

# Understand The Coronavirus Disease And How To Stay Healthy What Happening Kids

The coronavirus disease (COVID-19) is a new respiratory illness that has spread to many countries around the world. It is caused by a virus called SARS-CoV-2. The virus is spread through close contact with an infected person, or by touching surfaces that have been contaminated with the virus.



## COVID-19 for Kids: Understand the Coronavirus Disease and How to Stay Healthy (What's Happening Kids Book 1) by Catherine Cheung

★★★★☆ 4.5 out of 5

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Enhanced typesetting : Enabled  
Print length : 29 pages  
Lending : Enabled  
Screen Reader : Supported



Symptoms of COVID-19 can include fever, cough, shortness of breath, and fatigue. In severe cases, the virus can cause pneumonia, acute respiratory distress syndrome (ARDS), and even death.

There is no specific treatment for COVID-19, but supportive care can help to relieve symptoms and prevent complications. Treatment may include

rest, fluids, pain relievers, and oxygen therapy. In severe cases, patients may need to be hospitalized.

There are a number of things you can do to help prevent the spread of COVID-19, including:

- Washing your hands frequently with soap and water for at least 20 seconds
- Avoiding touching your face
- Staying home if you are sick
- Covering your mouth and nose when you cough or sneeze
- Cleaning and disinfecting frequently touched surfaces

If you think you may have COVID-19, it is important to see a doctor right away. Early diagnosis and treatment can help to improve your chances of recovery.

The coronavirus disease is a serious illness, but it is important to remember that most people who get it will recover. By taking steps to prevent the spread of the virus, you can help to protect yourself and your loved ones.

Here are some additional tips for staying healthy during the COVID-19 pandemic:

- Get plenty of rest
- Eat a healthy diet
- Exercise regularly

- Manage stress
- Get vaccinated against the flu

By following these tips, you can help to boost your immune system and reduce your risk of getting sick.

## **What Kids Can Do to Stay Healthy**

Kids can play an important role in preventing the spread of COVID-19. Here are some things that kids can do to stay healthy:

- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid touching your face
- Stay home if you are sick
- Cover your mouth and nose when you cough or sneeze
- Clean and disinfect frequently touched surfaces
- Get vaccinated against the flu

Kids can also help to spread the word about COVID-19 by talking to their friends and family about the importance of staying healthy. By working together, we can all help to stop the spread of COVID-19.

## **More Information**

For more information about COVID-19, please visit the following websites:

- Centers for Disease Control and Prevention

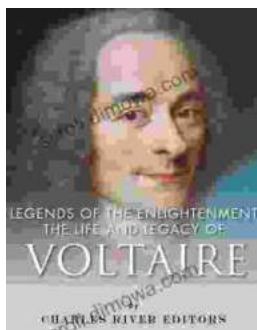
- World Health Organization



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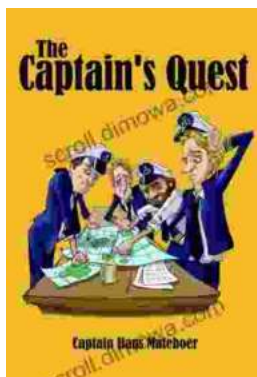
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