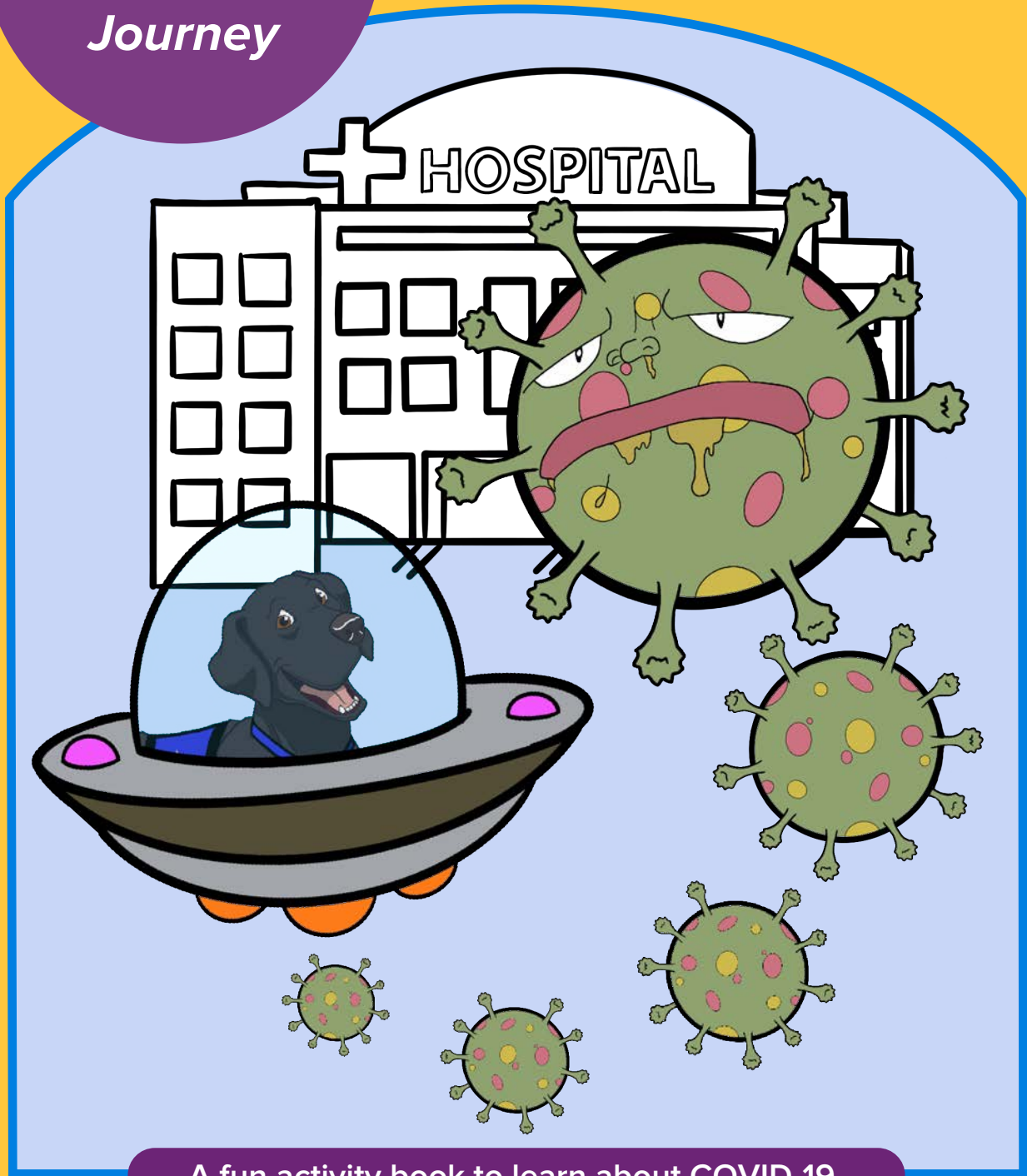


Dr. Bartley's  
**COVID-19**  
*Journey*



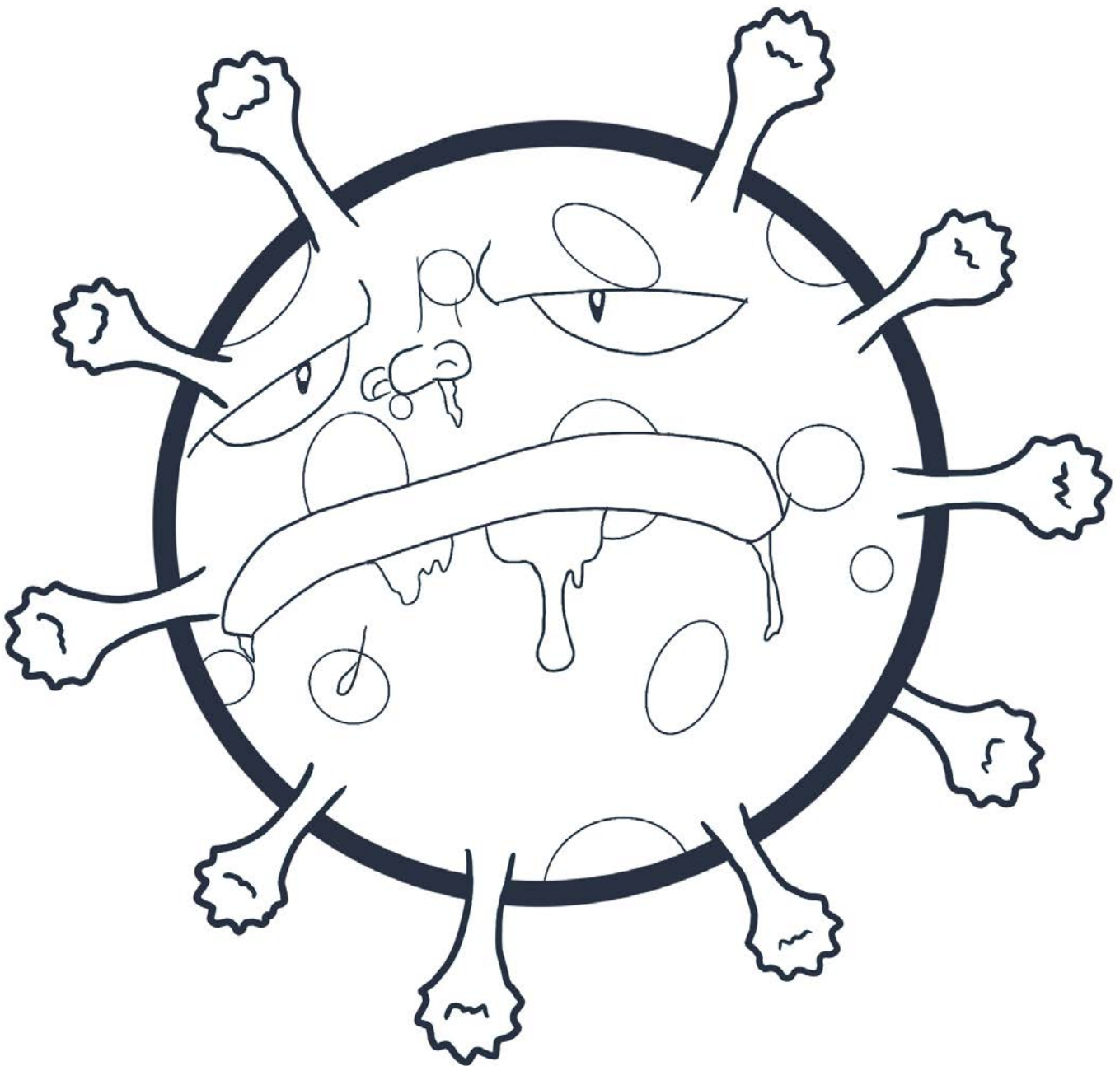
A fun activity book to learn about COVID-19

*At Inova Children's Hospital, the doctors, nurses and healthcare workers are working hard to keep families safe and healthy. This activity book will talk about fun ways that you can help keep yourself and others safe and healthy, too.*

# What is COVID-19?



**Hello! My name is Dogtor Bartley,** and I am going to help explain what the coronavirus germ is and how you can stay safe. COVID-19 is the disease that people have if they have coronavirus germs. COVID-19 stands for **CO**rona **V**irus Disease that started in **2019**. When you have COVID-19, you might have a fever, a cough or a hard time breathing. Sometimes, people who have COVID-19 do not feel sick at all. That's why it's important to practice safety habits.



