



# COVID KIDS

Viruses Are Not For Sharing

**COVID-19 AWARENESS ACTIVITY BOOK**

by

Richard Whittington

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## Viruses Are Not For Sharing

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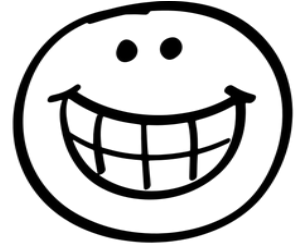
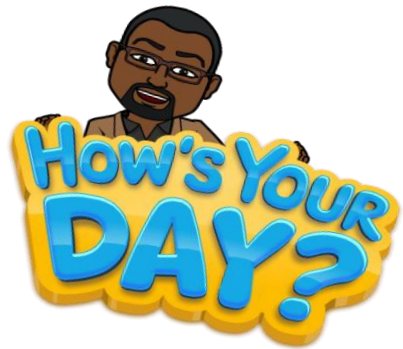
Edited by Deloris Alexander

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# LET'S TALK ABOUT FEELINGS

Instructions: Circle the face that describes how you feel.



Instructions: Write 3 words that describe how you feel.

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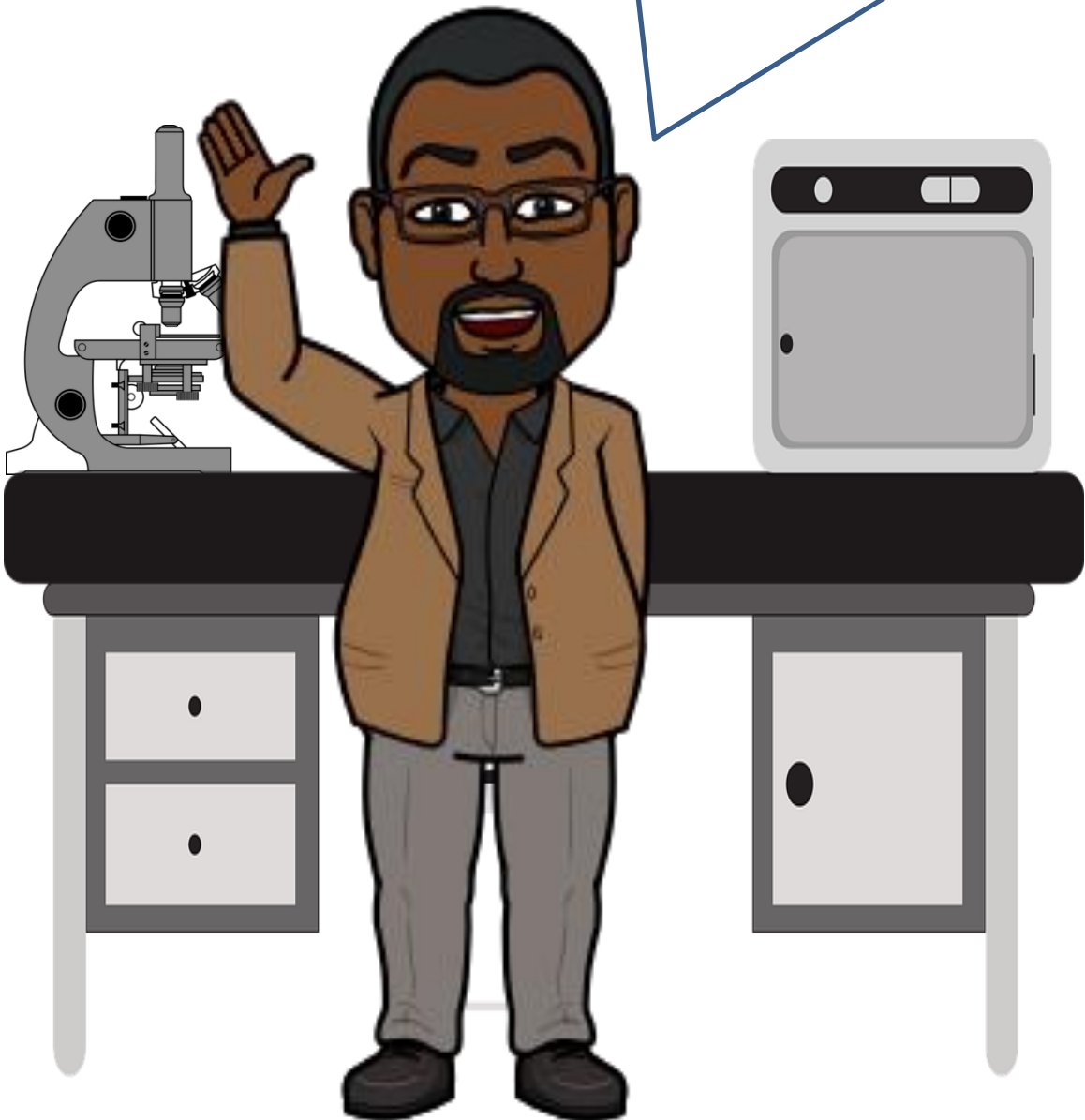
# MEET DR. RICHARD

Hi! Let me introduce myself. I'm Dr. Richard, a biologist and college professor.



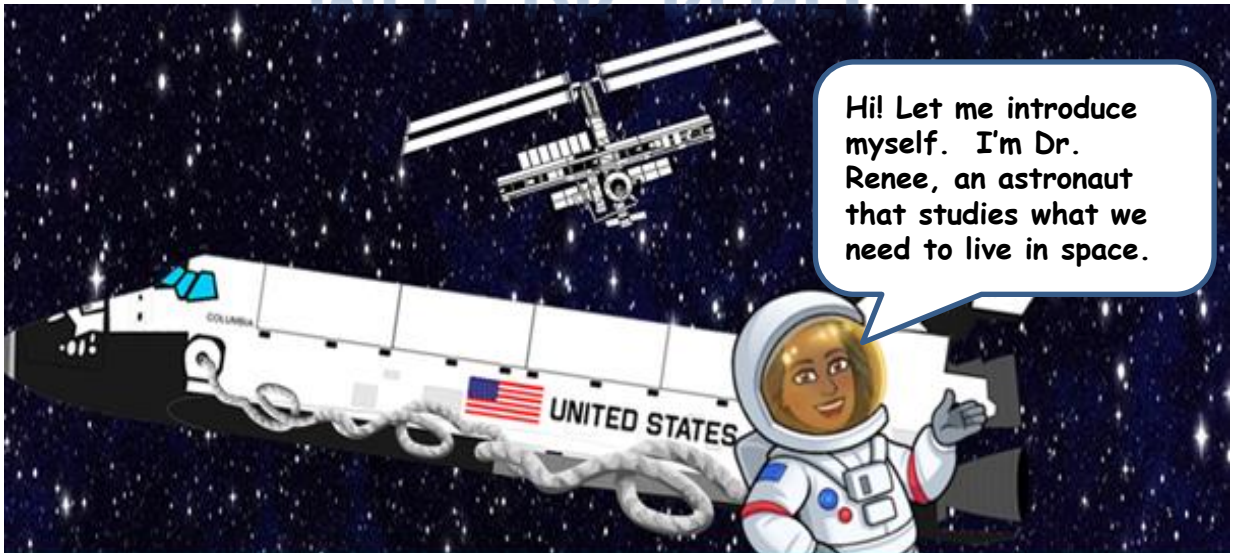
# LEARNING IS FUN!

Welcome to my lab! I was recently vaccinated to protect myself, family, and friends from the spread of the virus causing the COVID-19 pandemic. I want to help you understand COVID-19 and the COVID vaccine.






# MEET DR. RENEE



Hi! Let me introduce myself. I'm Dr. Renee, an astronaut that studies what we need to live in space.



I'm also a Surgery at this hospital.



I also volunteer in school to teach about medicine, medical jobs, being an astronaut, COVID-19, vaccines, and how to protection yourself against COVID-19 virus.



