

CHOR DEFENDERS

A kid-friendly coloring book about COVID-19 | Spring 2020



**Children's
Hospital**
of Richmond at **VCU**

chrichmond.org/covid-19

*Clinical information as of: April 22, 2020

CHOR DEFENDERS



**Children's
Hospital**
of Richmond at **VCU**

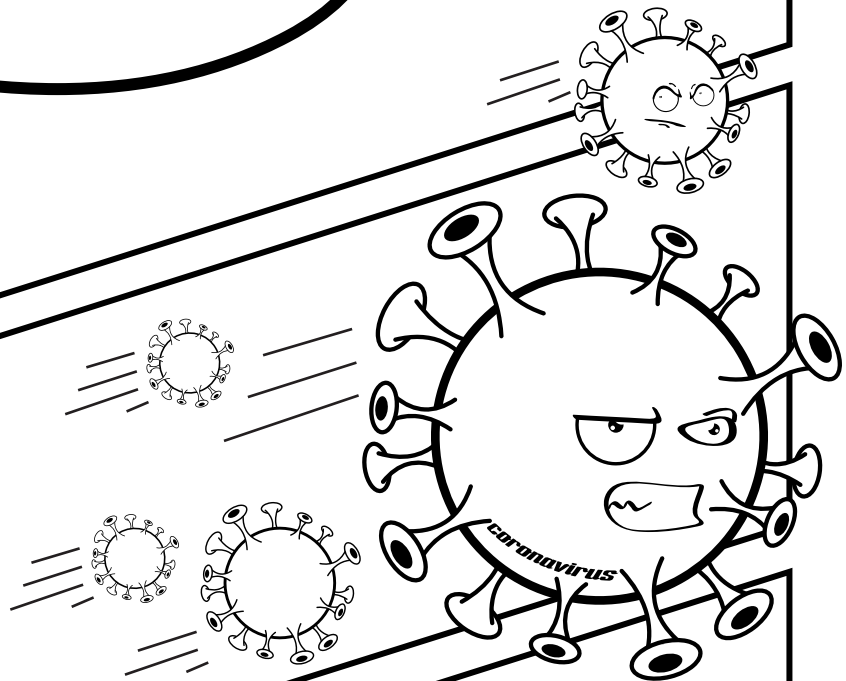
chrichmond.org/covid-19

What is COVID-19?

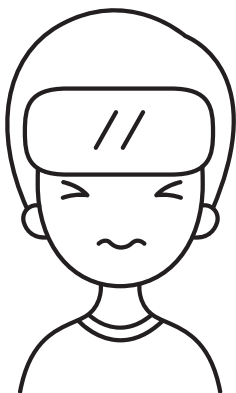


There is a new virus that is making people sick. The sickness caused by the virus is called COVID-19.

You've heard of people getting the flu. It's a little bit like that.



It can cause a fever, cough and make it hard to breathe.



