

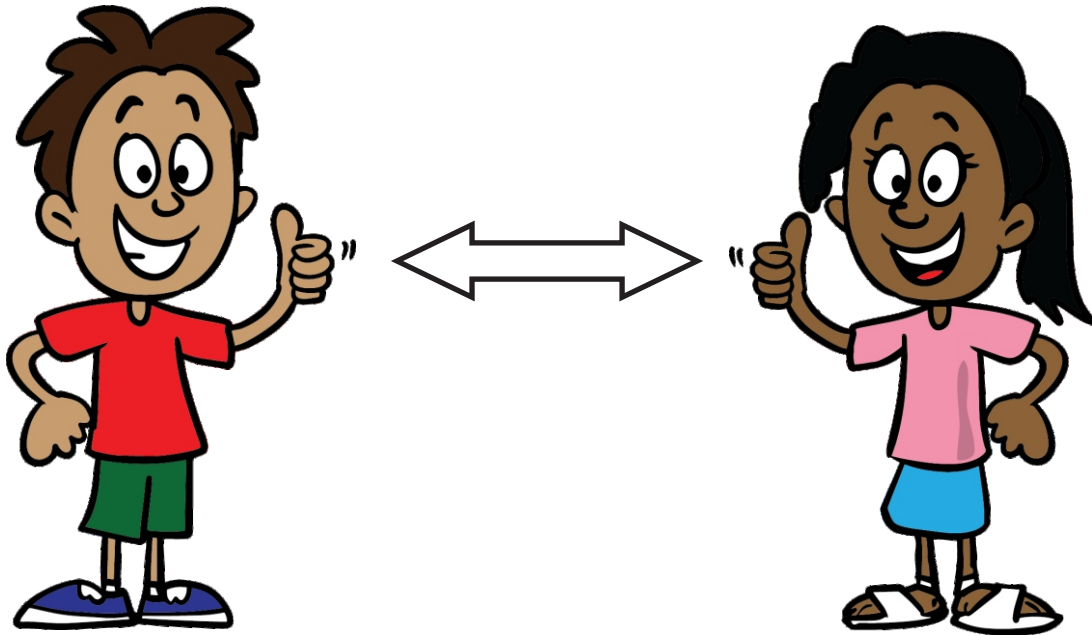
# Beating COVID-19 Worksheets

David Goodwin

Able to be copied - resources for  
children, families and schools



[www.kidsreach.org.au](http://www.kidsreach.org.au)



## Beating COVID-19 Worksheets

Photocopiable resources for children, families and schools.

**Note:** All information provided here is for education purposes only. For specific medical advice, diagnoses, and treatment, you must consult your doctor.



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# What is COVID-19?



COVID-19 is the name of a disease that many people all over the world have had.

'CO' stands for CORONA  
'VI' stands for VIRUS.  
'D' for DISEASE  
'19' for the year it was first discovered

A virus is a germ that causes infections like other viruses do - like when you get a cold or the flu.

## NOW READ THIS

COVID-19 is a new germ that is similar to some types of the common cold or the flu. These germs are all in the same family. It is like they are cousins to each other. That is why some of the signs people get when they have COVID-19 are similar to what they would have if they had a cold or the flu.

# Is COVID-19 Serious?

1. When looked after properly, most people recover from this disease. 😊
2. Some children have caught COVID-19 but they are usually mild cases. With the right treatment, most recover. 😊
3. Sadly, some people die from COVID-19. However, they are mostly older people or those who do not get the proper treatment. 😞
4. We all need to be careful to look after ourselves and others. 😊



# What to do when you are **Worried**



It is normal to feel worried about COVID. It is a new problem everyone has to face. It is especially tough when you can't go to school or be with your friends.

Write here some of the things you worry about

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Whenever you are worried, talk to your trusted adult. Sometimes thinking too much about a problem can make it seem bigger than it really is. Your trusted adult can help.

Also, keep doing all the things you can do - like following the hygiene rules.



# Help Stop COVID-19!

## Stop the virus with soap and some changes of habit

Doctors, nurses and medical people are working hard to help patients who have this disease. The best news of all is that scientists have already produced a vaccine. If enough people get the vaccine, it will save many lives. However, you and I must also work hard to stop this disease from spreading.



It is good that children are not as affected by COVID-19 as adults are, but this does not mean that children cannot spread it to other more sensitive members of the community, like older or sick people. This can happen even when children do not feel sick.