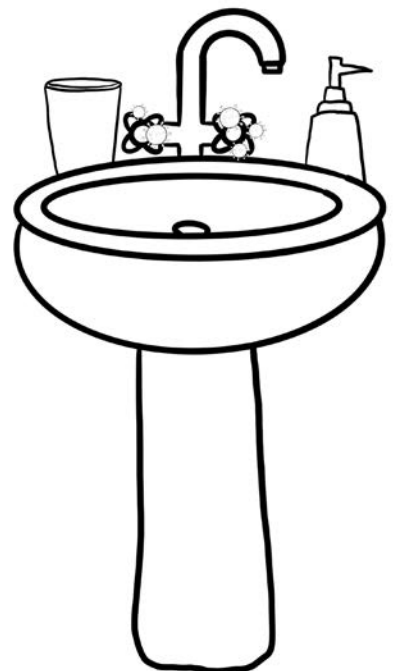
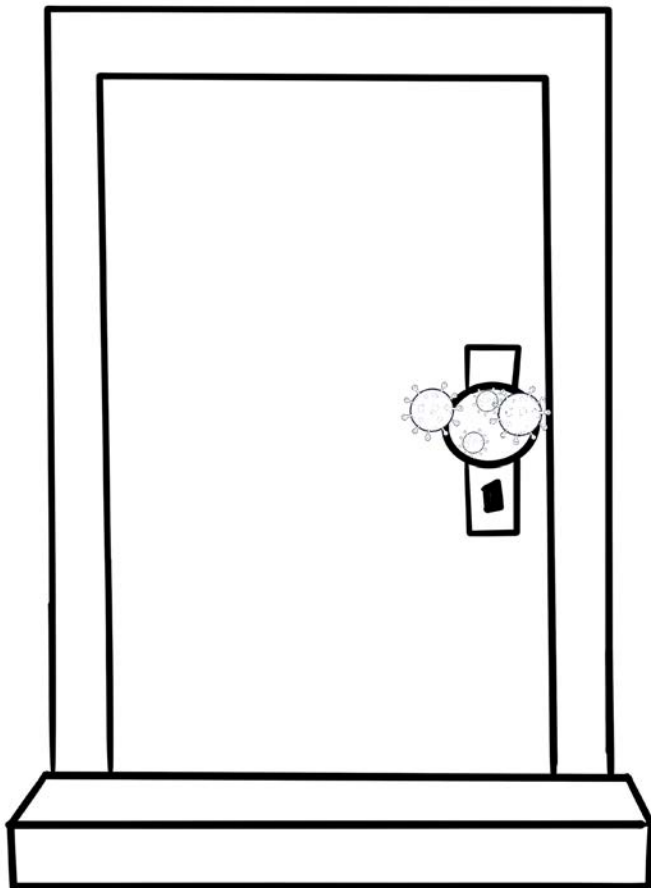
# How does COVID-19 spread?



*“Most of the time, the virus is spread through the nose and mouth.”*

When someone coughs or sneezes, tiny germs – so tiny that you can’t even see them – are released into the air.

People can catch the virus by breathing in these germs.



Or, people can catch the virus by touching something the germs have landed on (door handles, hands) and then touching their faces.

Find all of the **germs** in each picture and **circle** them.

# What can you and your family do to stop the spread and stay safe?

*“There are lots of things you can do to help stop COVID-19.”*



**First, wash your hands to remove any germs.** Be sure to wash your hands after using the bathroom, after playing, after coughing or sneezing, and before and after eating.



## **Wash you hands!**

1. First, wet your hands.
2. Next, apply soap.
3. Now scrub, scrub, scrub!  
(Don't forget your fingernails!)
4. Rinse away all the soap.
5. Dry your hands.