# WHAT IS A VIRUS?



Viruses are made up of genes (DNA or RNA) and proteins

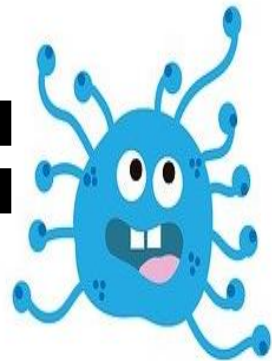
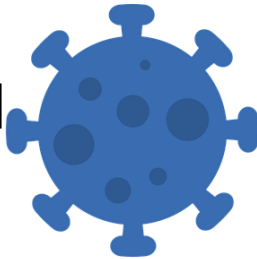
DNA OR  
RNA

+

PROTEIN

=

VIRUS



# SLOW THE SPREAD OF VIRUSES



Viruses spread with ease, from you to me.

Like a game of pass the disease, that won't let me be.



Let's not play along, and do what's right.

Let's protect ourselves, and keep our germs out of sight.

A sneeze or a cough can make others ill,  
Random reflexes causing so much pain and chill.

So let's be responsible and do our part,  
Swearing to keep the viruses away from our heart.

Wash your hands and wear a mask,  
This is such a simple task.



To protect yourself and those around,  
Doing your part to bury the viruses deep underground.



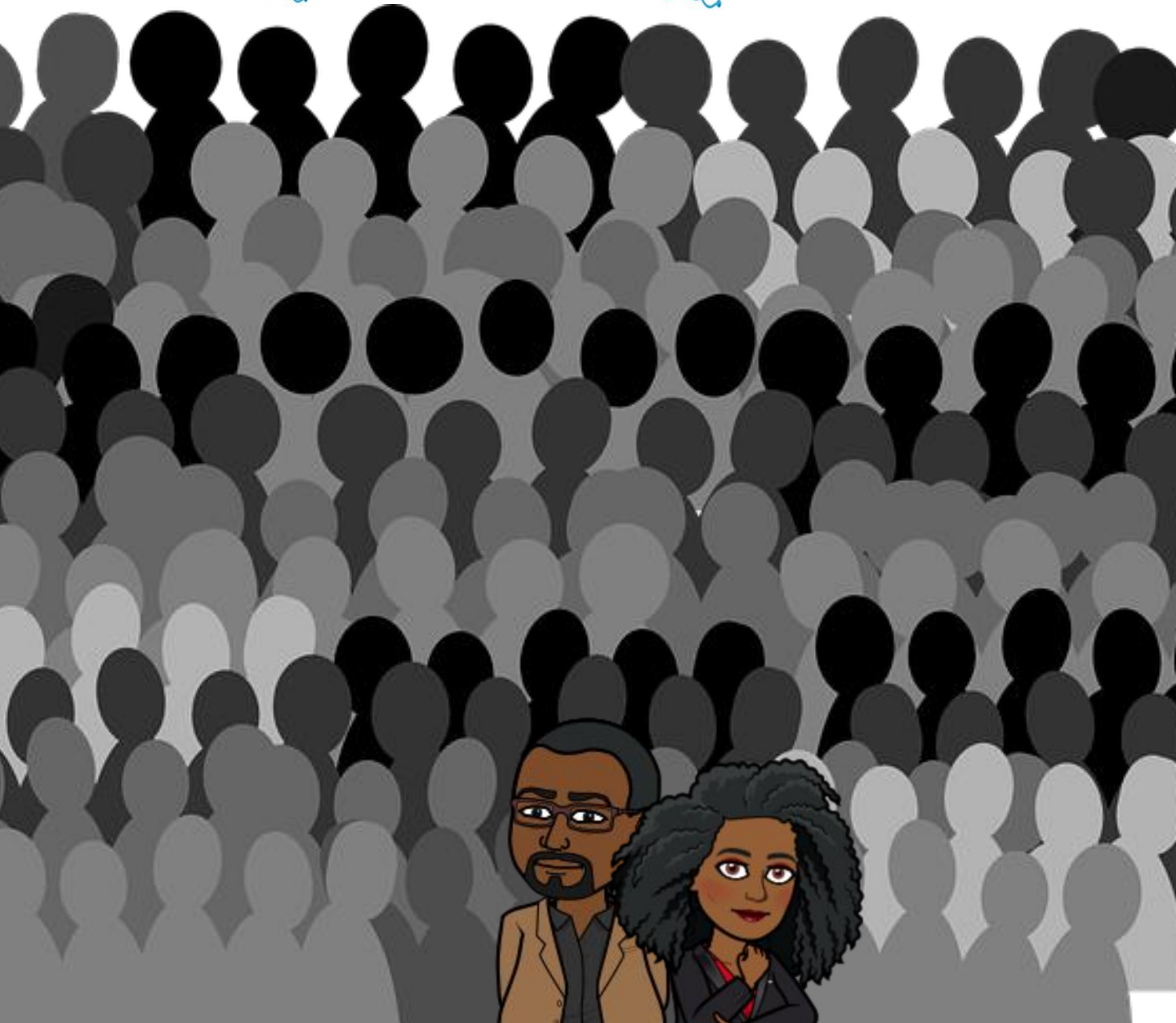
So let's all be wise and make a pledge,  
Promise to keep the viruses from spreading edge to edge.



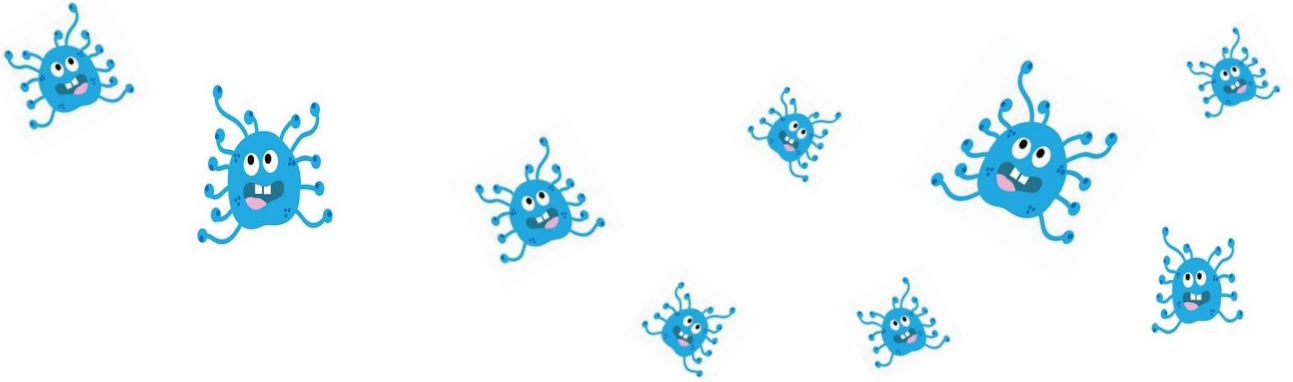
*Richard Whittington*

# PEOPLE FEEDS THE VIRUS?

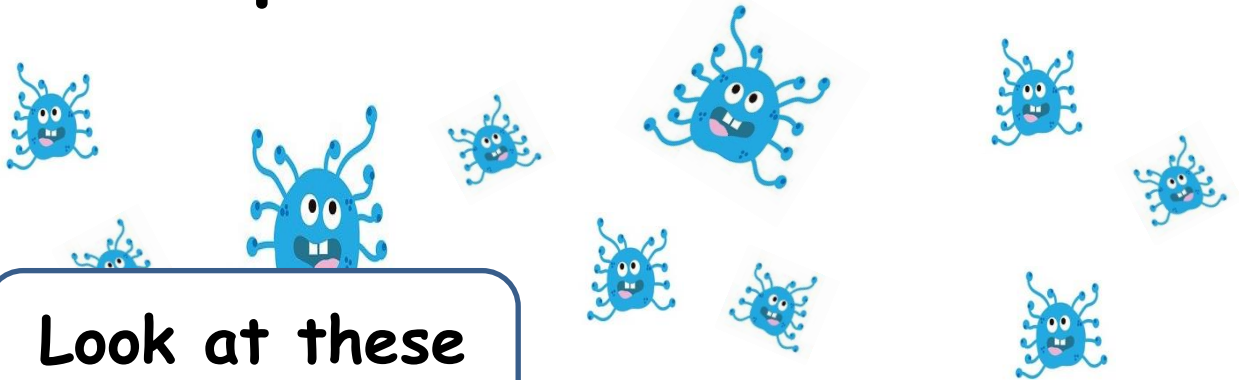
Every virus needs a host to live. People can be a host and feed the virus.



