



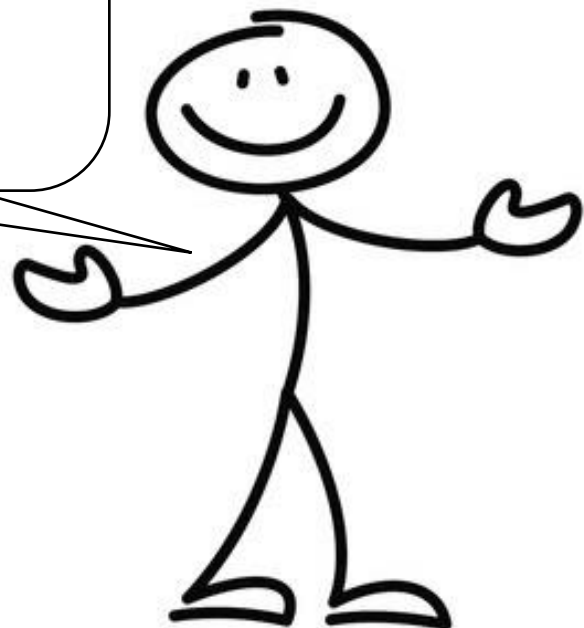
**Therapeutic Family Care Program**  
*Support for Children, Youth and Caregivers*

Dear adults,

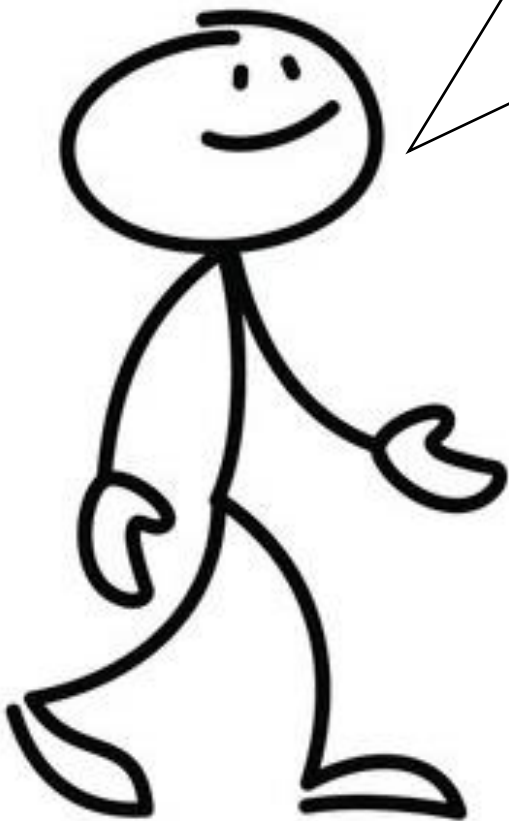
The team at the Therapeutic Family Care Program made this story to help explain the Coronavirus and social distancing to children.

Hey!

What's going on here?  
Let's find out...



Have you heard of something  
called the **Coronavirus**?  
Sometimes people call it  
**COVID-19** too.



That's me!