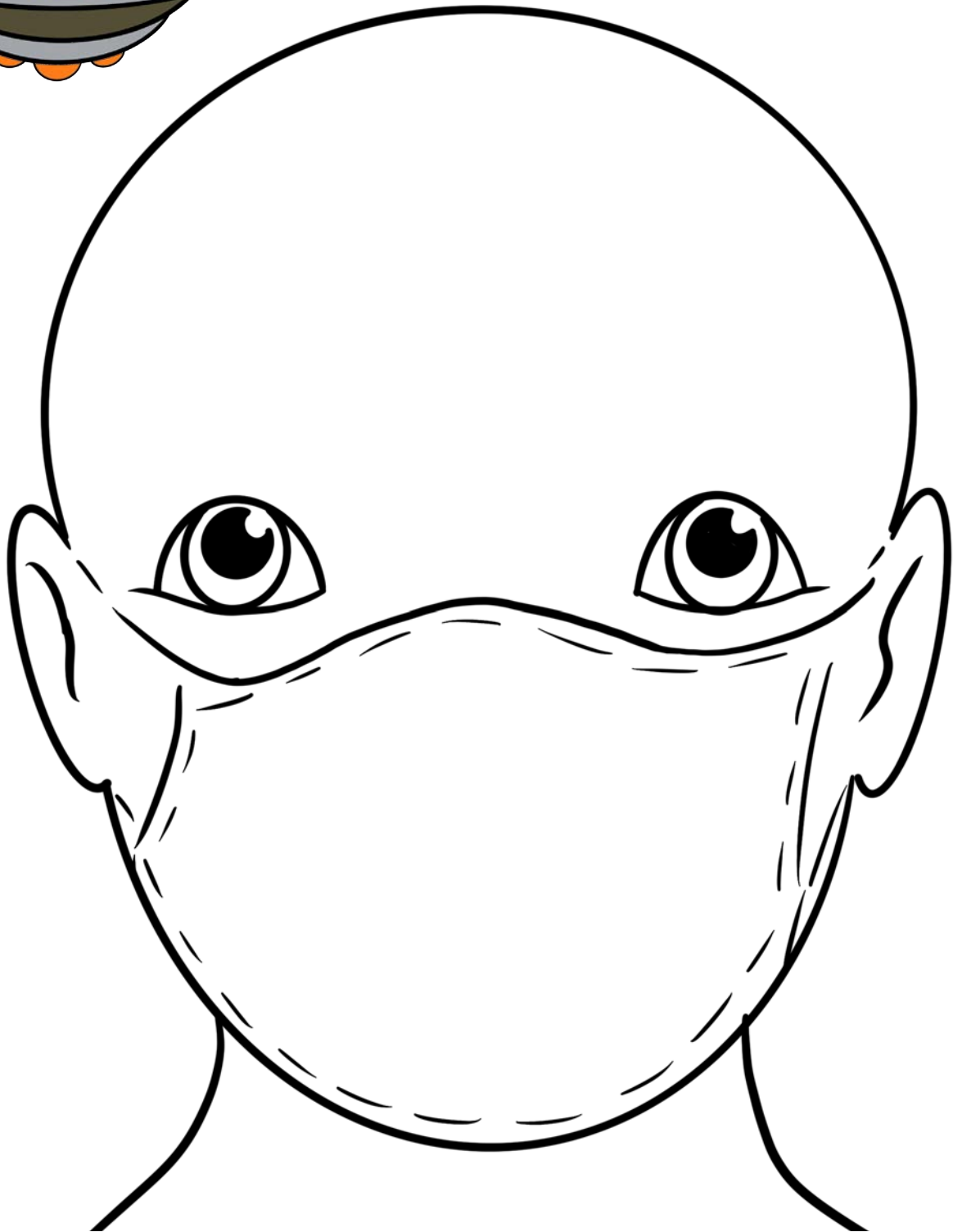
## **How long should you wash your hands?**

- \_\_\_ A. 5 seconds  
\_\_\_ B. 10 seconds  
\_\_\_ C. 20 seconds

**What would be a good song to sing as you wash your hands?**

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**Second, wear a mask.** Masks protect people from each others' germs.



