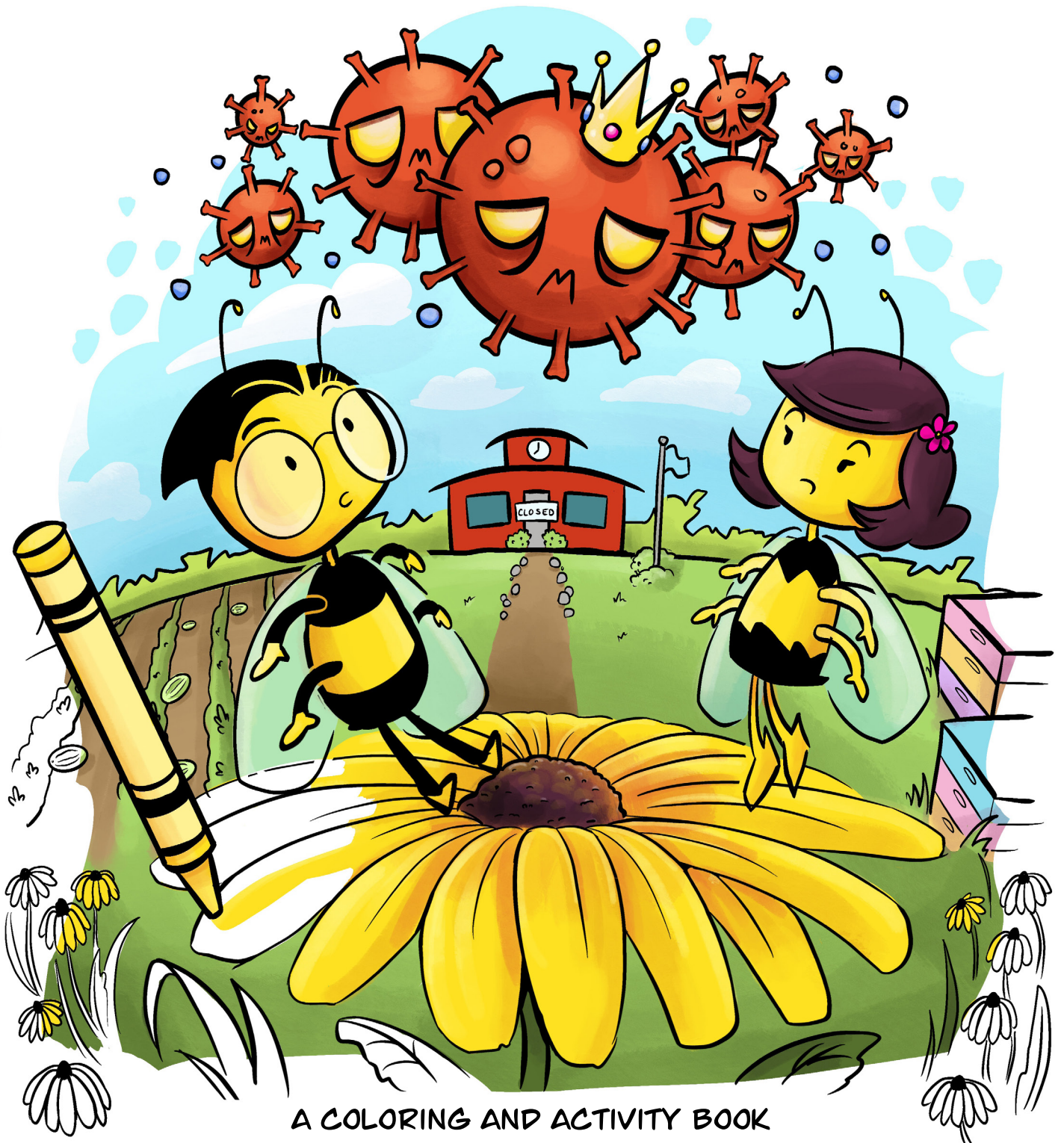


THE GERM THAT WEARS A CROWN

A STORY ABOUT THE CORONAVIRUS



A COLORING AND ACTIVITY BOOK

BY JAVIER ROSADO, PHD AND TATIANA FERNANDEZ, MS
ILLUSTRATED BY JODI SLADE

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This material was developed by the Center for Child Stress & Health (CCSH) at the Florida State University College of Medicine. The mission of the CCSH is to provide resources for families and professionals related to the treatment of childhood toxic stress and trauma. For more information, please visit: www.fsustress.org