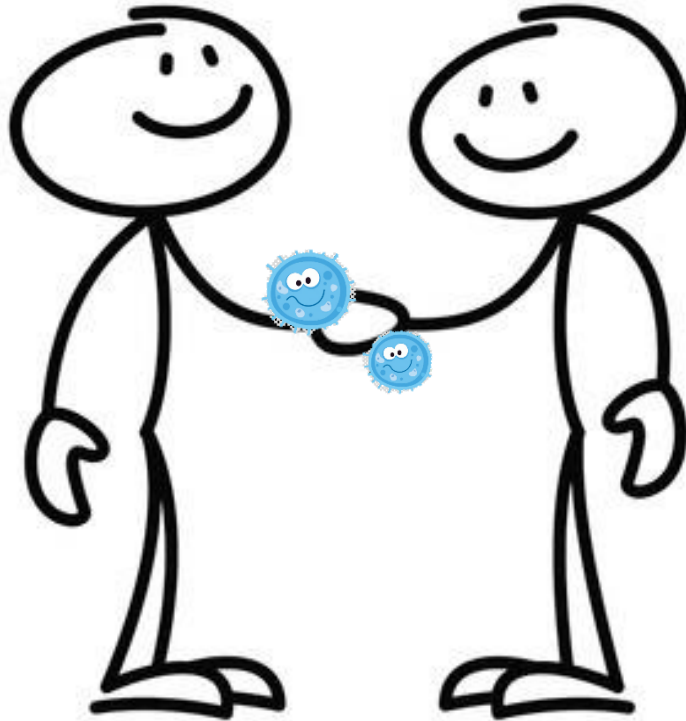


The Coronavirus is a germ.  
This germ makes people sick.  
Kind of like getting a cold.

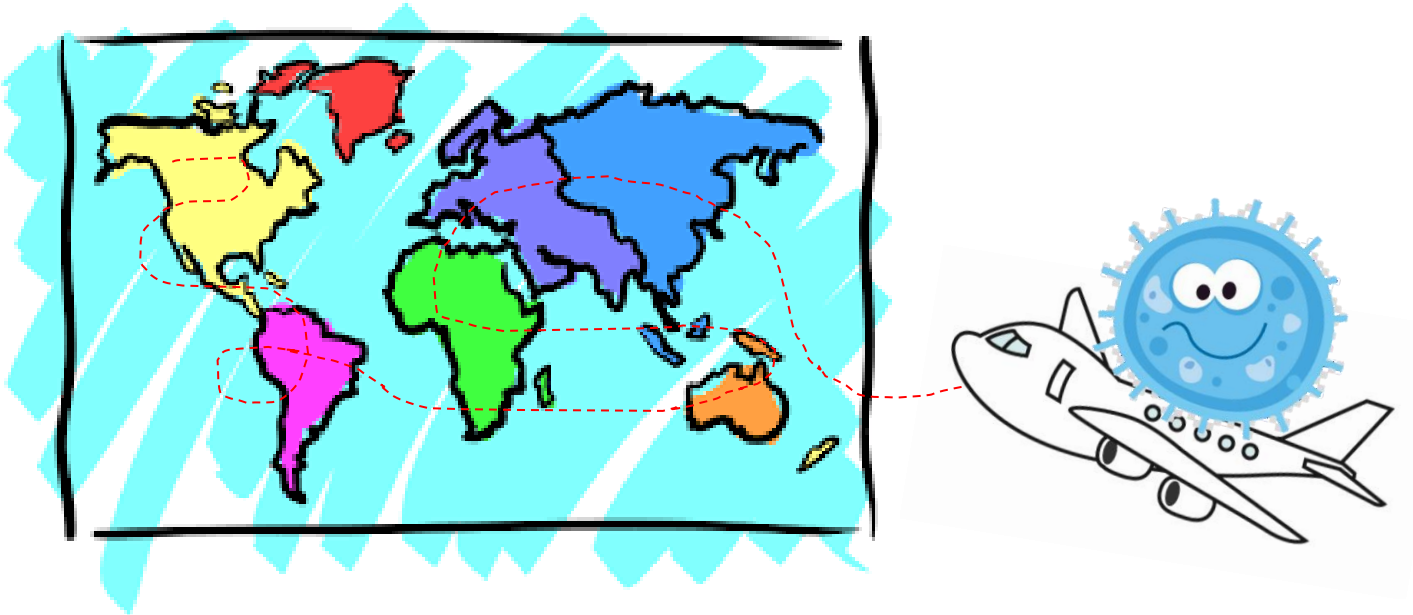
Most people who get sick  
from Coronavirus will get  
better on their own.

Some people have to go  
see a Doctor to help  
them get better.





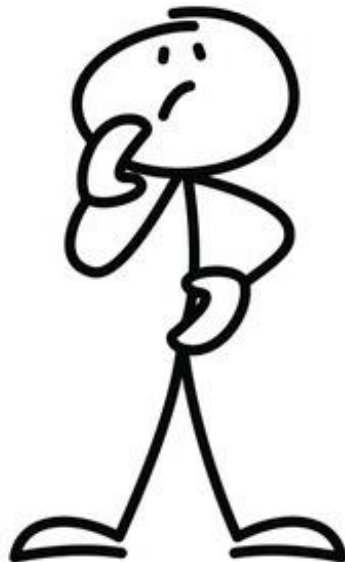
The Coronavirus is super sneaky!  
It can move from person to person  
and we don't know it.