**Be creative and decorate a mask that you would like to wear.**



**Third, stay at least six feet apart.** This is about how far apart you are when you are playing jump rope. The farther we stay away from others, the less likely the germs with the virus will reach other people.



Who do you think is being the safest?  
Can you circle the differences between the two pictures?





**Because of COVID-19**, you might not be seeing your family or friends. You might not be able to do some of the things you like to do. This can be hard! What are some creative, fun things you have done at home or would like to do? Write them here:

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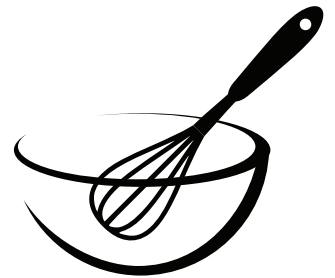
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### Word Search

*Find the fun things you can do at home!*



#### Fun & Safe Activities

B	P	Q	W	Y	M	Z	Q	N	N	N	L	Q	G	J
D	C	A	M	P	I	N	G	M	M	V	J	D	Z	M
J	Y	H	N	Z	K	Q	X	H	X	P	Q	Y	W	V
Q	R	I	I	L	M	T	C	Y	M	Z	L	W	M	K
P	C	E	Q	K	W	G	Q	D	F	X	I	G	V	U
X	K	N	A	I	I	U	T	A	H	B	K	J	M	D
W	W	A	N	D	Z	N	I	N	Z	W	M	X	L	K
O	D	U	B	N	I	O	G	C	A	X	U	O	T	F
L	R	Y	E	S	V	N	G	I	S	B	M	R	T	F
K	N	U	N	P	X	A	G	N	B	O	I	T	Z	O
J	I	T	D	H	U	W	E	G	T	Q	K	E	Y	R
O	C	B	A	K	I	N	G	C	R	A	F	T	S	T
K	P	Y	V	D	J	O	K	F	B	E	W	E	S	S
K	I	E	H	P	J	L	L	S	J	C	K	C	F	I
S	C	A	V	E	N	G	E	R	H	U	N	T	B	R

- ☐ BAKING
- ☐ CAMPING
- ☐ CRAFTS
- ☐ DANCING
- ☐ FORTS
- ☐ HIKING
- ☐ READING
- ☐ SCAVENGER



# How can we stay connected?

Just because we can't be around the people we love doesn't mean we can't still stay connected. Here are some easy activities to stay connected.



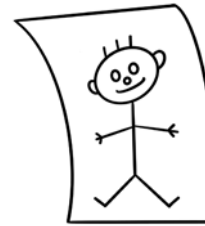
Match who you could do each one with:

Family



Call on the phone

Neighbor



Draw a picture

Coach



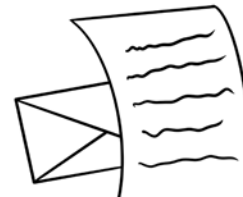
Send an email

Friend



FaceTime

Teacher



Write a letter

Who do you miss the most, and how would you like to stay connected with them?