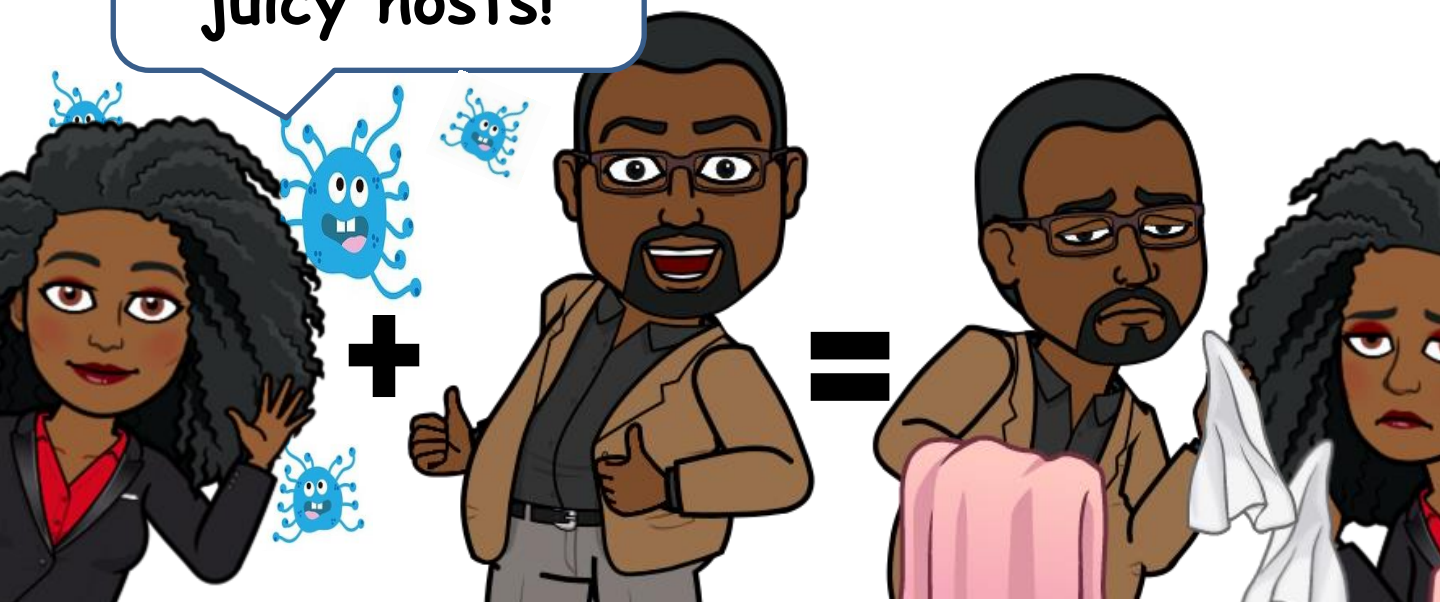
# VIRUSES MAKE PEOPLE SICK



When viruses touch a person, they can make that person sick



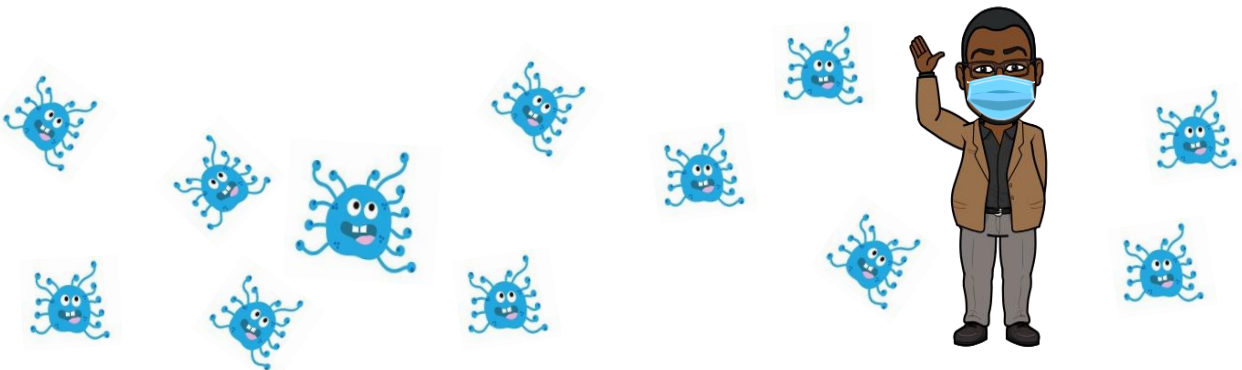
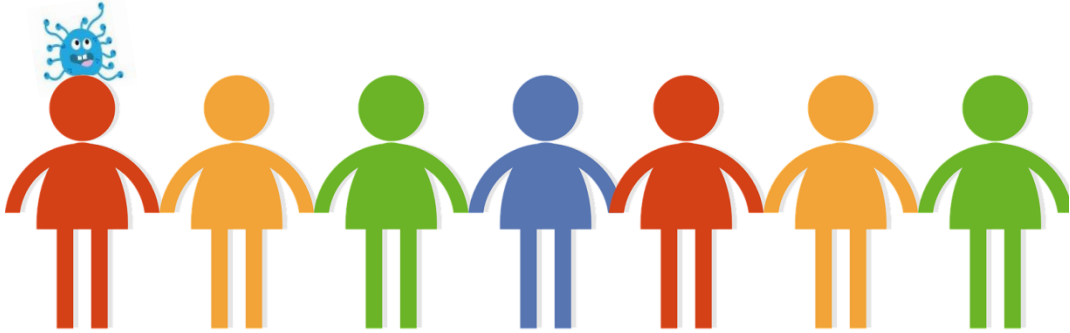
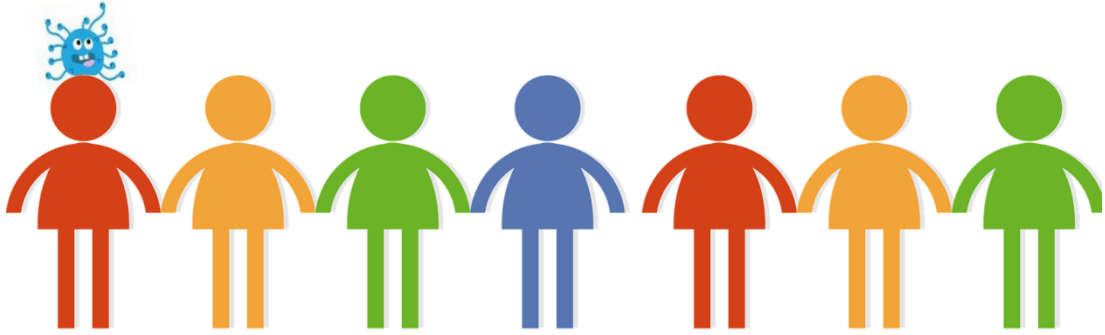
Look at these juicy hosts!





# VIRUSES ARE EVERYWHERE

The person that is touching the virus is sick. Circle all people that may be sick from touching the sick person.