It is crucial we all wash our hands for at least 20 seconds with soap after coughing or sneezing and definitely after using the toilet. This will reduce the spread of the virus, which means not so many people will get sick.

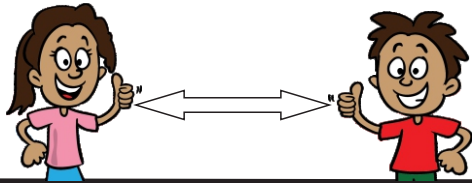
There are things that everyone can do to help. But everyone must act now by changing their habits!

# DEFINITIONS

There are some new and unusual words that you might have heard as people talk about COVID-19. Here are some of them and what they mean.

## SOCIAL DISTANCING

Social Distancing means to keep a space of about 1.5 metres between any two people. If you stretch both your arms out, then from one hand to the other is about the right distance. This stops the germs spreading from one person to the other.



## PANDEMIC

A pandemic is when there is an outbreak of a disease across an entire continent but also refers to a worldwide outbreak. COVID-19 was declared a worldwide pandemic on March 10 2020.



## COVID-19

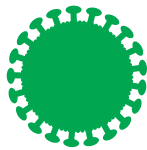
COVID-19 is a virus or a germ that causes infections in the same way other viruses do.

'CO' stands for CORONA

'VI' stands for VIRUS.

'D' for DISEASE

'19' for the year it was first discovered.



## SELF ISOLATION

Self-Isolation is when a person separates themselves from other people, usually because they have the disease or think they might have it. Some do it voluntarily, but others are told they must do it.

Usually it is for 14 days.



## ASYMPTOMATIC

Asymptomatic means someone who has the disease but does not have any of the symptoms. However, they can still pass the disease on to someone else.

So, everyone needs to take care during a pandemic.



## VACCINE INJECTION

People all over the world are getting the COVID-19 vaccine that scientists have made to fight the virus.

Vaccines teach your body how to fight off illnesses.

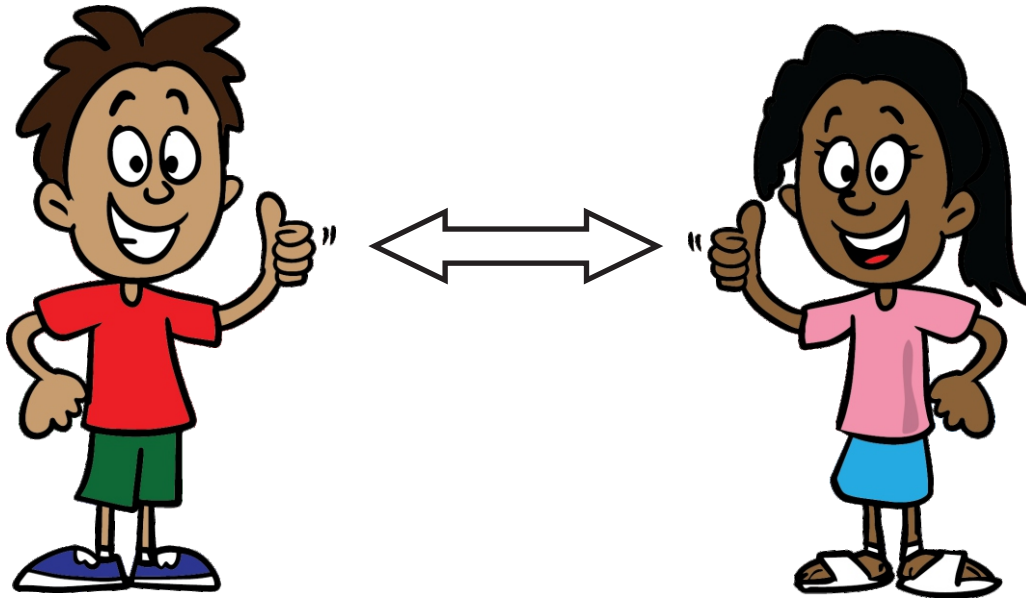
The doctor or nurse can put some of the vaccine into your body using a needle. You might

feel a tiny prick in your arm, but it is worth getting because it will help your body fight the COVID-19 germ.



