

A Certain Kind of Sick



Rebecca Growe MSW, LCSW
© 2020 all rights reserved

I bet you already know a lot about the different kinds of sick people can get. You may know about **Colds**, when you cough and sneeze a lot. You may know about **Strep Throat**, when it hurts to swallow, or **Ear Infections**, when your ear hurts inside.



What other kinds of sick do you know about?

Most of the kinds of sick people get have been around for a long time. Scientists and doctors and all the grown-up helpers know just what to do to make people get better.



In fact, I bet you know what some of those things are. What are some things that help people when they are sick?



This book is about a certain kind of sick. It's called **COVID-19** or **Coronavirus**.

Have you heard of it?

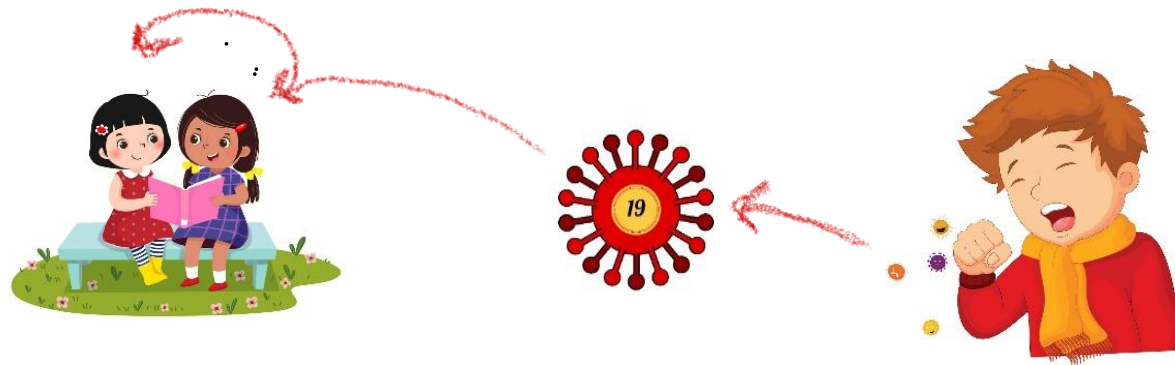


Coronavirus is a new kind of sick. We don't know as much about it as we'd like. But here is what we do know:

If someone gets Coronavirus-sick, they might have a fever, a dry cough, or a little trouble breathing.



It is contagious. That means that coronavirus gets people sick by jumping from one person's sick germs onto another person's body.



Kids get the least sick from coronavirus. But old people and people who are already sick with something else can get very sick and may have to go to the hospital.

Because coronavirus is such a new kind of sick, doctors and scientists are working really hard to learn how to help people get better and make coronavirus go away.



In fact, we can all help out! We can make it really hard for coronavirus to make people sick. I bet there are things you already do that can really make a difference.

We can wash our hands with soap and water. I like to sing the ABCs while I do it, how about you?

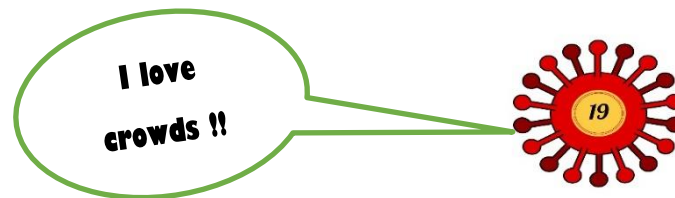


We can cover our coughs and sneezes with our elbow or a tissue and try not to touch our face a lot.

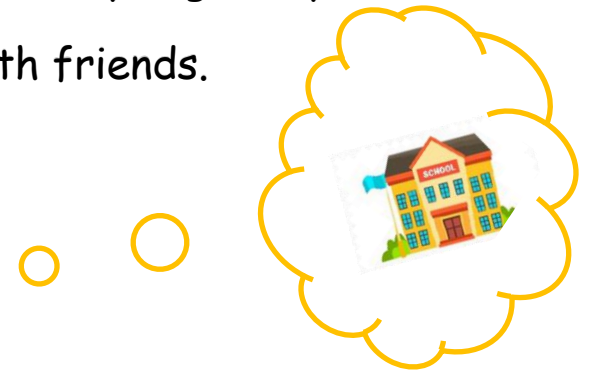


Until we've found out how to make coronavirus go away for good, you and your family might have to make some other, bigger changes.

You might need to stay away from crowded places. This is because crowds make it easy for coronavirus to make more people sick.