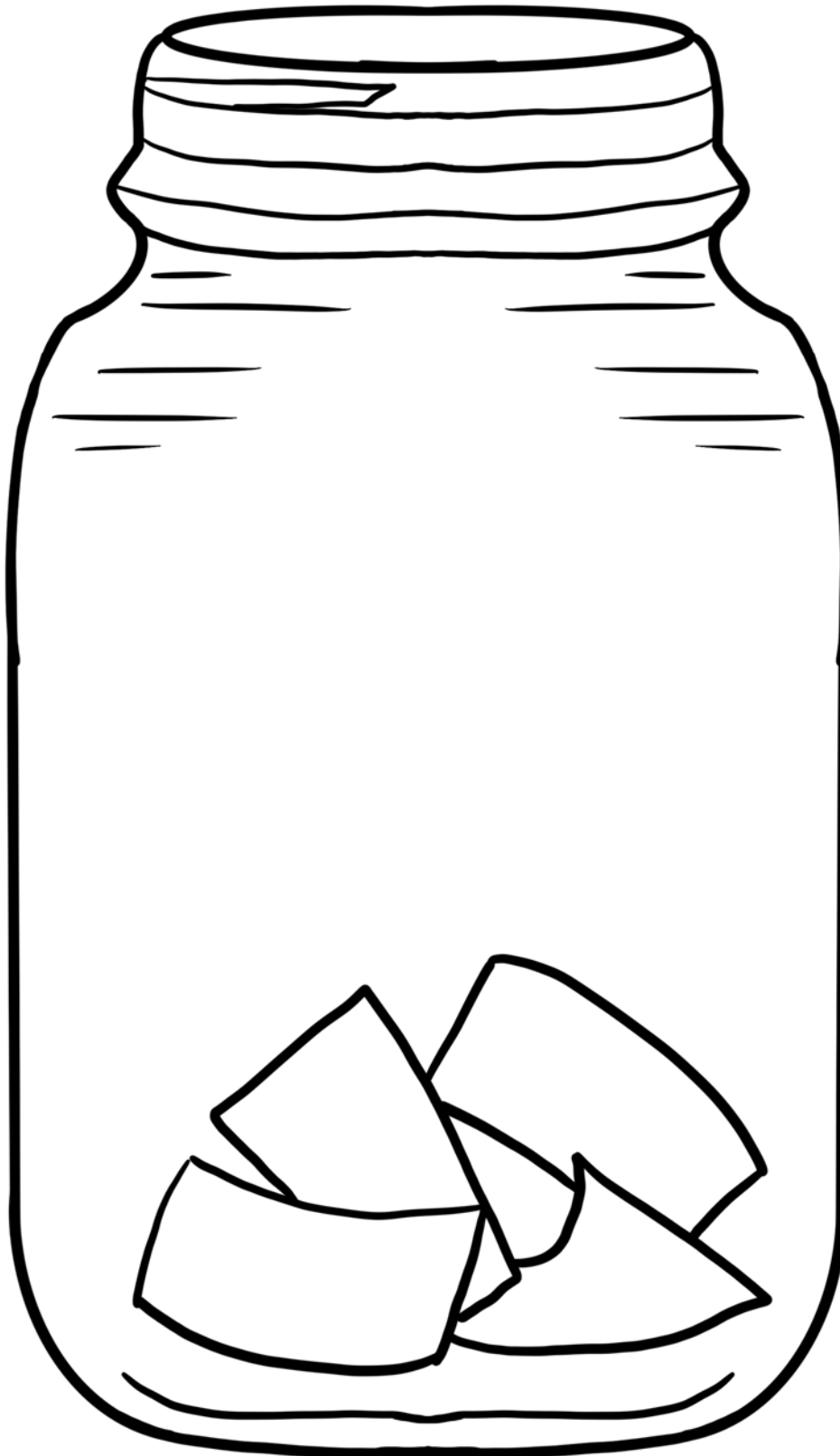
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