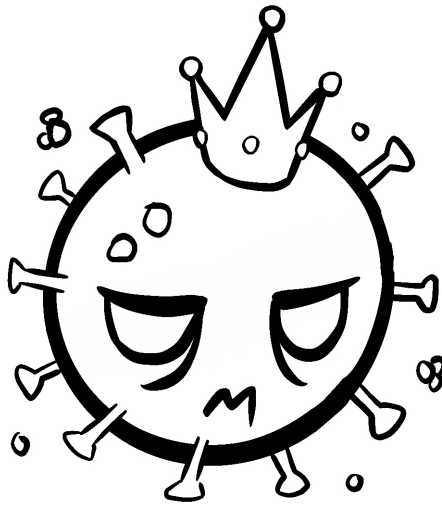
The CCSH is a member of The National Child Traumatic Stress Network (NCTSN). Established by Congress in 2000, the NCTSN is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education. For more information, please visit: www.nctsn.org

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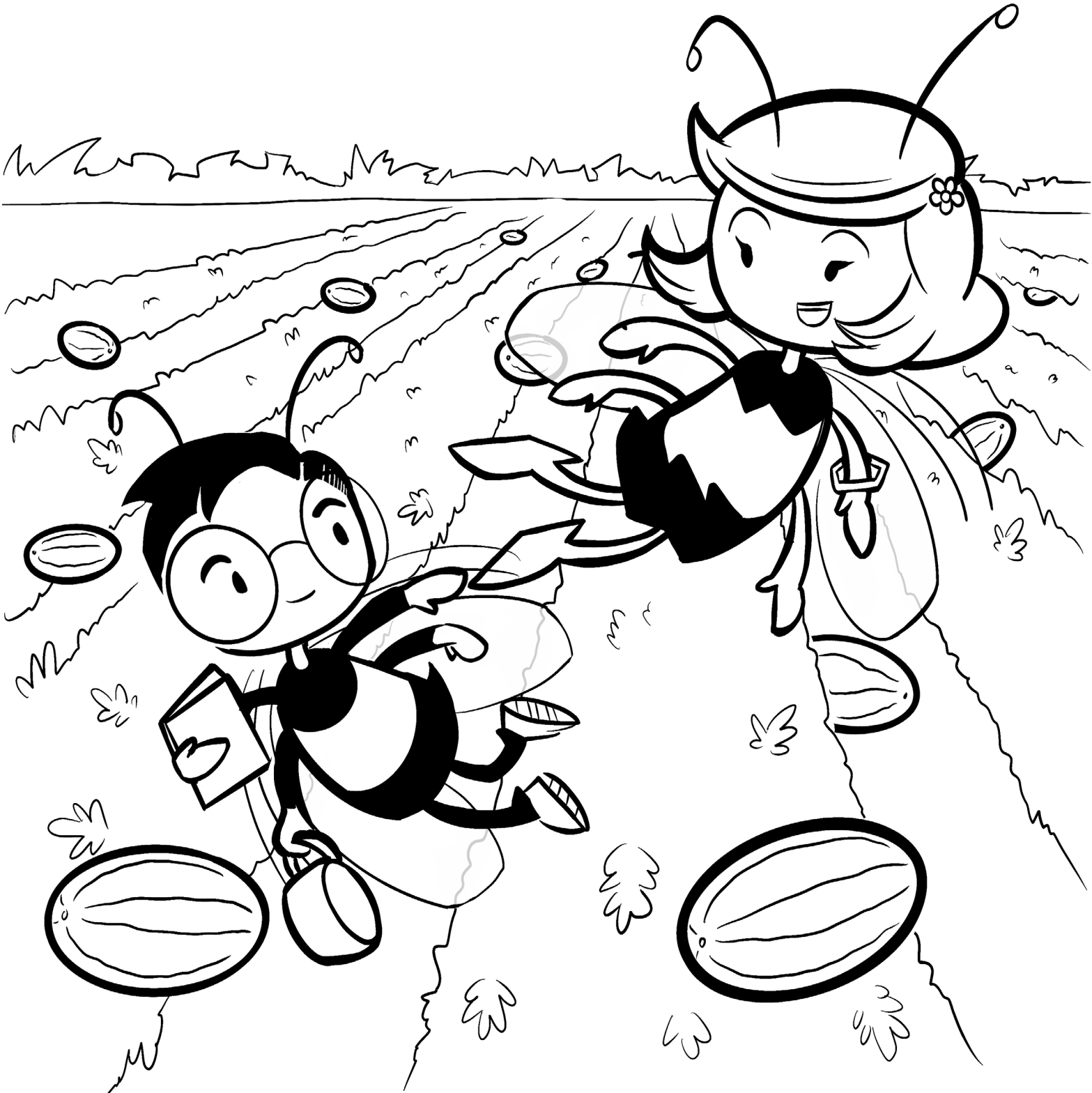