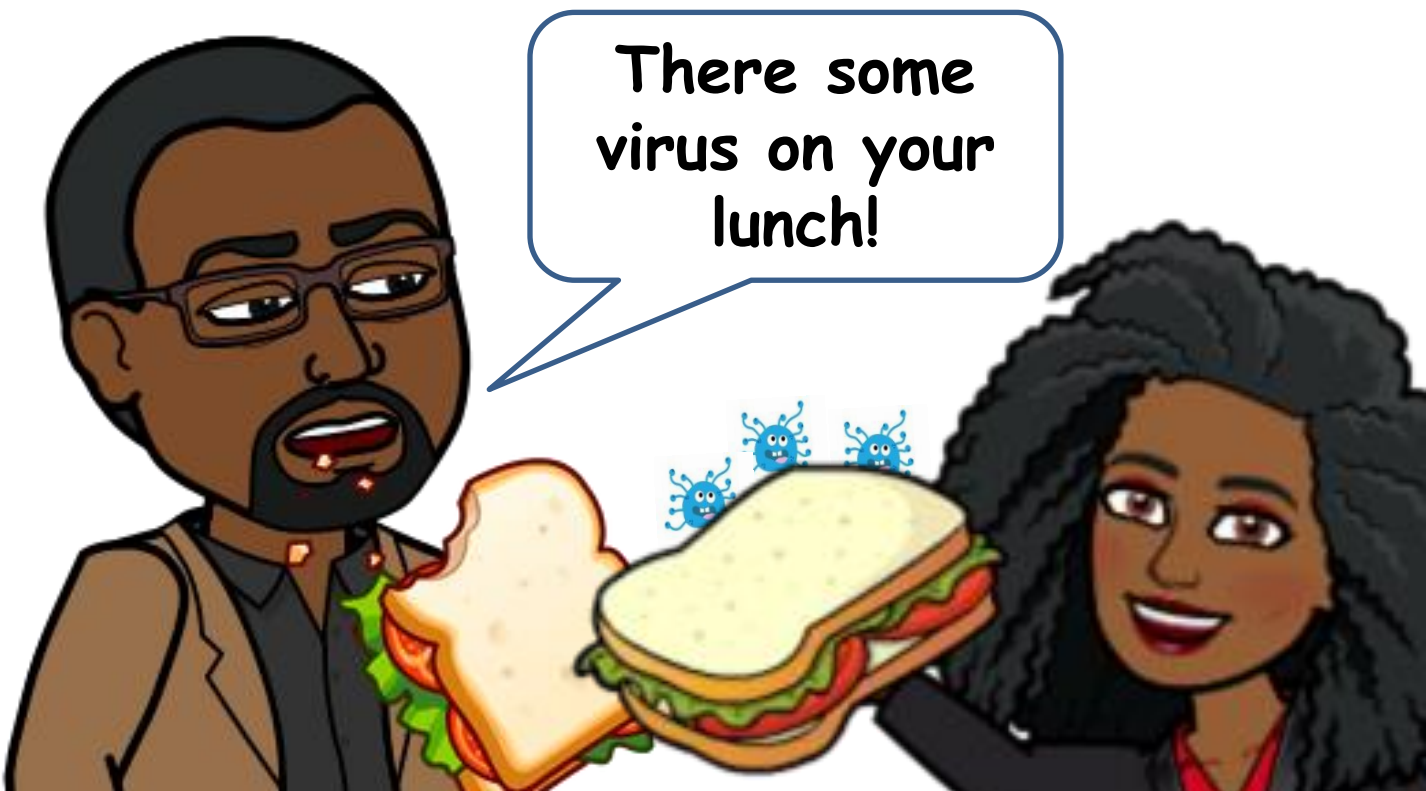
# VIRUSES ARE EVERYWHERE

For example, COVID can touch me and make me sick when I breath COVID into my nose or mouth.



# WHAT IS A VIRUS?

I can touch a surface with COVID on it and get sick by rubbing my eye or touching my food. This is another way COVID can get inside me.

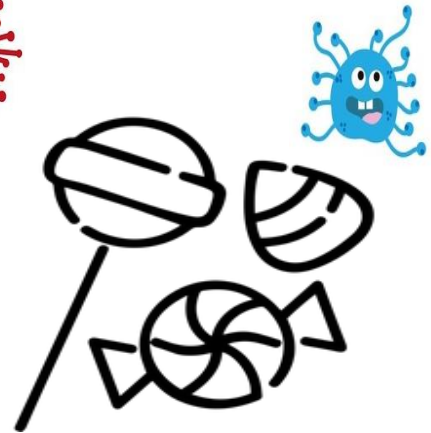
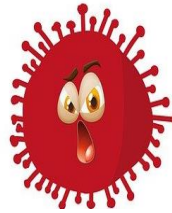
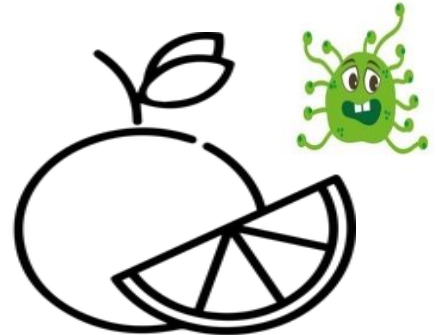




# COLORING TIME!



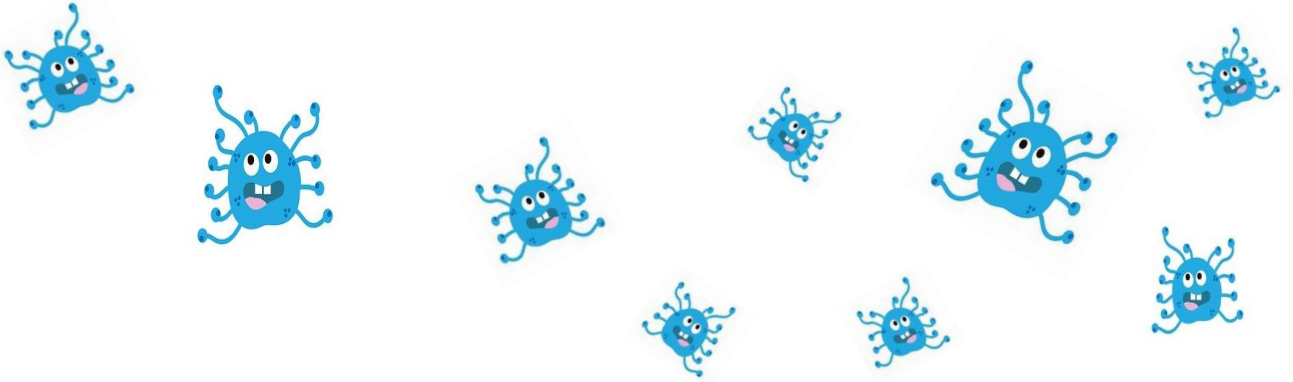
Instructions: Draw a circle around the healthy food choices and color the picture below.