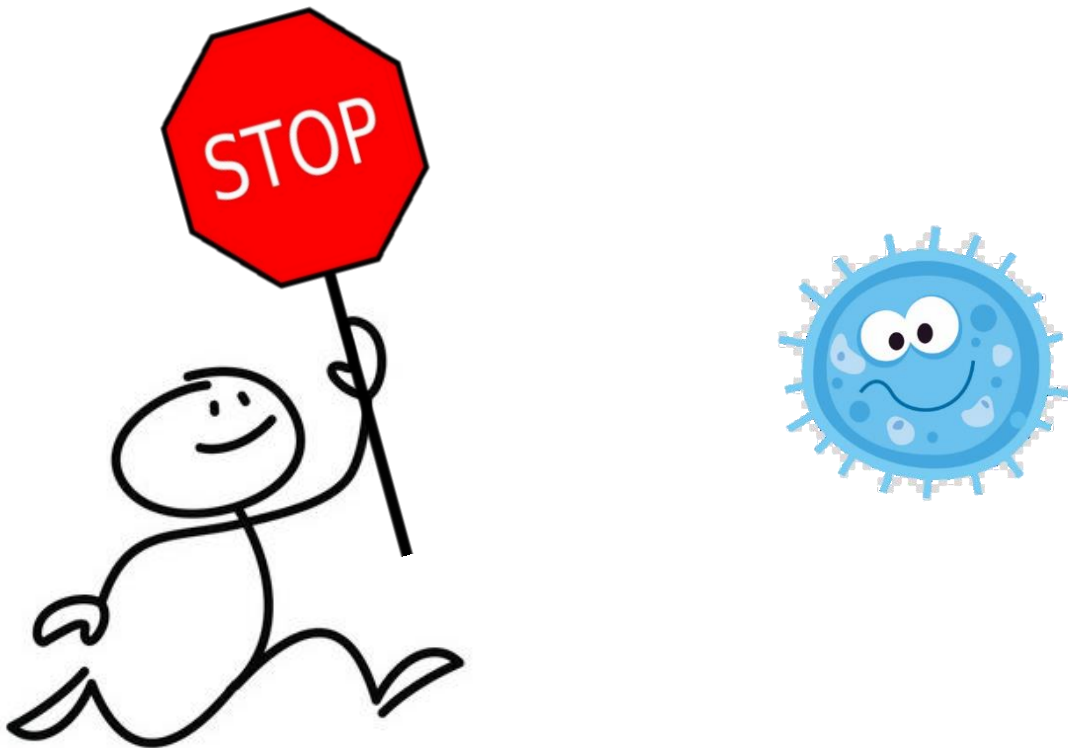
The Coronavirus likes to move.

It has travelled all around the world.

The more it moves, the more people get sick.

