



I Can Stay Healthy!

A Social Story about Covid19

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Some grownups are talking about coronavirus. I might hear people talking about it at home, at school or on the TV.



But what is it?

The coronavirus is a new type of virus, or illness. Some people call it COVID-19.



A virus can make people feel sick. When someone has the coronavirus, they may cough and have a fever.

Just because someone is sick doesn't mean they have the coronavirus.



Other viruses, like the cold or flu, can also make people cough or have a fever.

Most people with the coronavirus can stay at home and rest to get better.



They will need to stay home for awhile so that they don't get other people sick.

A few people with the coronavirus may need doctors or nurses to help them feel better.



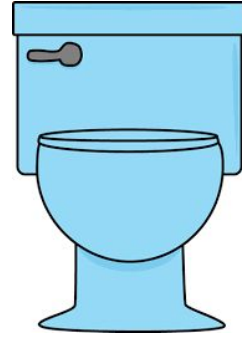
The coronavirus usually doesn't make kids very sick. But there are still some things I can do to keep myself and other people healthy!

I can wash my hands! If I can't wash my hands, I can use hand sanitizer.



When I wash my hands or use hand sanitizer, I should count to 20, or I can sing the ABC's two times!

When I wash my hands, I can sing the ABC's two times!



I should wash my hands before I eat, after I use the bathroom, when I come in from outside and after I cough or sneeze.

By keeping my hands clean, I can help get rid of germs that make people sick!



I can stay healthy and help my friends stay healthy too!

Tips for Caregivers:

- Read this story with children when you are calm and have time to answer questions.
- If children are worried or fearful about coronavirus, remind them that adults are working hard to keep them safe and to take care of people who are sick. As Mr. Rogers often said, encourage children to “Look for the helpers.” These might include doctors and nurses, their childcare teachers, and people who work at grocery stores and pharmacies.
- Take care of your own mental and emotional health during this time. This means prioritizing sleep and rest, making time for connection with loved ones, getting outside and taking breaks from news coverage.
- Whenever possible, avoid discussing media coverage of Covid19 spread or concerns.

If you have any questions or concerns about supporting the social emotional health of children in your care during this time, please feel free to reach out to your mental health consultant or behavior coach!