fever



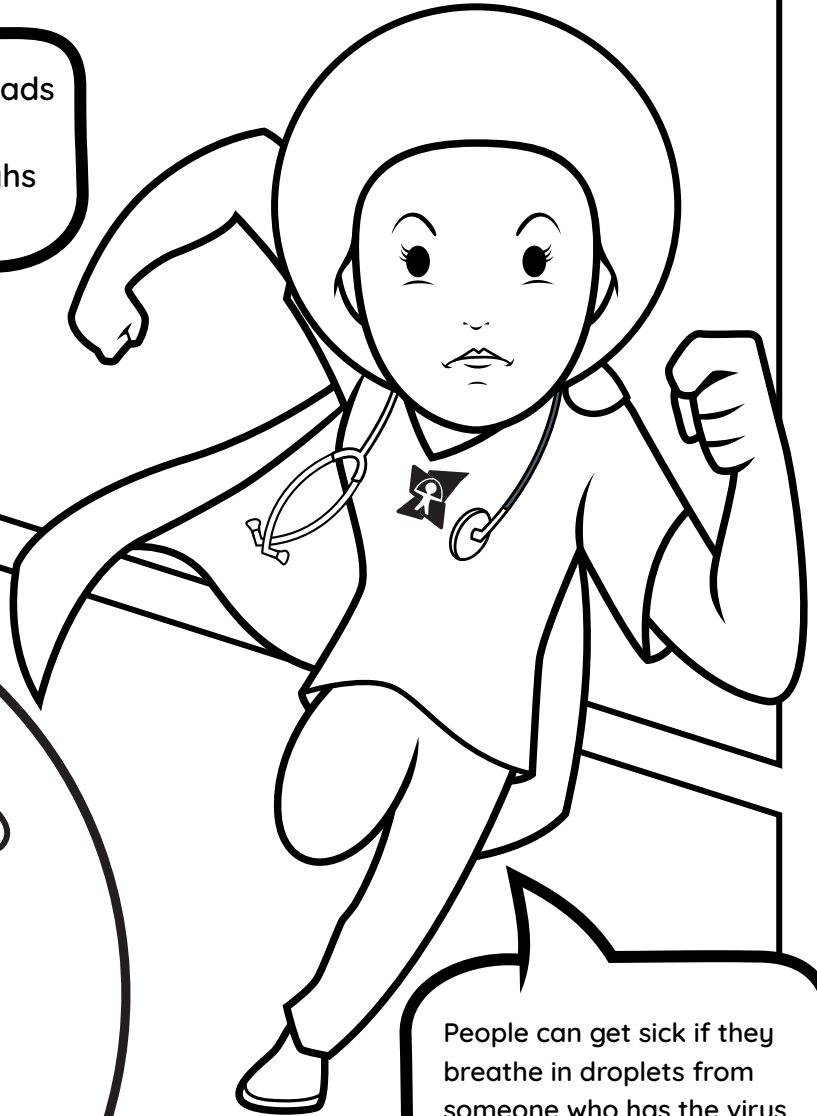
cough



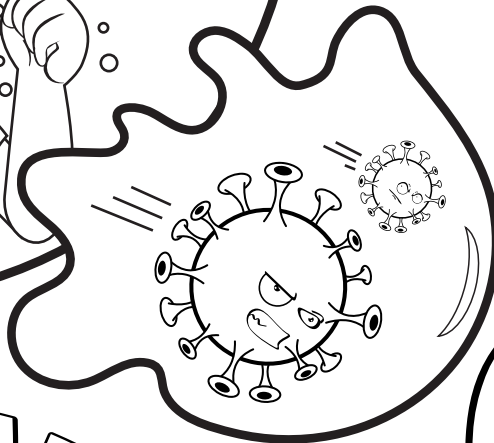
hard to breathe

How does the virus spread?

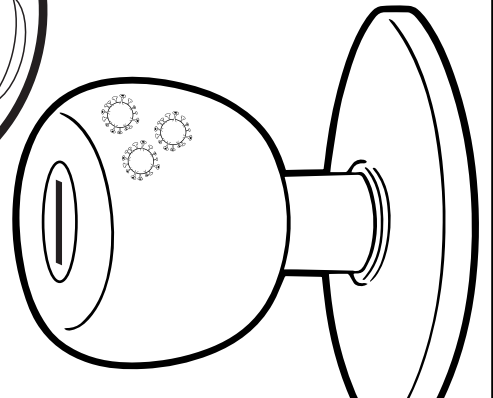
The main way this sickness spreads is through little droplets that go into the air when someone coughs or sneezes.



People can get sick if they breathe in droplets from someone who has the virus or if they touch their eyes, nose or mouth after touching something the droplets have landed on.



SPLAT!



Staying home can help you and others stay healthy.

How are you feeling during the COVID-19 pandemic?

This virus has changed our lives in many ways. It can be tough not going to school or seeing your friends. Draw a self portrait of how you are feeling. Look at the examples of emotions below.

Pandemic: When a sickness spreads over a whole country or the world.



Happy



Sad



Worried



Bored



Angry

Name: _____ is feeling _____ .

4 things I can't wait to do when the COVID-19 pandemic is over:

