

Coronavirus Social Narrative for Older Students

I hear a lot of people talking about coronavirus. They might also call it COVID-19. My family is talking about it. My friends are talking about it. The news is talking about it. Some people feel scared.

COVID-19 is a virus. A virus is a germ that makes people feel sick. People with this virus will have a fever and a cough. They might also have a headache or have a hard time breathing.

Your body knows how to stay healthy! Our bodies have immune systems that fight germs. If you get a virus, you might feel sick but your immune system will keep you safe. Some people's bodies do not have strong immune systems.

I can take measures to stay healthy and to keep the people around me healthy. I will tell an adult if I don't feel well.

I can stay healthy by washing my hands. I will wash my hands with soap and water. I will scrub the front of my hand, the back of my hand, and between my fingers. I can count to 20 or sing happy birthday two times to make sure my hands are clean.

It is OK to cough or sneeze! I will keep others healthy by covering my cough or sneeze with my elbow or with a tissue. I will wash my hands or use sanitizer after a cough or sneeze. I can help keep people healthy by helping my family and my teachers clean.

If I get sick, I will have to stay home. Sometimes adults have to make decisions that I don't like to keep people healthy. It's OK to be disappointed or frustrated, but I will remember that being healthy is more important. I keep other people safe by keeping personal space! I can have healthy habits and keep the people around me healthy!