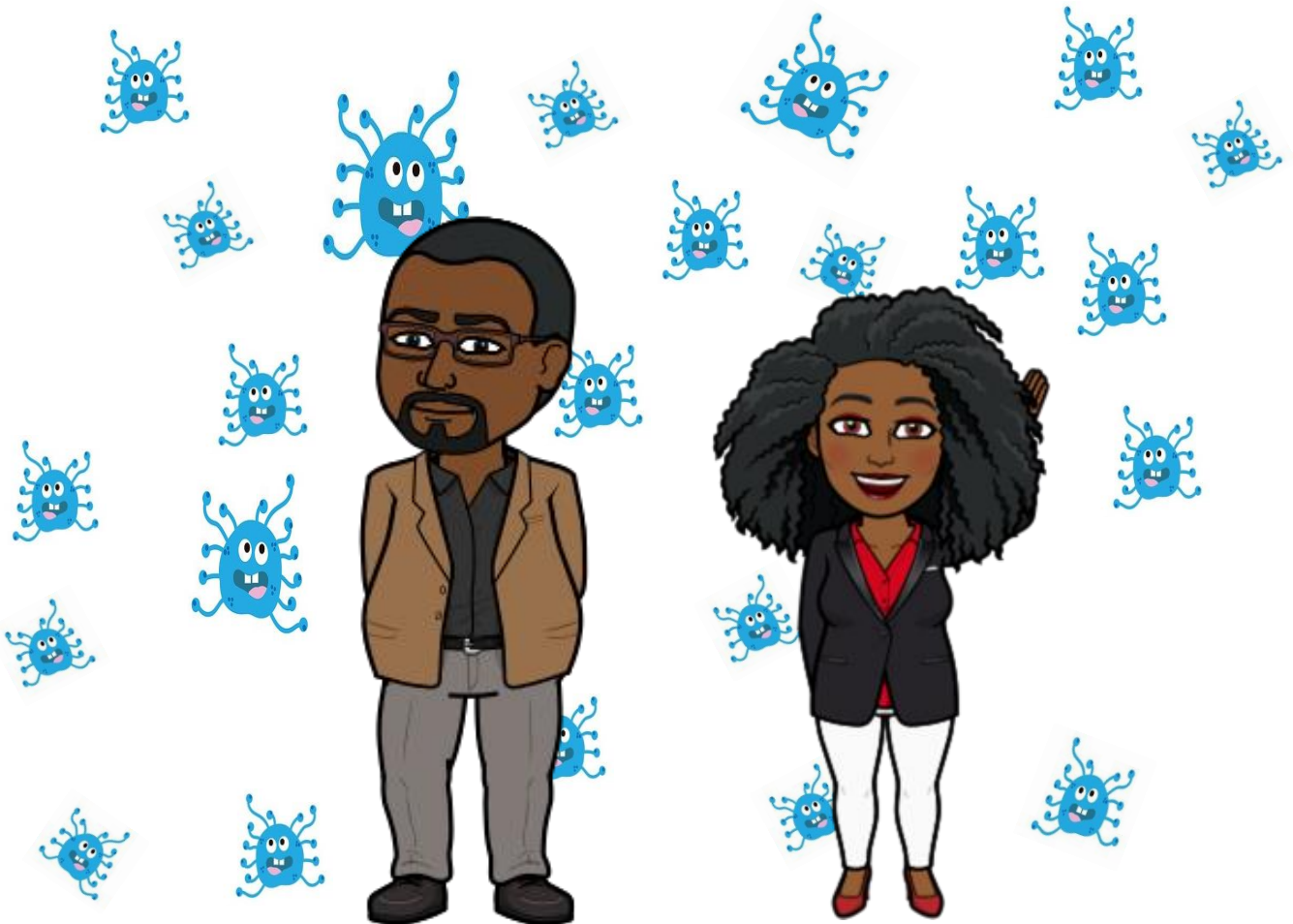
Eating healthy food helps your body stay strong so you fight off viruses and other things that try to make you sick.



# PROTECT YOURSELF



We touch viruses every day but don't get sick if we protect ourselves.



Personal protective equipment (PPE) are items (masks, gloves, goggles, gowns, face shield, etc.) worn to protect you from getting hurt and/or sick, like the virus associated with the COVID-19 pandemic.

Instructions: Draw a line to the area of the body the PPEs will protect.



# These items, called PPEs, help protect us and prevent the spread of COVID-19

Instructions: What do you use to protect yourself from COVID-19 (Tissue, Sanitizer, Bleach, Masks, Gloves, Disinfectant)? Write down what you use.

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Instructions: Count how many of each item you see.



\_\_\_\_\_



\_\_\_\_\_

# WASH YOUR HANDS!

We can protect ourselves  
by washing our hands.

Washing hands with soap and  
water could reduce disease

The virus is  
washing down  
the drain.



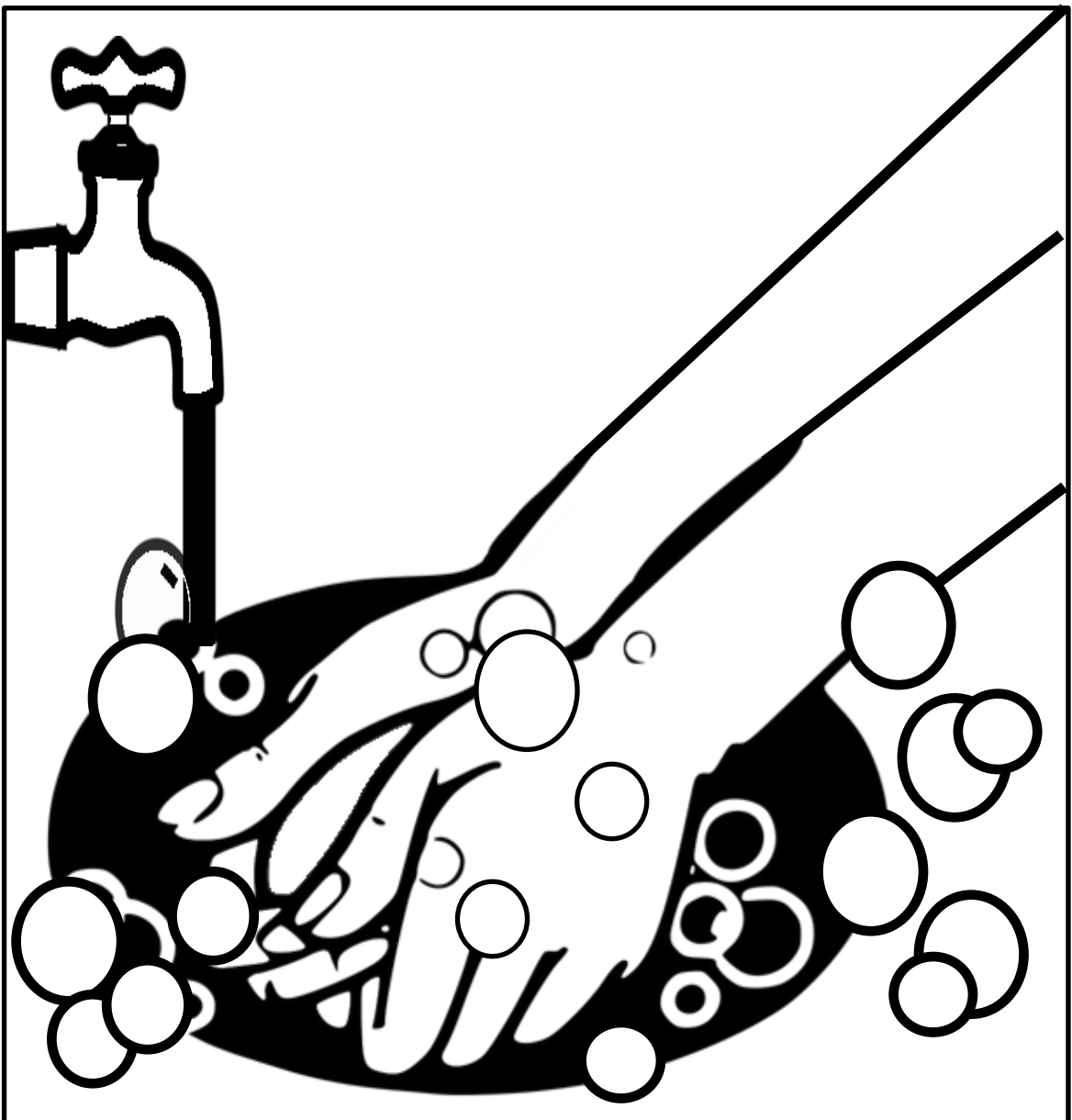


# HAND WASHING HELPS

Wash your hands regularly. COVID-19 is spread by touching the eyes, nose, and mouth with hands that have the virus on them.