# Stay Safe

1. Keep your distance.



2. Wash your hands with soap.



3. Wear a mask in public places.



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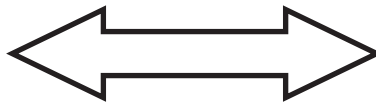
# Washing Hands



1. Wet your hands with a little water.
2. Rub your hands together with soap for 20 seconds. Be sure to rub soap on the front and back of your hands.
3. Rinse off the soap.
4. Dry your hands.



# Keeping Distance



Keep a distance from other people and greet each other in a traditional way by pressing your hands together in front of you and saying 'namaste' or touching your heart, or giving a wave.

1. No touching another person's hands or face.
2. No giving a 'High 5'.
3. No hugging.
4. Keep a distance from everyone - including your friends.
5. Avoid touching shared surfaces.
6. Avoid being in crowds.
7. No shaking hands.



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# Show Kindness

There are different ways to show kindness to others in difficult times. Some people need extra help - especially those who are elderly, sick, or who cannot leave their homes. Think about what you can do.

You could call your grandparents or talk to them on social media.

Your family might be able to get some groceries or provide a meal for someone who cannot get to the shops.

Is there anyone you or your family can help? How can you do this?

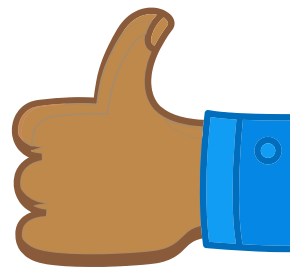
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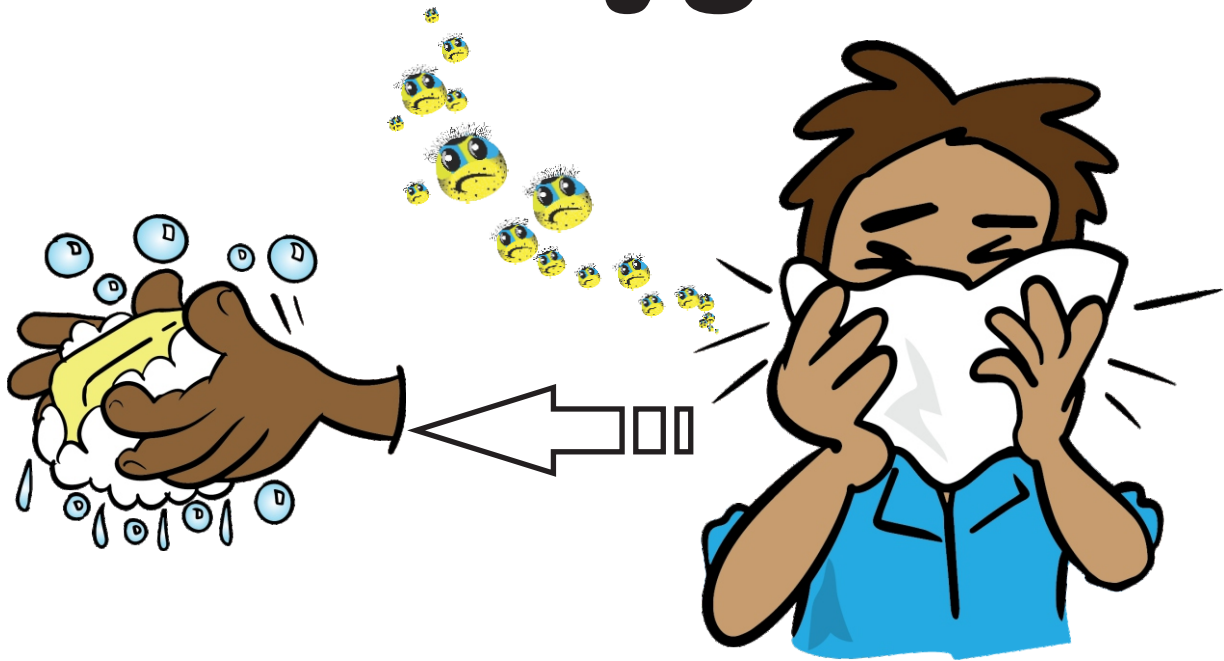
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Support those who need help - it's the right thing to do.