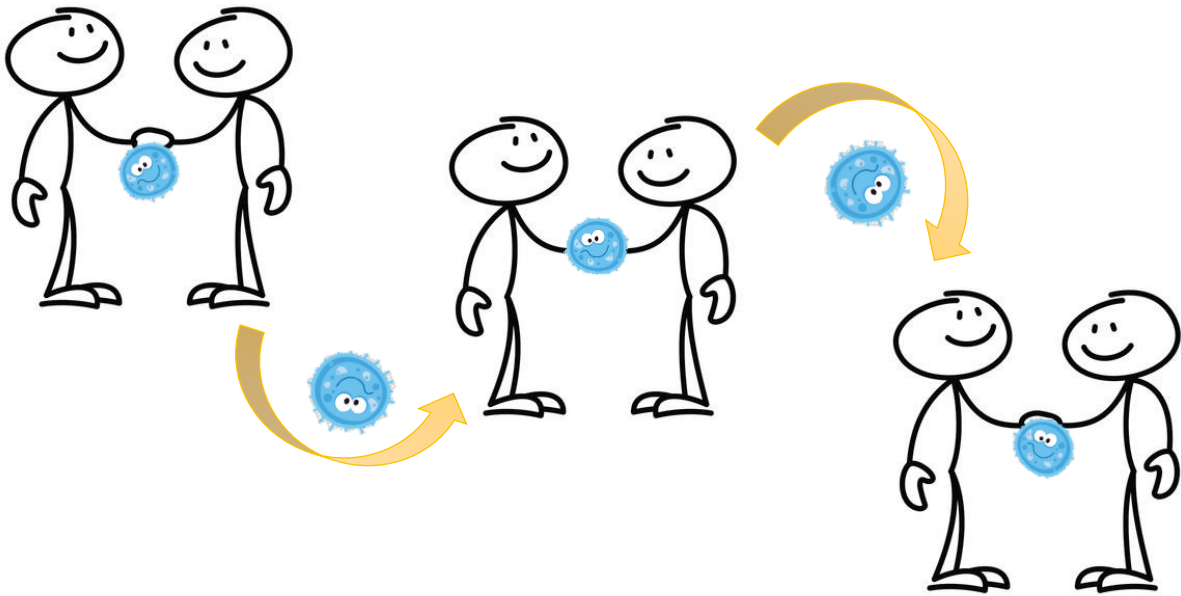


So we have to come up with a plan to stop the germ from moving around!



And we are going to need your help!

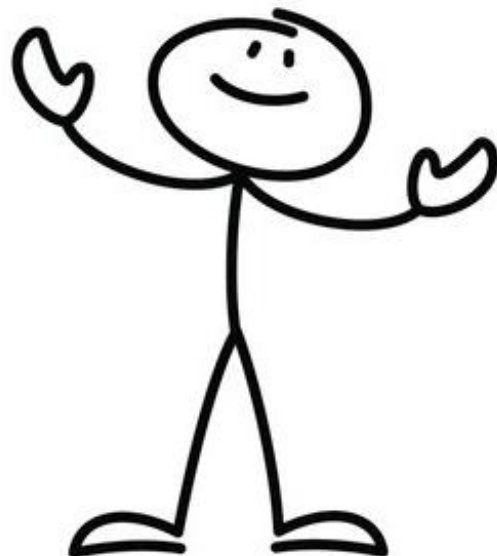
Are you ready?



Because the germ likes to travel from person-to-person, we need to keep our distance from other people right now.

That's called **social distancing**.

It helps stop the germ from making more people sick!

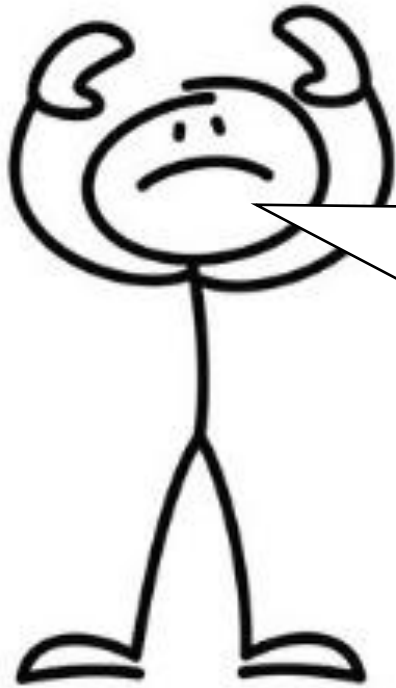


That means that kids all around the world are going to stay at home with their family.



When we are social distancing, we won't be able to go to school or other places with lots of people.