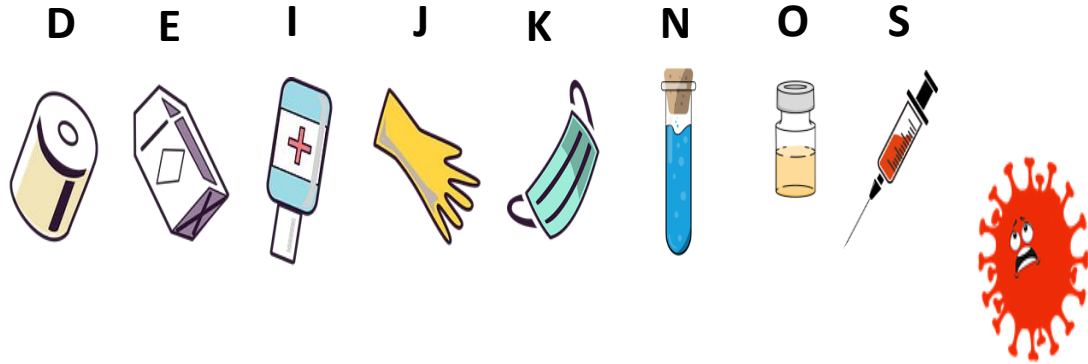


Instructions: Color the hand washing picture in the box below.



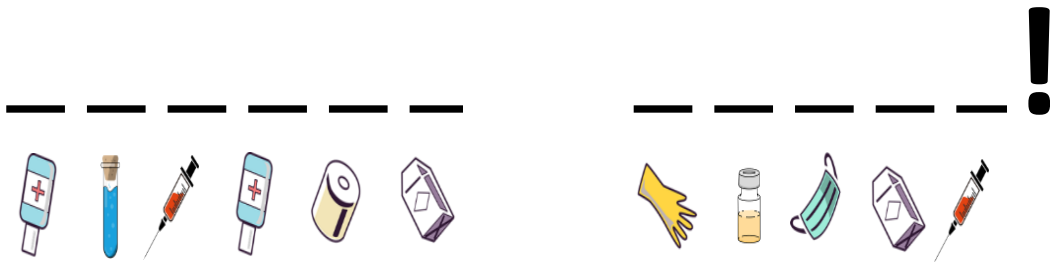
# COVID HIDDEN MESSAGE

Instructions: Can you read COVIDogram and answer the question below? Fill in the blanks to translate the answer.



**QUESTION:** What types of jokes are allowed during quarantine?

**ANSWER:**



ANSWER: Inside jokes!

# WEAR YOUR MASK

We can protect ourselves by wearing masks when needed.

Wearing a mask can slow the spread of COVID.

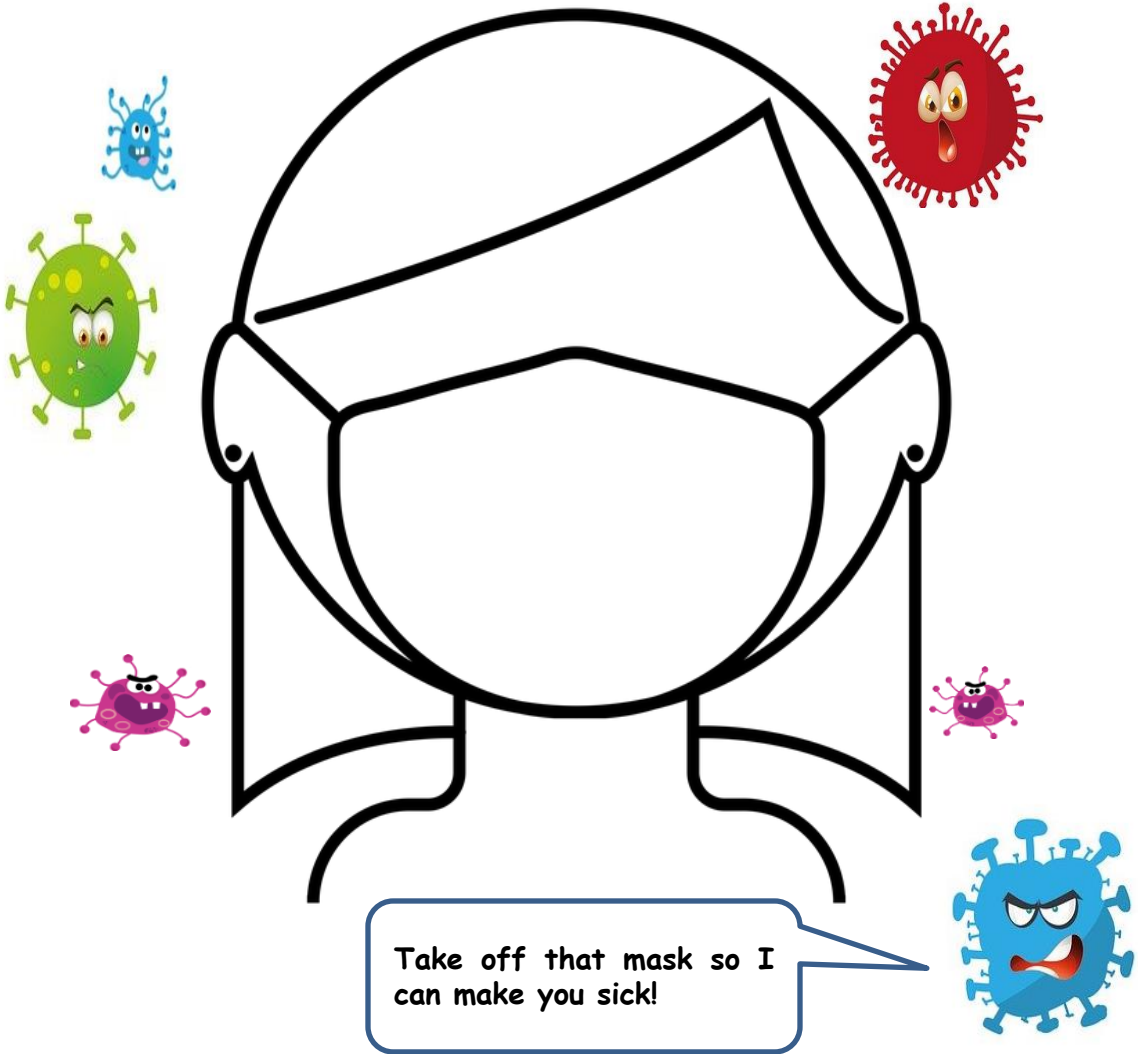




# COLORING TIME!



Instructions: Draw in the face and color the picture below.



Do you always keep your distance and wear your mask?

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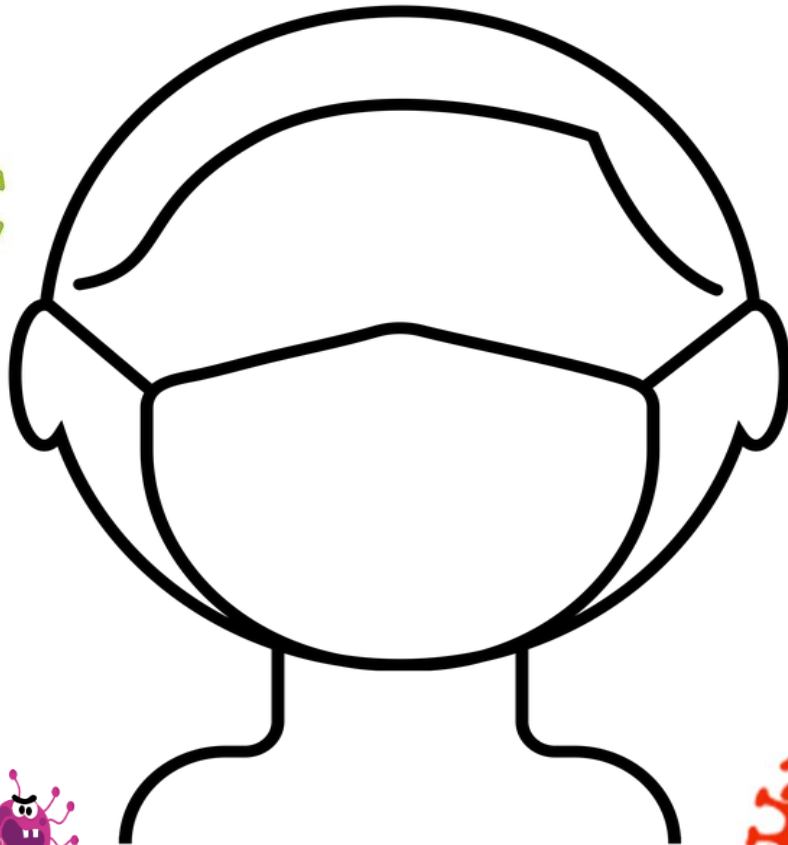
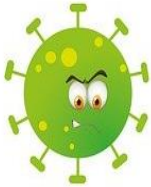




# COLORING TIME!



Instructions: Draw in the face and color the picture below.