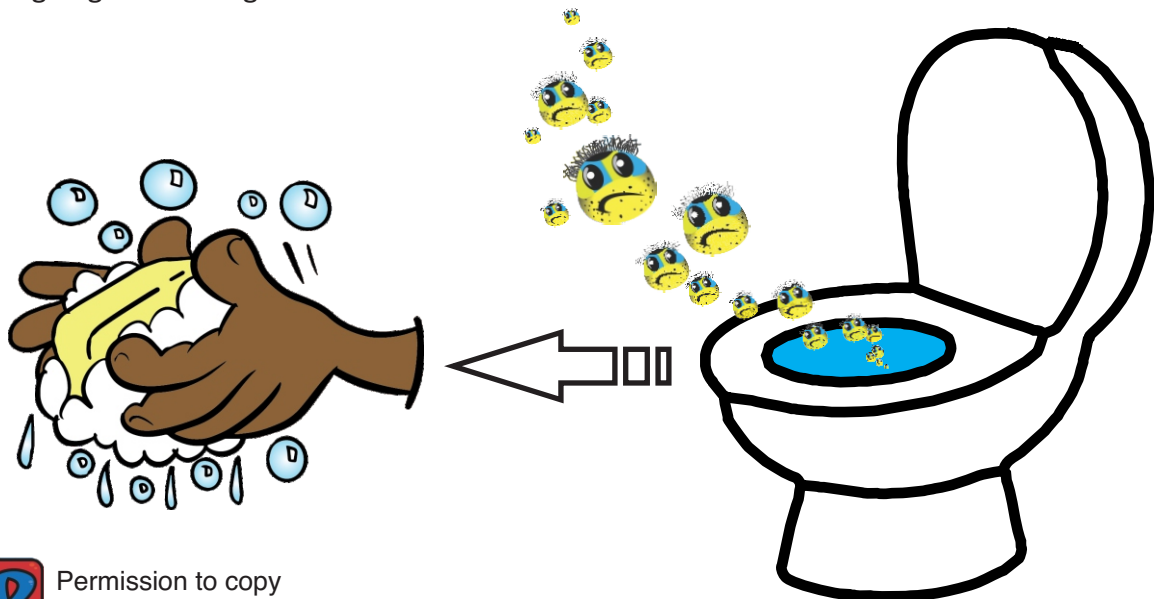
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# Practice Good Hand Hygiene



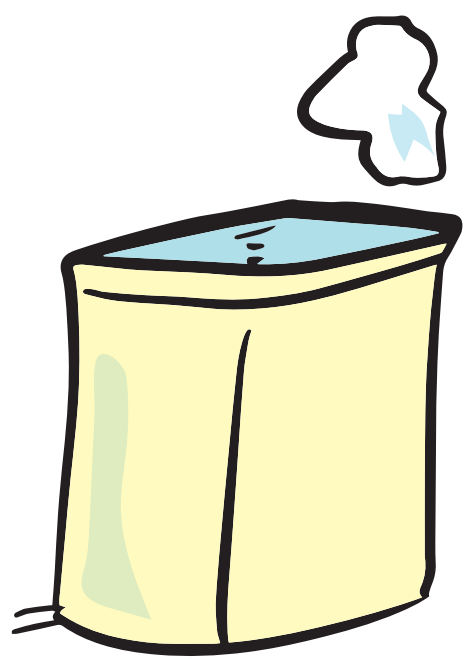
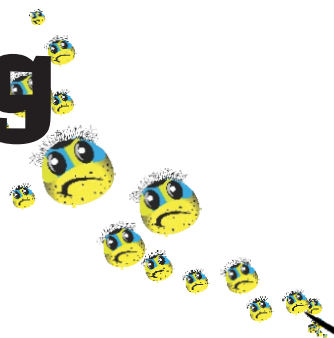
Do not take your mobile device into the toilet, and do not touch it after using the toilet until you have washed your hands.

Do not touch any surface until you have washed your hands after using the toilet or coughing or sneezing.



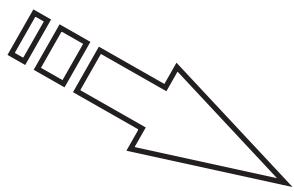
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# Coughing and Sneezing



Cover your mouth and nose with a tissue or handkerchief when coughing.

Do not touch any surface until you have washed your hands after coughing or sneezing.



# When to see your Doctor



You must see a doctor if you have any of these symptoms - more than usual.



Hard to breathe



Feeling extra tired



Bad cough



Fever



Sore throat

# What to do when Coughing



 Wrong



 Right



 Right



 Right

# Keeping Well



Cover your mouth and nose with a tissue every time you cough or sneeze.



Do not cough or sneeze towards someone else.



Throw used tissues into a bin or down the toilet immediately after use. Then wash your hands with soap.