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GABRIEL AND JELLY WERE FINALLY WALKING TO SCHOOL TOGETHER AGAIN. GABRIEL'S FAMILY HAD JUST MOVED BACK TO IMMOKALEE AND HE WAS FINALLY GOING TO BE IN THE SAME CLASS AS JELLY.

TO THEIR SURPRISE, WHEN THEY ARRIVED AT THEIR SCHOOL THERE WAS A SIGN THAT SAID **SCHOOL IS CLOSED!** GABRIEL AND JELLY WONDERED, "WHAT IS GOING ON?"

"MAYBE WE GET ANOTHER SPRING BREAK!" - GABRIEL SAID.

JELLY QUICKLY RESPONDED - "I DON'T THINK WE ARE THAT LUCKY! LET'S GO TO MY HOUSE AND FIND OUT EXACTLY WHAT IS GOING ON!"



"HELLO, MRS. NECTAR."

"HI GABRIEL. I'M GLAD THE TWO OF YOU ARE BACK! I JUST GOT A MESSAGE THAT YOUR SCHOOL WILL BE CLOSED FOR A WHILE BECAUSE OF THE CORONAVIRUS."

JELLY AND GABRIEL LOOKED AT EACH OTHER IN SHOCK.





HAVE YOU EVER HEARD ABOUT THE CORONAVIRUS?
(CIRCLE ONE)

YES

NO

WRITE (OR DRAW) WHAT YOU HAVE HEARD ABOUT THE
CORONAVIRUS OR WHAT YOU THINK IT IS:

