The Coronavirus, or COVID-19, is a virus that may include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.
Transmission or Sharing the Virus

COVID-19 is easily spread between individuals through droplets in the air. These droplets can come from sneezing, coughing, runny nose, or saliva from someone close by.
Prevention or Not Spreading the Virus

I can prevent the spread of the virus by washing my hands frequently and limiting my exposure to large groups of people.
Staying Home

Because the virus is easily spread, I might need to stay home with my family. I might not be attending school or work.
Routine

Keeping a routine at home will help me and my family achieve our goals each day.
Daily Schedule

I should make a daily schedule for things that need to be completed while I am at home. This includes what time to wake up and what time to go to bed.
Things to Schedule

My daily schedule can also include times to work on household tasks with my family such as washing dishes, making my bed, or cleaning up my room.
Homework

I may have work sent to me from my school to complete each day. If I need help, I could ask a family member or e-mail my teacher.
Family Time

This is a good opportunity to enjoy extra time with my family. We could play games, go on walks, or cook together.
Everything will be Okay

While being at home and not on my regular schedule is unexpected and feels strange, I know everything will be okay and one day I will be able to go back to work or school again.