If you do not have a tissue and you are going to sneeze or cough, then sneeze or cough into your elbow.



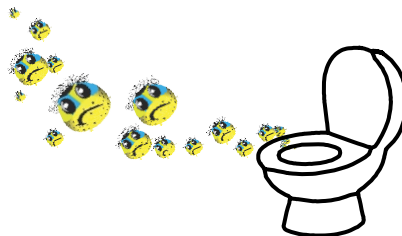
Wash your hands often using soap and water. Hand sanitisers are not enough. Soap and water are best, but you need to wash for about 20 seconds.



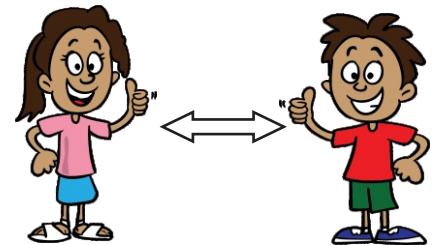
Stay away from someone who has cold or flu-like symptoms.



Be fighting fit to battle COVID-19 by getting enough sleep. Your parents might also be wanting you to take some vitamins or eat more fresh fruit and vegetables



Do not take your mobile device into the toilet and do not touch it after using the toilet until you have washed your hands.



Keep a distance from other people and greet each other in a traditional way by pressing your hands together in front of you and saying 'namaste' or touching your heart, or giving a wave.ĩ



Do not touch your eyes, nose, mouth or surfaces if you have been to the toilet until you have washed your hands with soap.



If you are not feeling well, then tell your parents right away. Especially if you have a cold or are feeling hot.



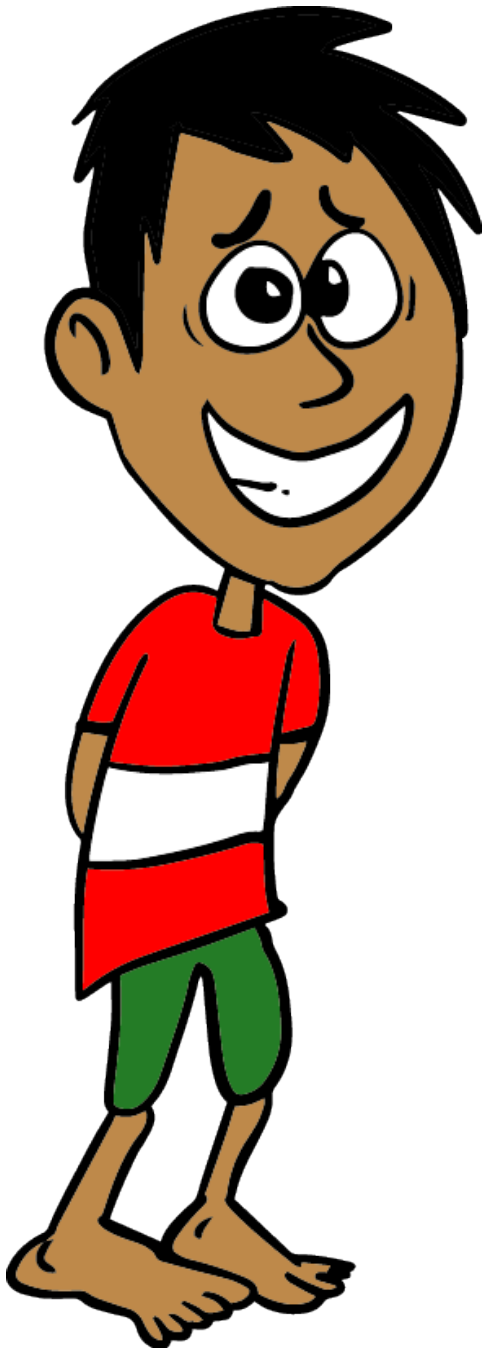
Wear a mask when you go to public places to prevent droplets and aerosols from spreading while you talk, cough, breathe or sneeze.



**It's time for  
EVERYONE to**



# If you're not in school Plan something cool!



If you need to stay home from school, then plan some special projects.

For example, you could learn to cook a meal, do some baking, scrap-booking, or any form of craft.

You could paint a picture, learn to take photos, or make a movie.

You might be able to think of some other things.

Think about something good you have not had time to do as a family. Now might be your chance to do it. Start by talking with your parents and asking them about it. You can get ideas on games for indoors or in your backyard from the internet.