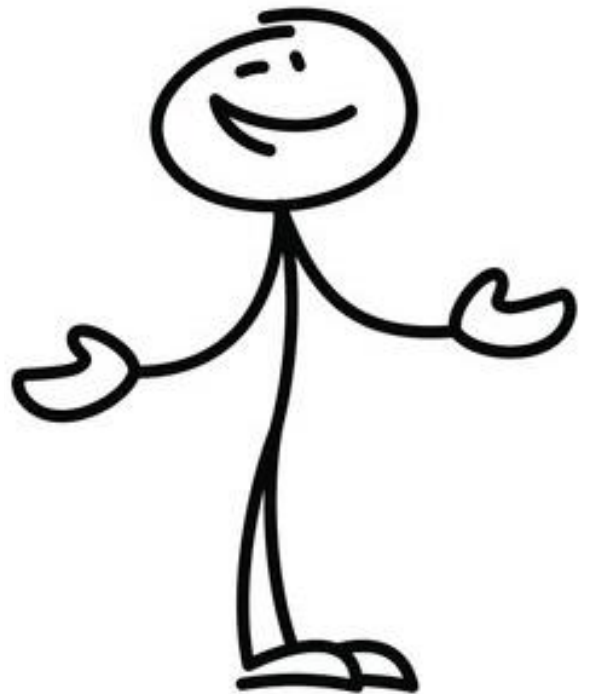




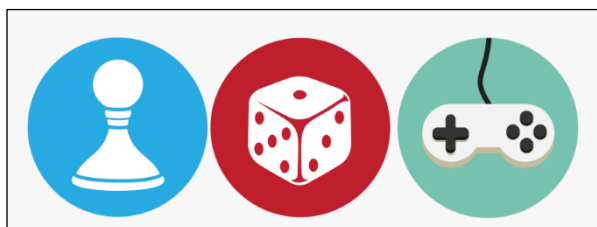
Stay at home  
forever???

But I am going to be  
so bored!!!

We don't know how long  
we are going to need your  
help to stay home just yet.  
But it won't last forever.

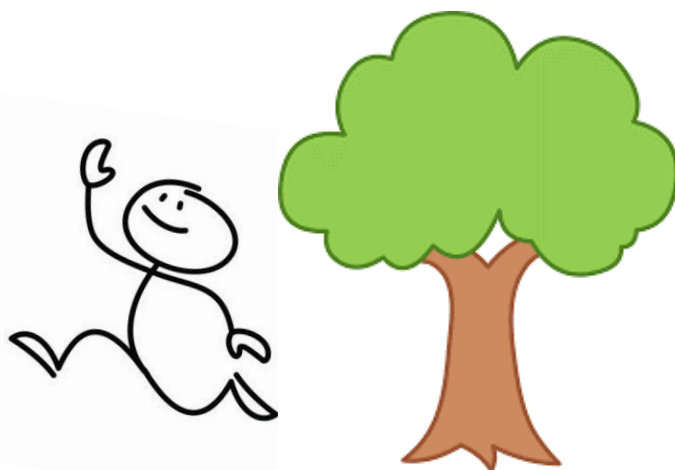


Some of the things that my family  
and I can do while at home....



Play games

Play outside



Talk to friends or  
family over the phone

What are some of your ideas?

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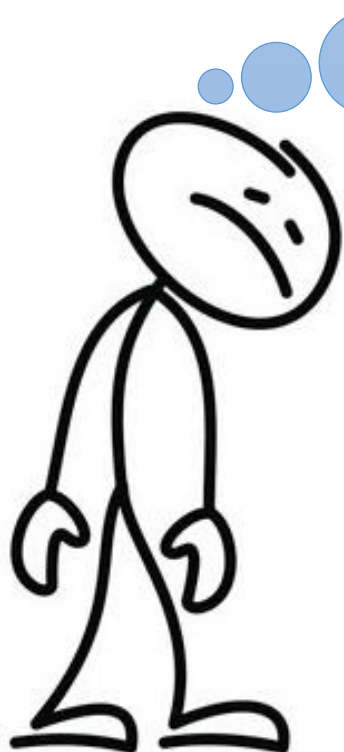
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No school? Social distancing? Staying at home?  
These are some really big changes.

You might have lots of different thoughts &  
feelings about all these changes...



When will things go back to normal?