Please, take off the mask so you can breath me in and get sick!

How does wearing a mask make you feel?

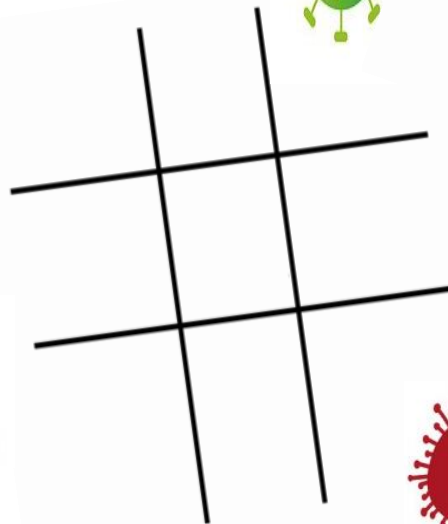
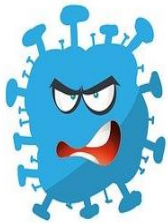
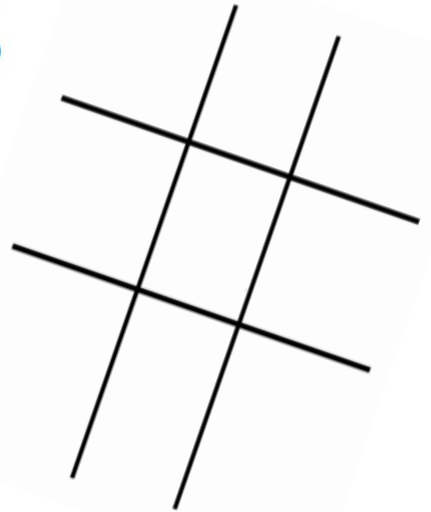
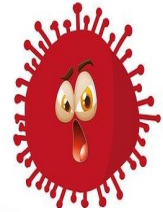
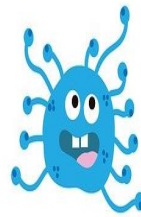
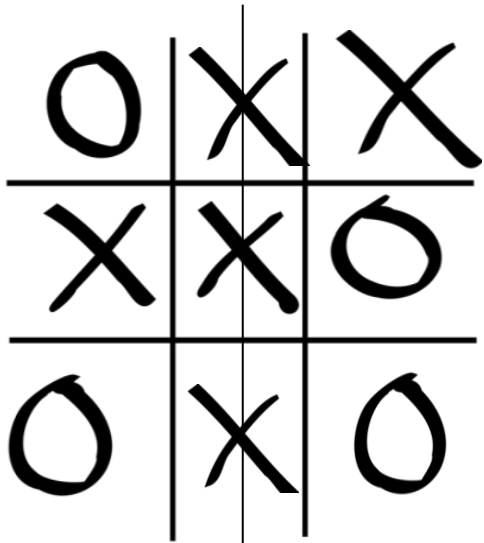
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**JOKE:** What did one coronavirus say to the other virus?

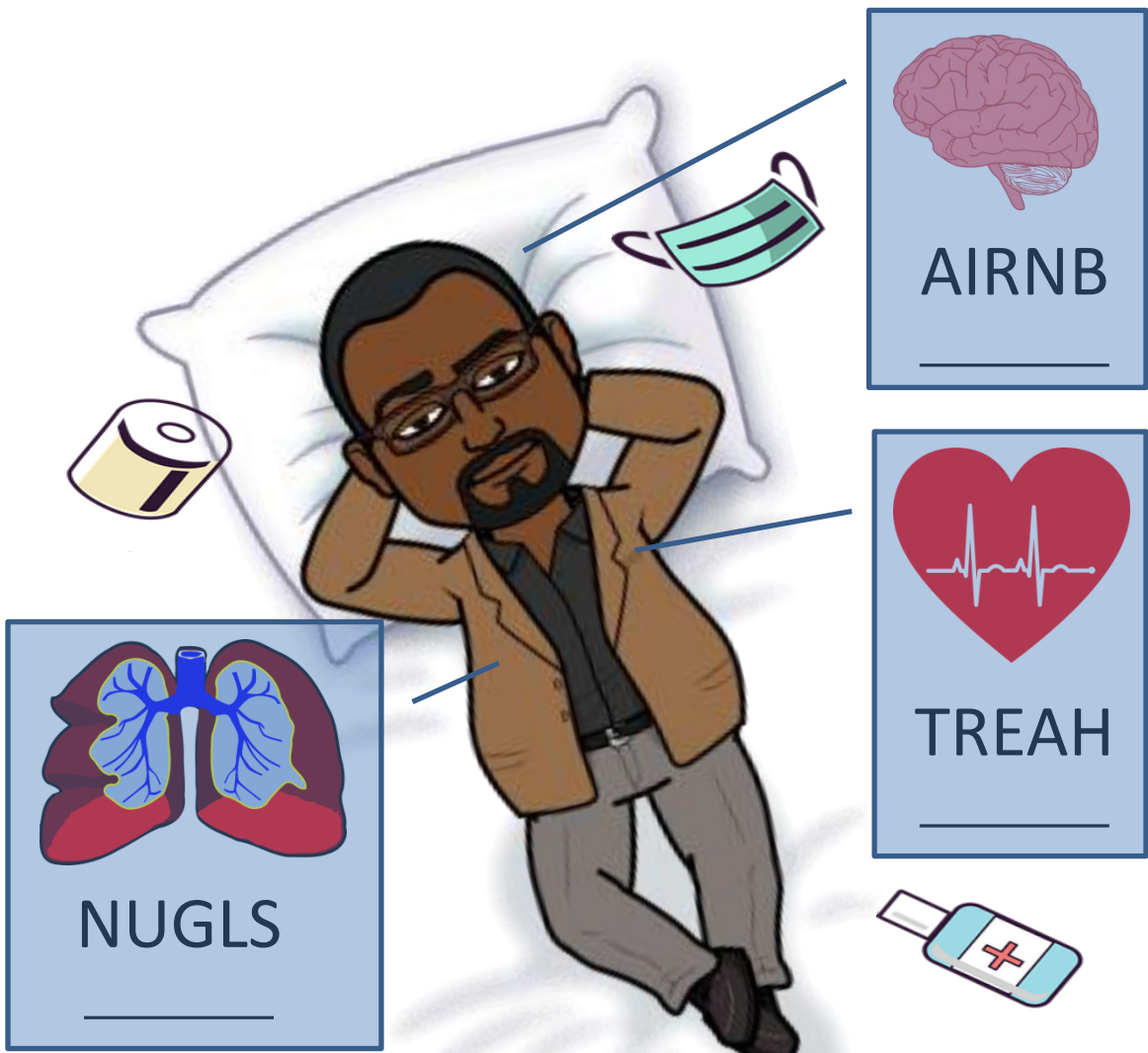
Instructions: Play with a friend. One person uses "X" and the other uses "O." Connect 3 X's or 3 O's in a row to win.