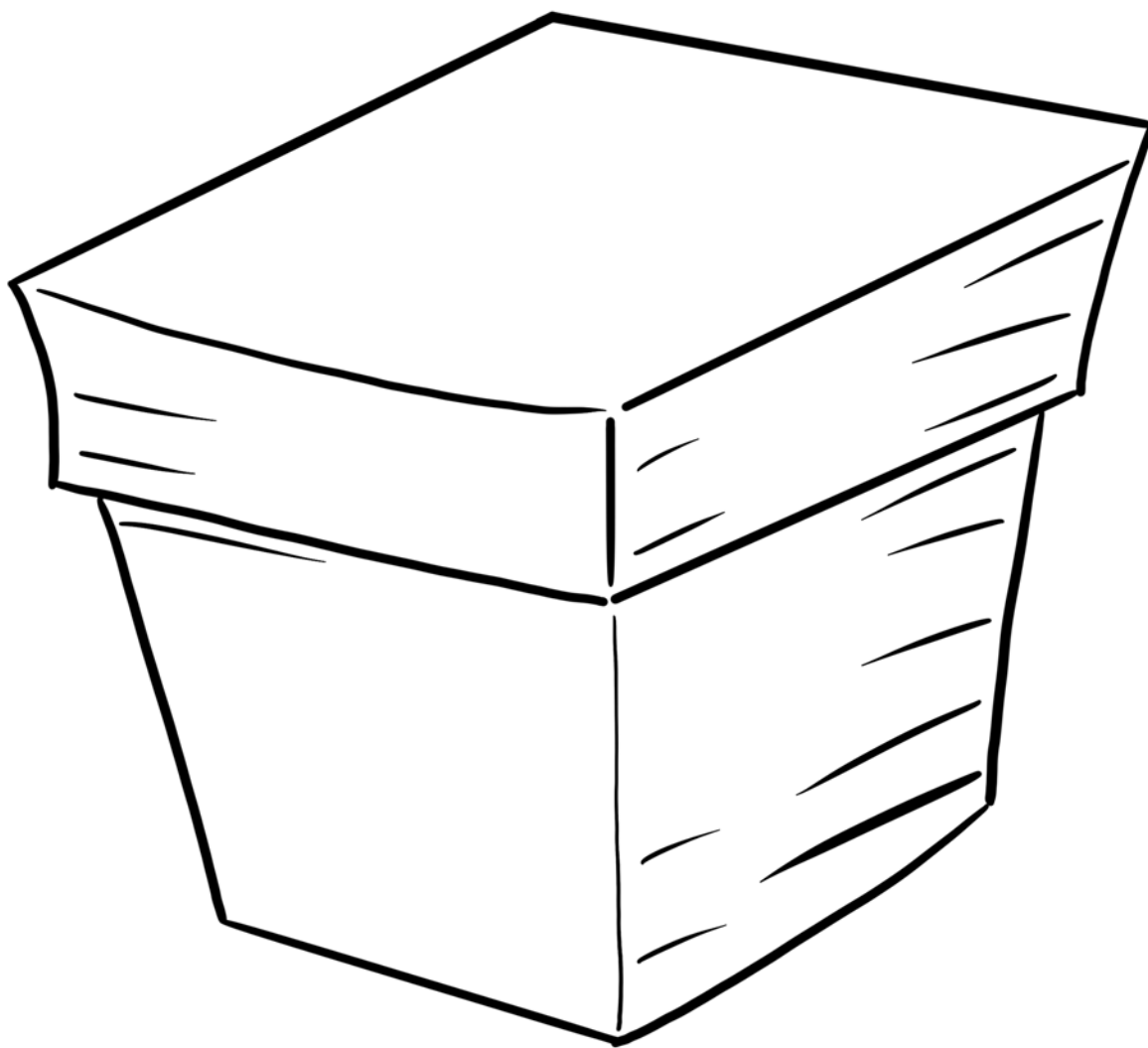