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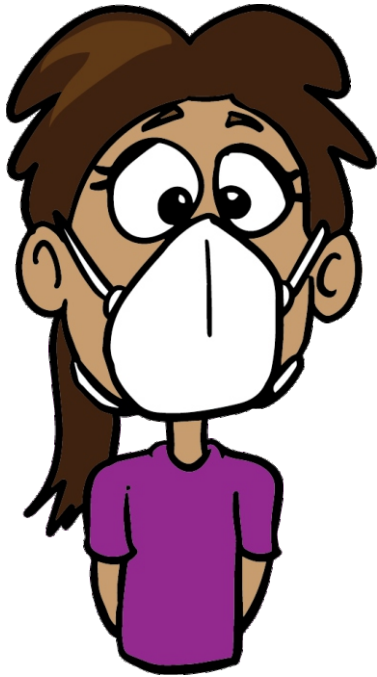
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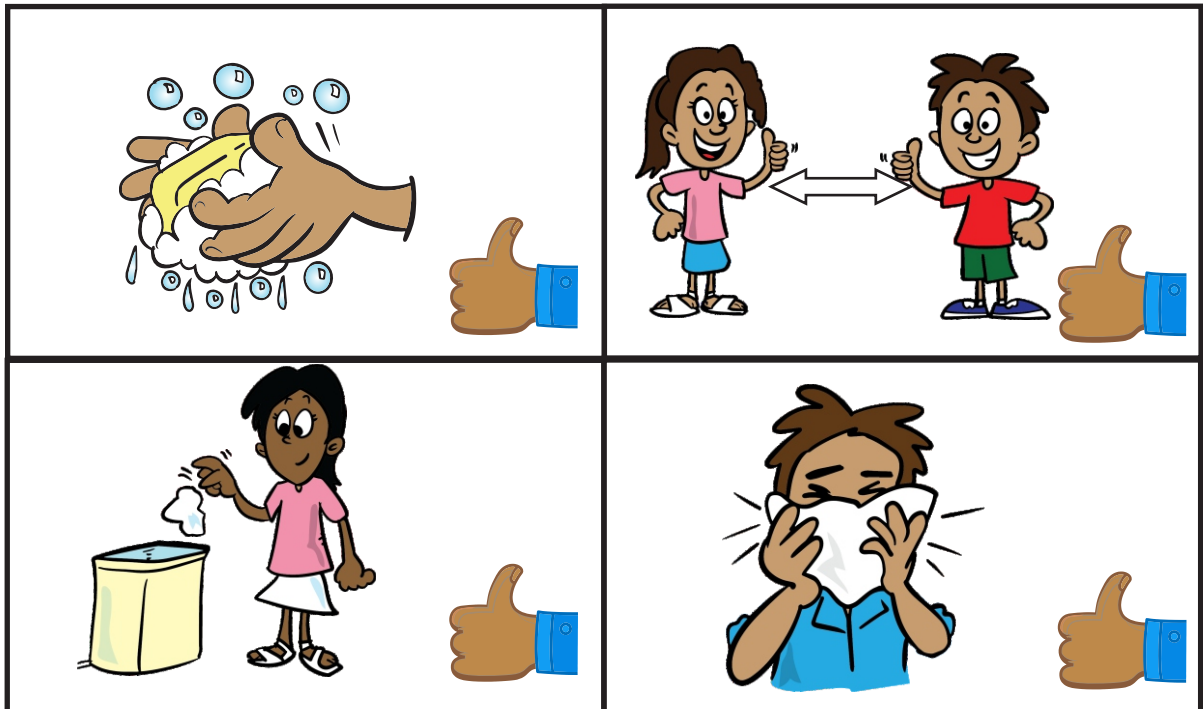
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# Wearing a Mask



You will notice that people wear masks when they go outside or into places like shops. Wearing a mask is a great help to stop the spread of COVID, but it is not enough. Keeping a distance from everyone, washing your hands properly and coughing and sneezing only into a tissue or handkerchief are good ways to ensure COVID-19 does not spread.

It is essential for those who have the virus and those looking after them, like doctors and nurses, to wear a mask whenever they are near other people.



# Wash **BEFORE** you eat!

It is always a good idea to wash fruit and vegetables before eating them, but now you have to be especially careful. Somebody with COVID-19 may have touched or coughed onto what you are eating. So wash them before you put them into your mouth.