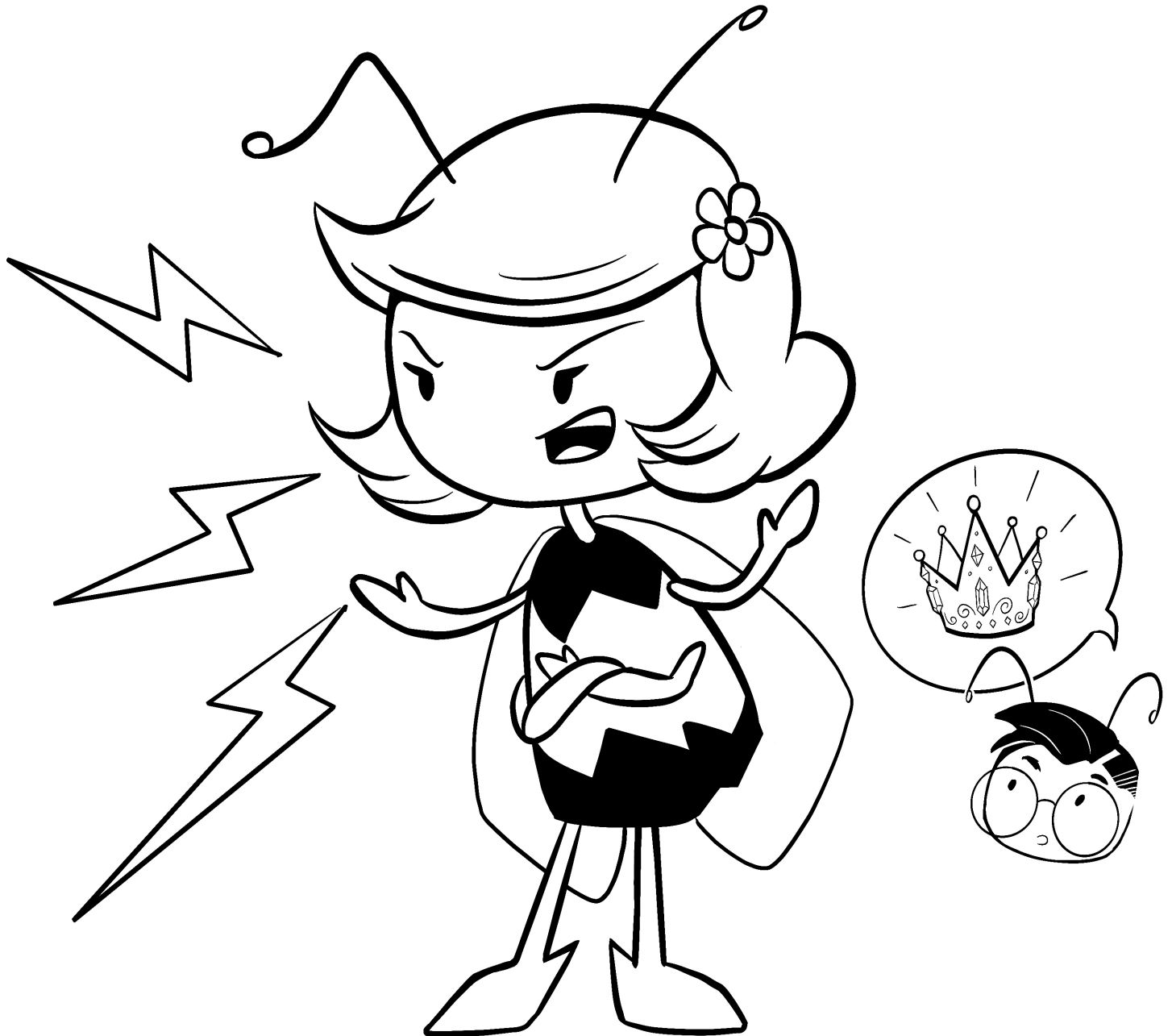
NOTE TO PARENT/CAREGIVER:

ASK CHILDREN WHAT THEY KNOW ABOUT THE VIRUS AND WHAT THEY HAVE HEARD, THEN LISTEN TO THEIR RESPONSES. ALLOW THEM TO ASK QUESTIONS AND THEN CLARIFY ANY MISUNDERSTANDING THE CHILD MAY HAVE.

JELLY TELLS HER MOM- "WAIT, SCHOOL NEVER CLOSES UNLESS IT'S A HOLIDAY, THE WEEKEND, OR VACATION. THE CORONAVIRUS DOES NOT SOUND LIKE A HOLIDAY!"

MRS. NECTAR LOOKED AT JELLY AND GABRIEL AND SAID- "NO, IT'S DEFINITELY NOT A HOLIDAY!"

"THEN WHAT IS IT?" -JELLY DEMANDED TO KNOW!



"I THINK IT HAS SOMETHING TO DO WITH ROYALTY - LIKE KINGS OR QUEENS!" - EXCLAIMED GABRIEL.

"WHY DO YOU SAY THAT?" - ASKED JELLY.

