



# FACTS ABOUT COVID-19 FOR KIDS

## What is COVID-19?

COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Doctors and scientists are still learning about it. Recently, this virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick. Doctors and health experts are working hard to help people stay healthy.

## What can I do so that I don't get COVID-19?

- You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19:
- Cough or sneeze into a tissue or your elbow.
- If you sneeze or cough into a tissue, throw it in the trash right away. Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.
- Wash your hands with soap and water for at least 20 seconds.
- Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.
- If you feel sick, stay home. Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.

## 5 STEPS TO WASH YOUR HANDS

1. Wet
2. lather (make bubbles)
3. scrub (rub together)
4. Rinse and dry
5. You can sing the “Happy Birthday” song twice to know how long to wash!

## Helpful Phone Numbers:

- Flathead City-County Health Department: **406-751-8110**
- KRH 24-Hour Line: **406-890-7272**

## For more information, follow us:

- flatheadhealth.org
- @flatheadhealth
- @flatheadhealthdepartment

## What happens if you get sick with COVID-19?

For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths.

Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems.

From what doctors have seen so far, most children don't seem to get very sick. If you do get sick, it doesn't mean you have COVID-19.

People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home will help get you any help that you need.