## How are you feeling?

With a lot of changes, it can be tough staying home and not being able to see and do usual stuff. It is normal to feel worried! Write down your worries in this **jar**.



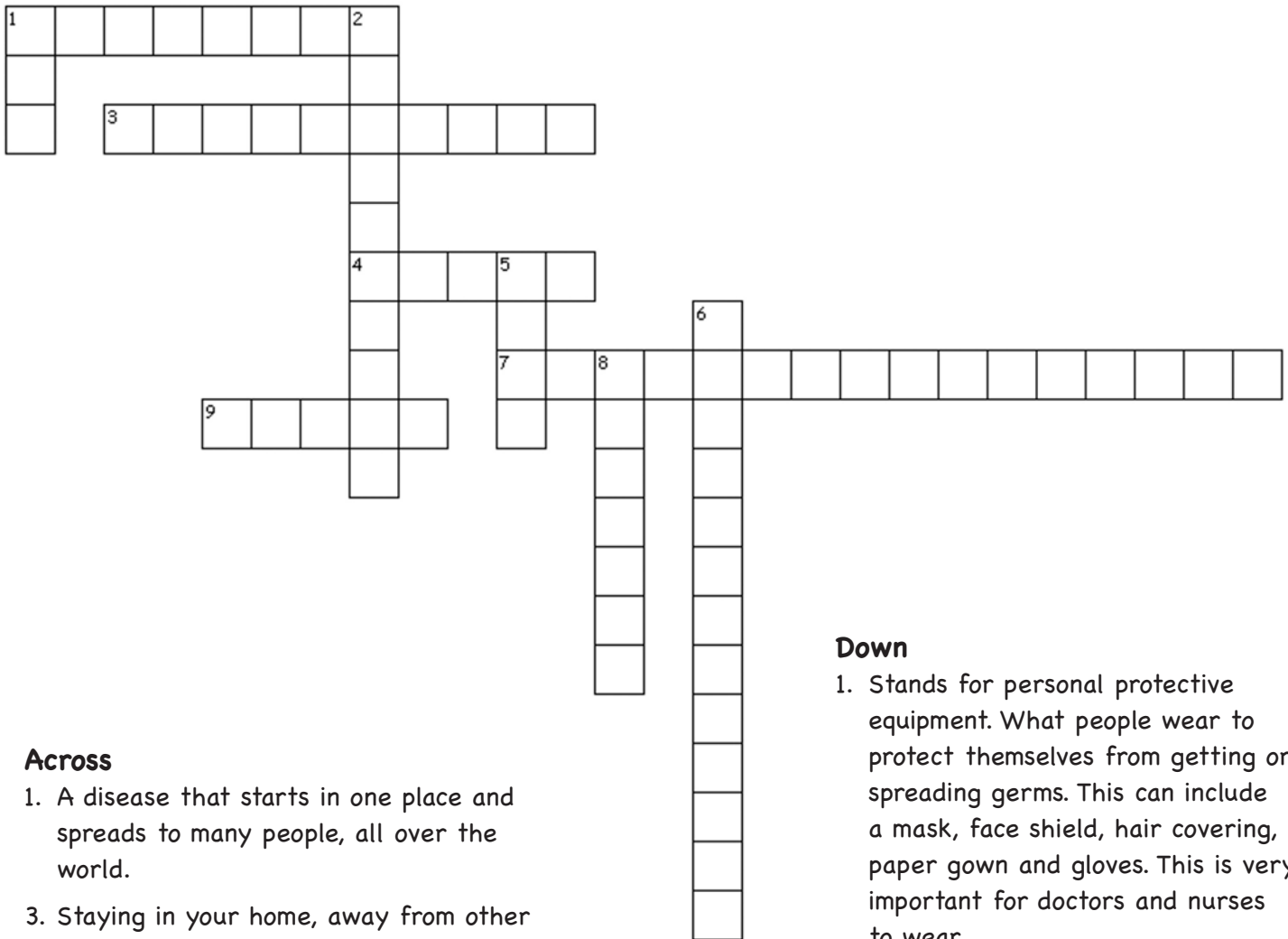
Some kids find it helpful to make a “coping box” of things that help you when you feel worried. Draw or write some things you can put into your **box**.



# Coronavirus Vocabulary Crossword

## Word Bank

\*COVID-19    \*Germs    \*Virus    \*Contagious    \*Wash your hands  
 \*Quarantine    \*Mask    \*Pandemic    \*PPE    \*Social distancing



### Across

1. A disease that starts in one place and spreads to many people, all over the world.
3. Staying in your home, away from other people if you were possibly around another person with COVID-19. Usually this is for about 14 days.
4. Tiny organisms that can cause sickness.
7. When you are outside of the house, staying at least six feet apart from others and not touching them.
9. A type of germ that can make you and other people sick.

### Down

1. Stands for personal protective equipment. What people wear to protect themselves from getting or spreading germs. This can include a mask, face shield, hair covering, paper gown and gloves. This is very important for doctors and nurses to wear.
2. When an illness is easily spread from person to person.
5. A fabric or cloth that is used to cover a person's nose and mouth to avoid spreading germs.
6. Something you can do to help stay safe and healthy.
8. A new sickness that can cause people to have a cough, fever and trouble breathing.



Dr. Bartley  
says  
**"Be Safe!"**

