

# Child-Friendly Explanations of New Words Your Child May Hear in the Pandemic



**When explaining things to children,** it can be helpful to ask them what they have heard or what they think something means before giving your explanation. This gives you an opportunity to build off their current understanding and clarify any misconceptions.

- **COVID-19:** a term that you'll hear people say when they are talking about coronavirus. It's a virus that is similar to the common cold or the flu. It can cause people to have a cough, a fever, and a hard time breathing. Though some people can get very sick, most people recover.
- **Germs:** Tiny organisms that can cause disease or sickness. They are so tiny that you have to use a microscope to see them.
- **Virus:** A type of germ that can make people sick.
- **Contagious:** When an illness is easily spread from person to person. Washing your hands and covering your coughs and sneezes can prevent the spread of germs.



- **Social Distancing:** Separating from people outside your house to slow the spread of a contagious virus. Here are some ways to do social distancing:
  - When you are outside of the house, stay away from others and do not touch them.
  - Pretend that there is at least a bike's length between you and another person.
  - When greeting others, just wave instead of giving them a hug or high five.
- **Quarantine:** Staying in your home away from other people if you have been exposed to a contagious virus.
- **Pandemic:** A single disease that starts in one place and spreads to many people, all over the world.

For more information please visit [inovachildrens.org](http://inovachildrens.org)