I miss my friends

I am worried

This is hard

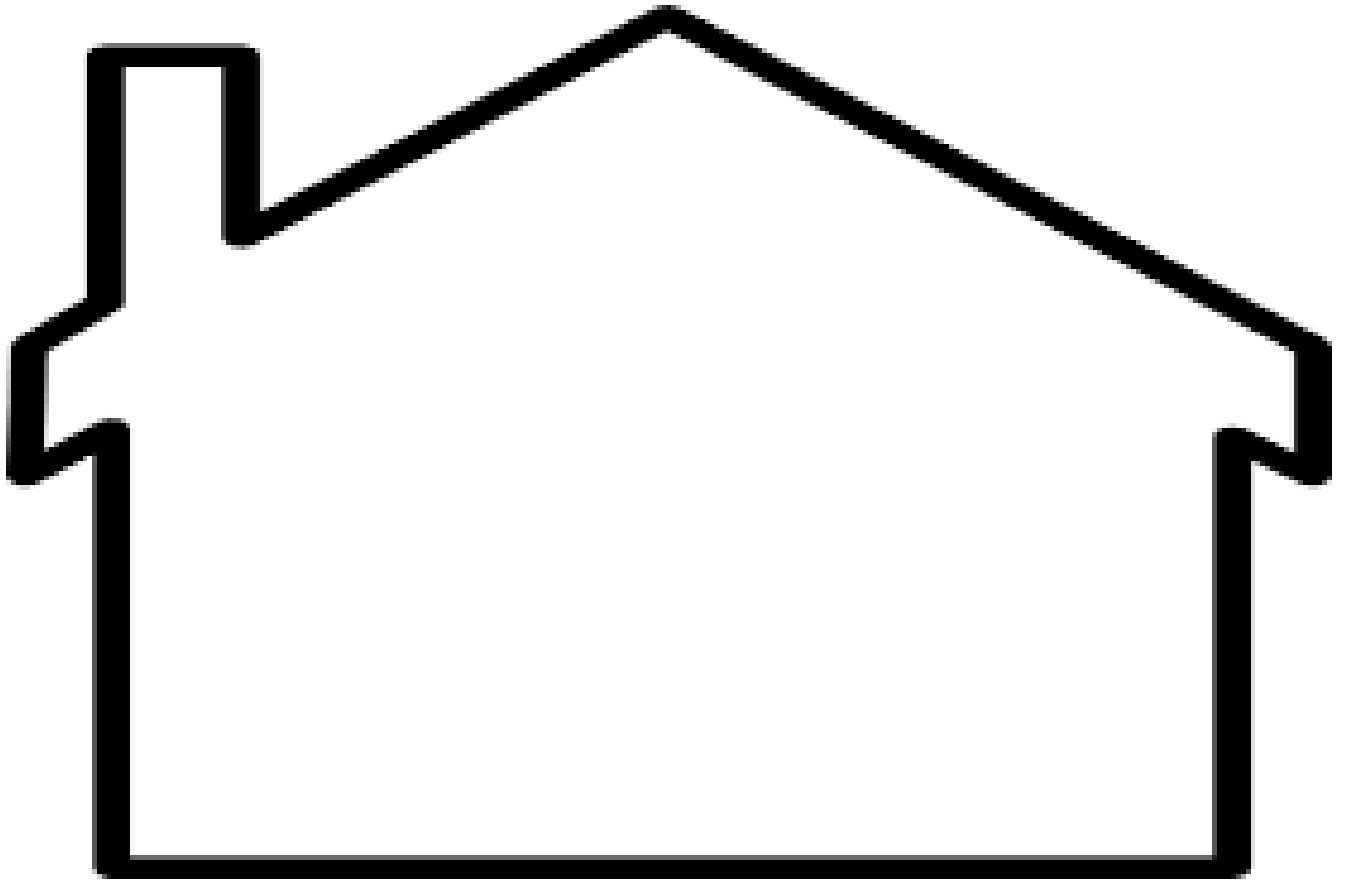
I'm confused

How do you feel about what's  
happening right now?

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Who are some of the people that can  
help you feel safe?

Who helps take care of you?

Draw us a picture!

Pssst..... Don't forget to  
wash your hands 😊