For the same reason, your parents might not work as much or they might try to work from home. You might not be able to go to school or play with friends.



These bigger changes can be hard. What do you think some hard parts might be?



These bigger changes can be kind of nice. What do you think some nice parts might be?



Something that I want you to know is that these bigger changes are temporary. That means that will not last forever.

Other things are staying exactly the same! Your grown-ups are still in charge of taking care of you. And it is still your job to be a kid which means you still need to learn, play, and spend time with family.



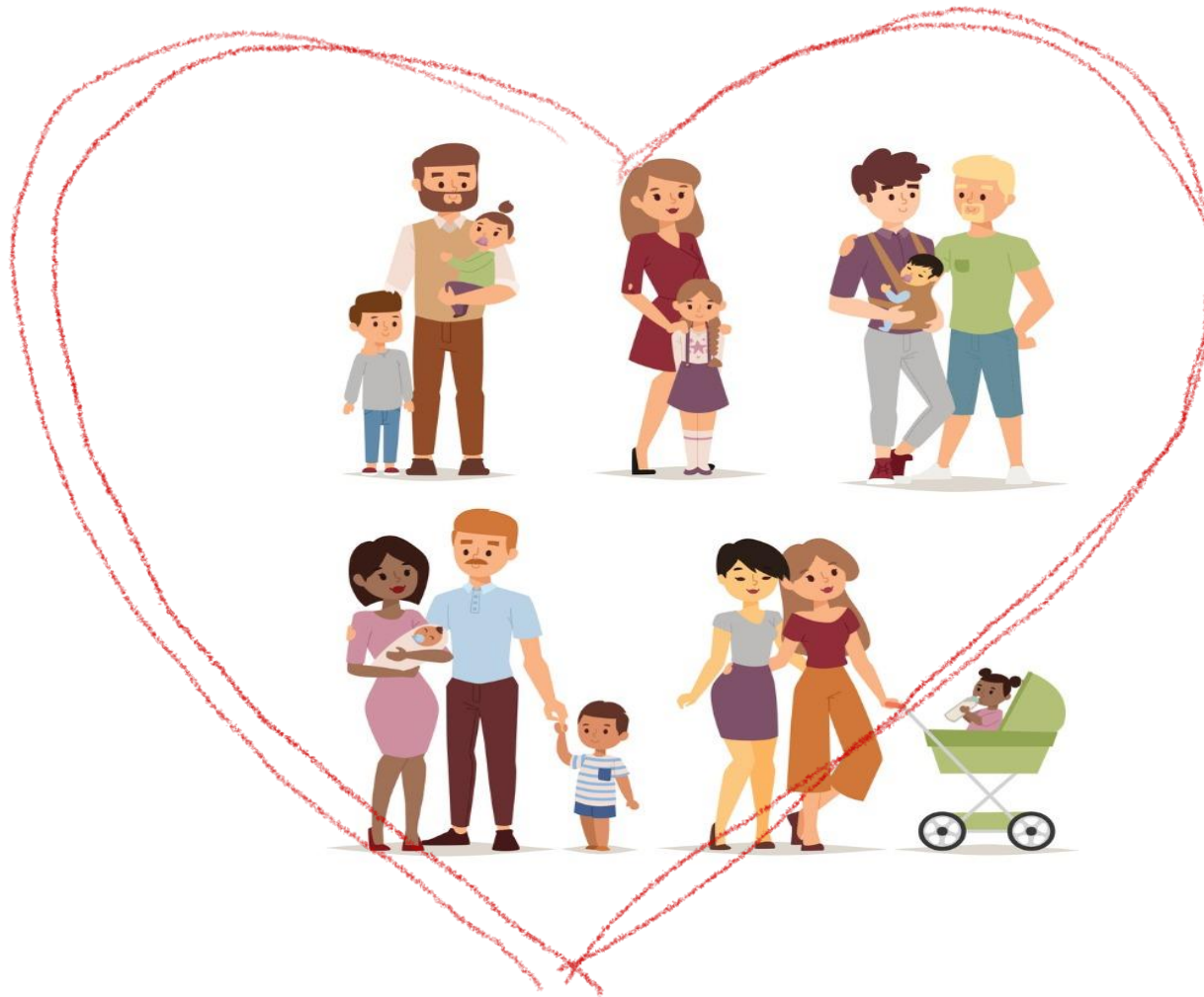
What else is staying the same?

And if you ever have questions



Or want to talk

Your grown-ups are here to help you and to listen.



No kind of sick can ever change that!