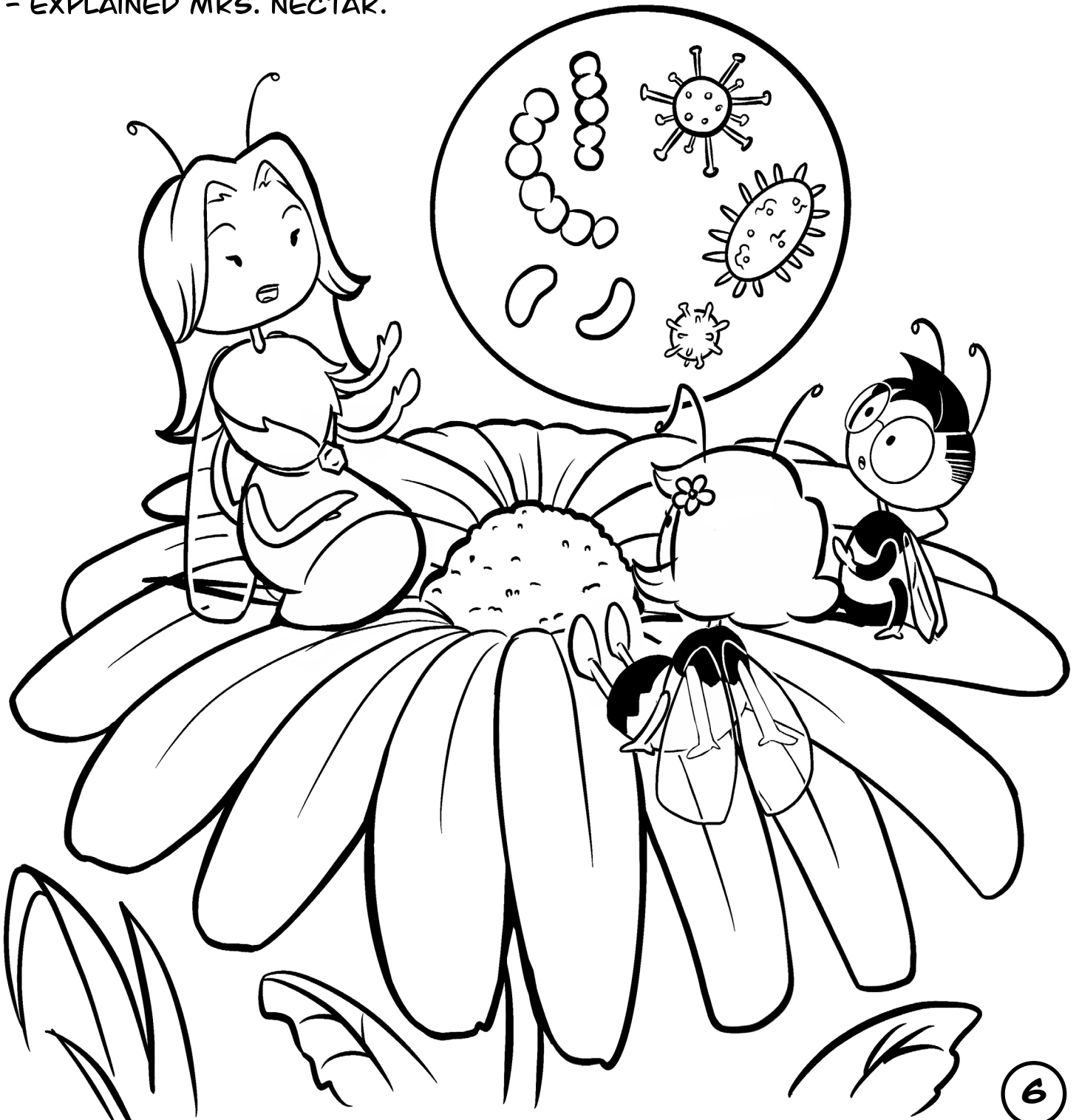
"BECAUSE CORONA MEANS CROWN IN SPANISH!" -RESPONDED GABRIEL.