**ANSWER:** "Oh, the places you'll see!"

# GET PLENTY OF REST

We can protect ourselves by resting when we feel sick. Resting can heal the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.



Instructions: Unscramble the words, then fill in the blanks with the parts of the body that rest can heal.

# COLORING TIME!



Instructions: Color in the picture.



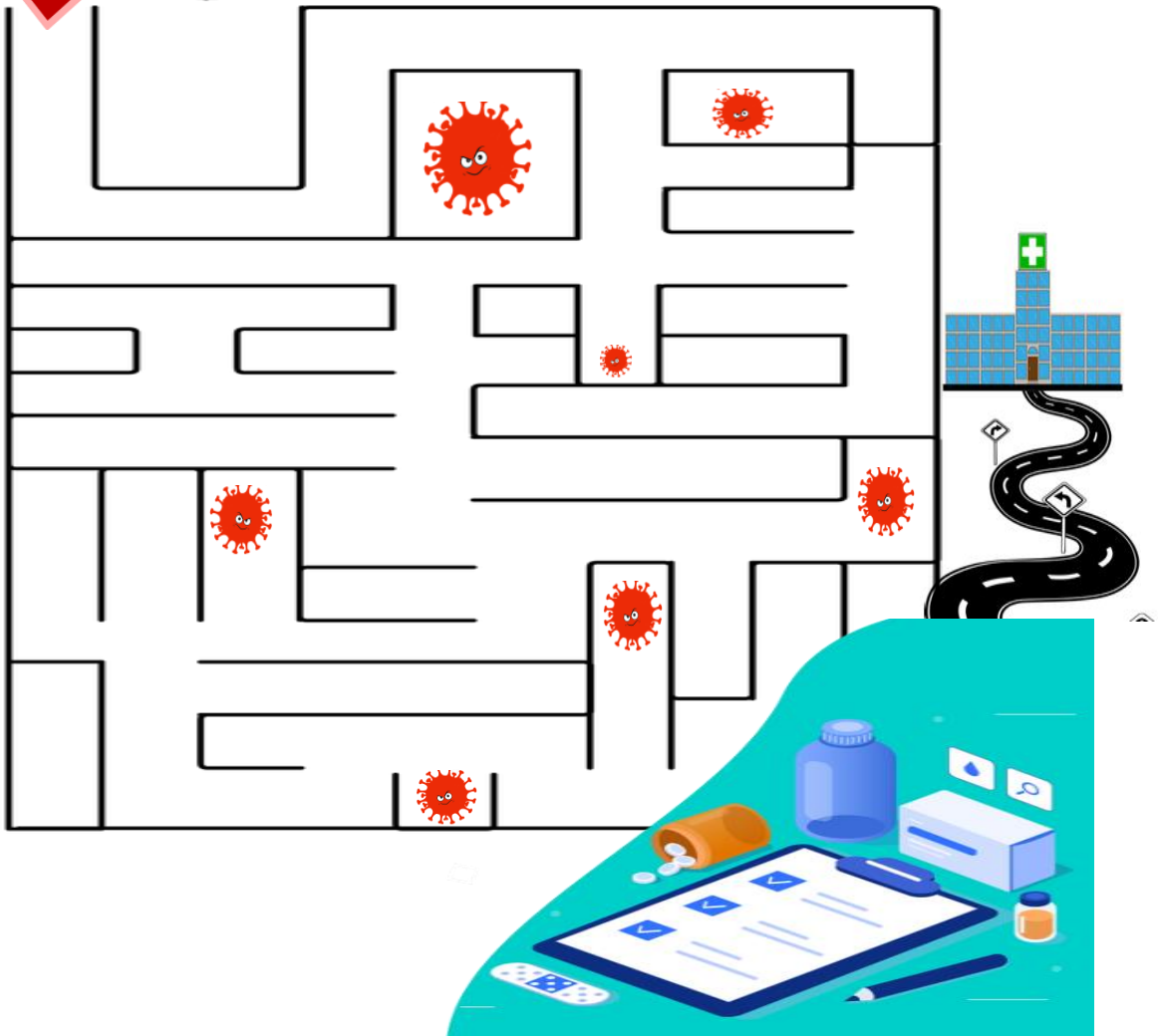
# FIND THE VACCINE CLINIC



Vaccines can help to reduce the risk of getting sick, spreading the virus, and can decrease the likelihood of getting seriously ill.



Instructions: Help me find the way to the hospital to get vaccinated. Draw a line from the red arrow to the hospital.





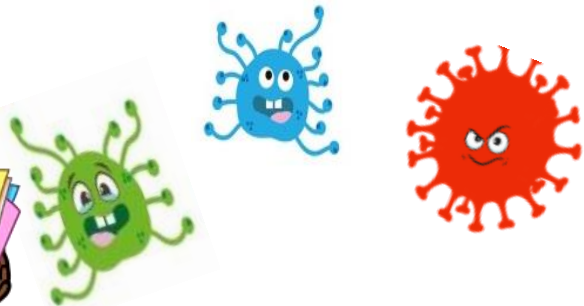
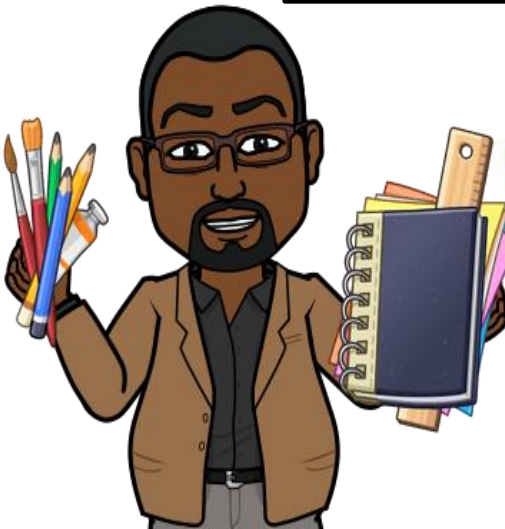
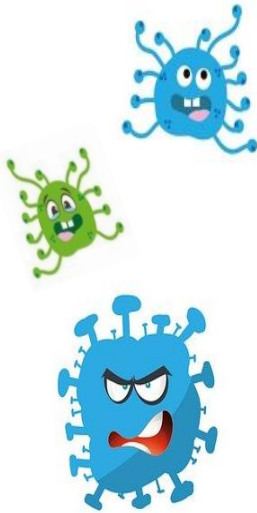
# COVID WORD SEARCH

Instructions: Circle the word in the search from the list below.

## WORD BANK:

GLOVES  
TISSUE  
MASK  
VIRUS  
SANIIZER  
WASH

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



# GET VACCINATED AND GET YOUR COVID-19 VACCINE CARD

Instructions: Write your name, school name, and date in the spaces below.

## COVID-19 VACCINATION RECORD CARD

VACCINE TYPE: BIOTECH COVID

VACCINE LOT NUMBER: AB6201

CLINIC: ACME CLINIC



NAME:

SCHOOL:

DATE:



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# ABOUT THE AUTHOR



**SCAN QR  
CODE  
FOR MORE  
DETAILS**



**Dr, Richard Whittington** is a biology professor, talented photographer, mixed media artist, and father. He has travelled the world and enjoys learning about nature's diversity, environmental issues, cultural differences, and disparities that impact our global community. Dr. Whittington has always had a fascination with art and searches for ways to apply his knowledge to help people. He treasured reading to his daughter when she was young and prized homeschooling her during the COVID-19 pandemic. A firm believer in learning about science early as children, it gives him great joy to hear a child express scientific concepts with confidence.

Contact: Email at [profwhittington1@gmail.com](mailto:profwhittington1@gmail.com) or scan QR code for additional details.



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