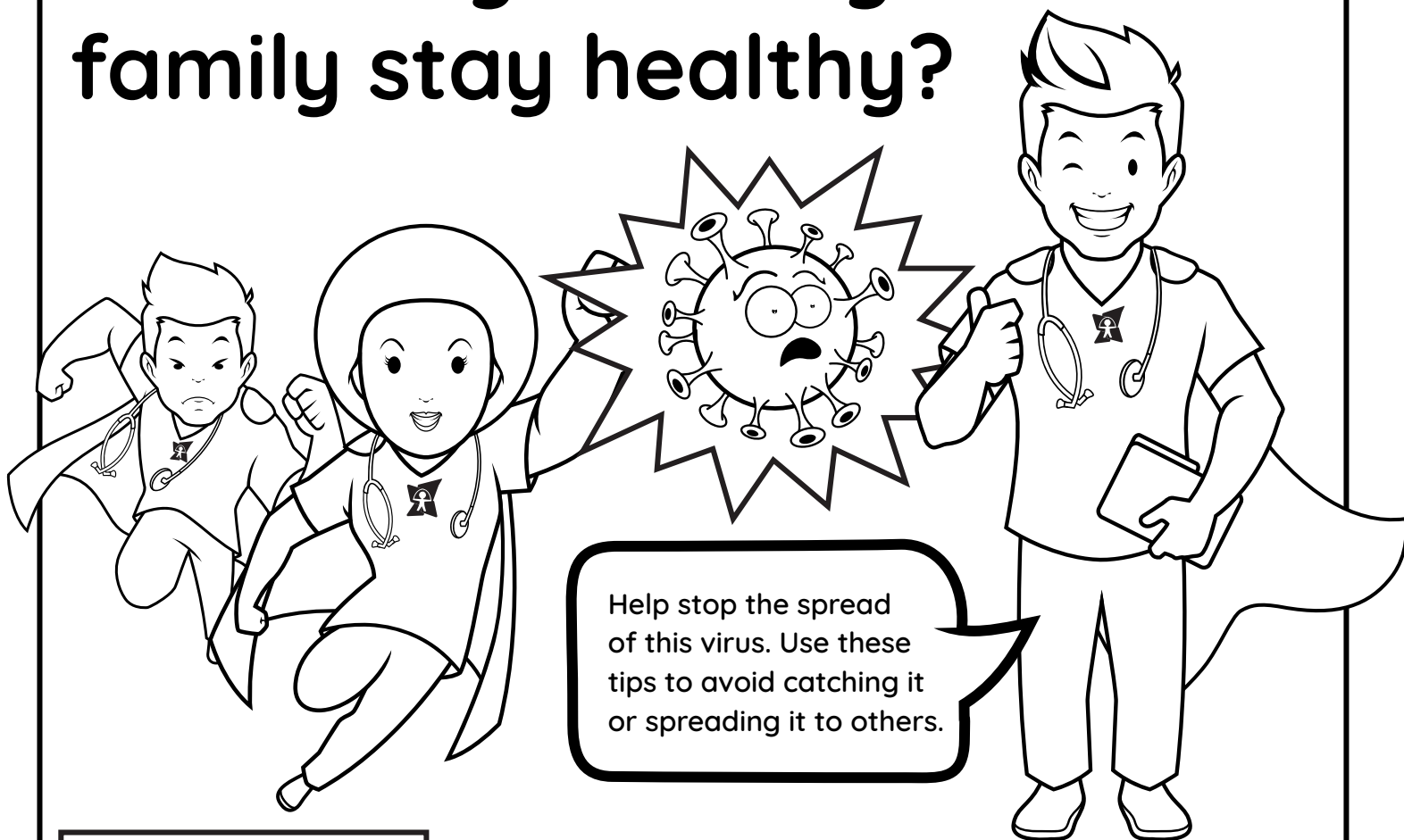
1. _____

2. _____

3. _____

4. _____

How can you and your family stay healthy?



Helpful tips



Wash hands for 20 seconds
Sing Happy Birthday twice



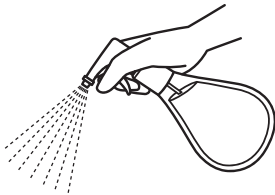
Wear a mask* and avoid
large groups



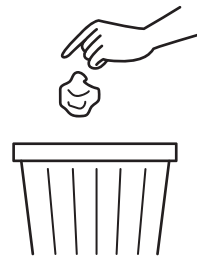
Cover coughs and sneezes



Stay home



Safely clean surfaces that
are touched a lot



Throw used tissues in the trash

Stay connected at home

Social distancing (avoiding large crowds, not visiting friends and family) doesn't have to mean social isolation (feeling alone).

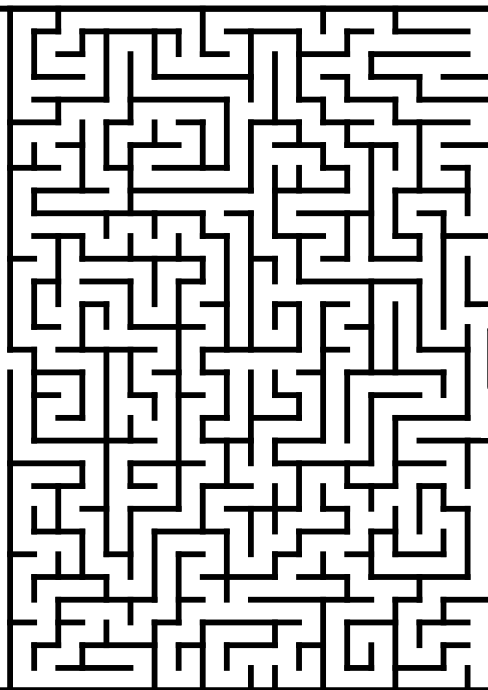
Stay connected checklist

- ☐ FaceTime a friend
- ☐ Play outside with your puppy
- ☐ Write a letter to grandma
- ☐ Draw a picture for the hospital team
- ☐ Play a game with mom or dad
- ☐ Call your cousin
- ☐ Explore in your backyard

Toilet paper pursuit

It's important for adults to limit trips to places like grocery stores and pharmacies. Kids should skip these outings, but you can still help!

Can you help mom find the toilet paper and fruit in this maze?



Word search



F	H	E	A	L	T	H	Y
A	C	O	U	G	H	A	P
M	L	O	W	M	A	H	L
I	E	F	V	H	A	X	A
L	A	E	Q	I	E	S	Y
Y	N	V	D	Z	D	R	K
L	Y	E	S	A	O	I	O
S	P	R	I	N	G	E	9

Word List

covid-19 spring cough clean play
healthy family fever mask hero

Who is your superhero?

Think of someone who is helping you during this difficult time and draw them as a superhero. How are they saving the day?

My superhero is my _____ .