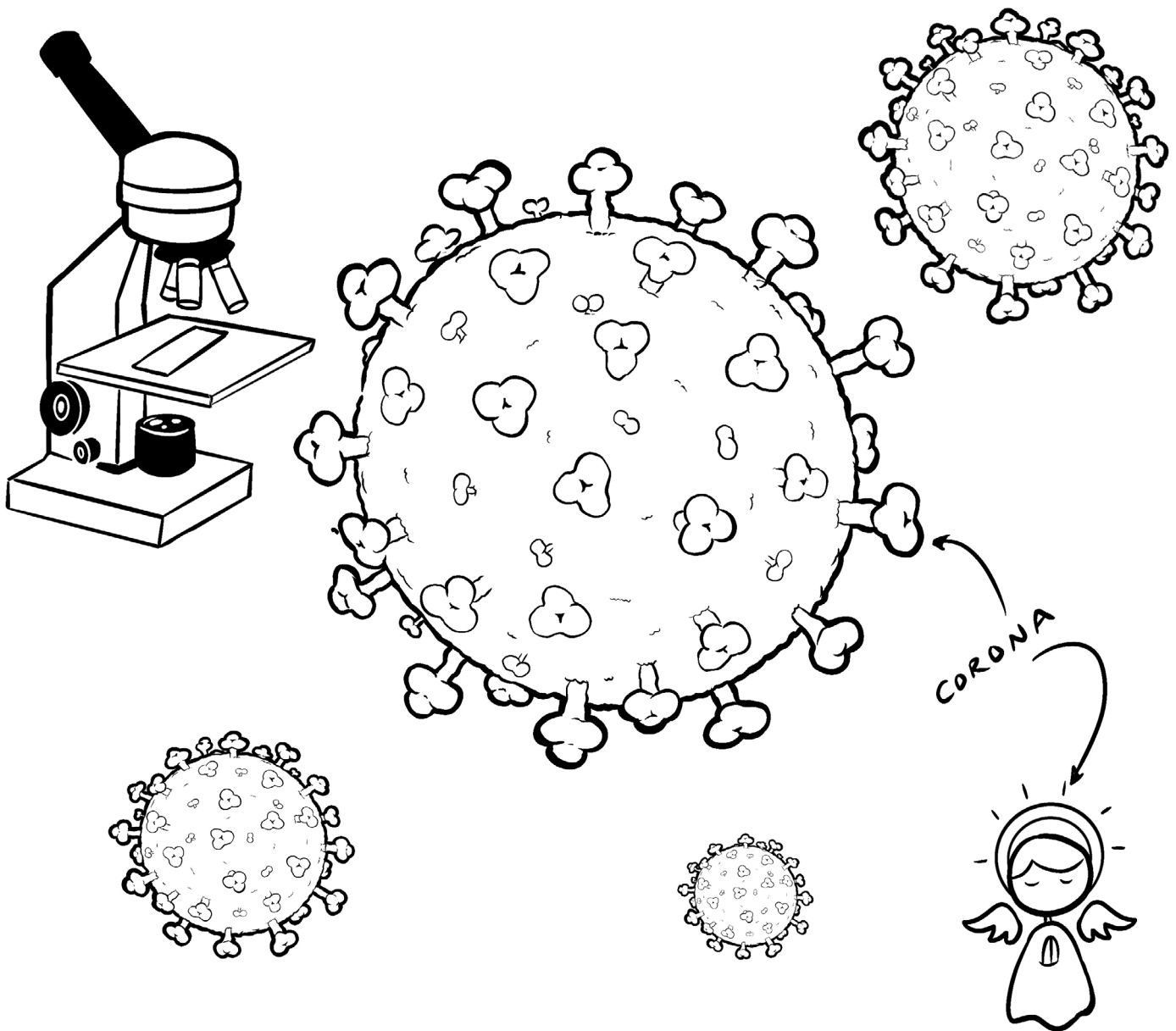
MRS. NECTAR ASKED GABRIEL AND JELLY TO SIT WITH HER AND TALK. SHE EXPLAINED - "THE CORONAVIRUS IS A TYPE OF **GERM**."

"A GERM? EW!" - JELLY GASPED.

"YES, A GERM" - SAID MRS. NECTAR.

"GERMS ARE TINY LITTLE CREATURES; IN FACT, THEY ARE SO SMALL YOU CAN'T EVEN SEE THEM UNLESS YOU ARE LOOKING UNDER A MICROSCOPE" - EXPLAINED MRS. NECTAR.





"YOU SEE, GABRIEL? THE CORONAVIRUS HAS NOTHING TO DO WITH ROYALTY OR CROWNS!" - SAID JELLY.

"NOW WAIT A MINUTE JELLY" - INTERRUPTED MRS. NECTAR. "THE CORONAVIRUS GERM GOT ITS NAME BECAUSE WHEN YOU LOOK AT IT UNDER A MICROSCOPE IT LOOKS LIKE IT'S SURROUNDED BY A "CORONA" OR A HALO."

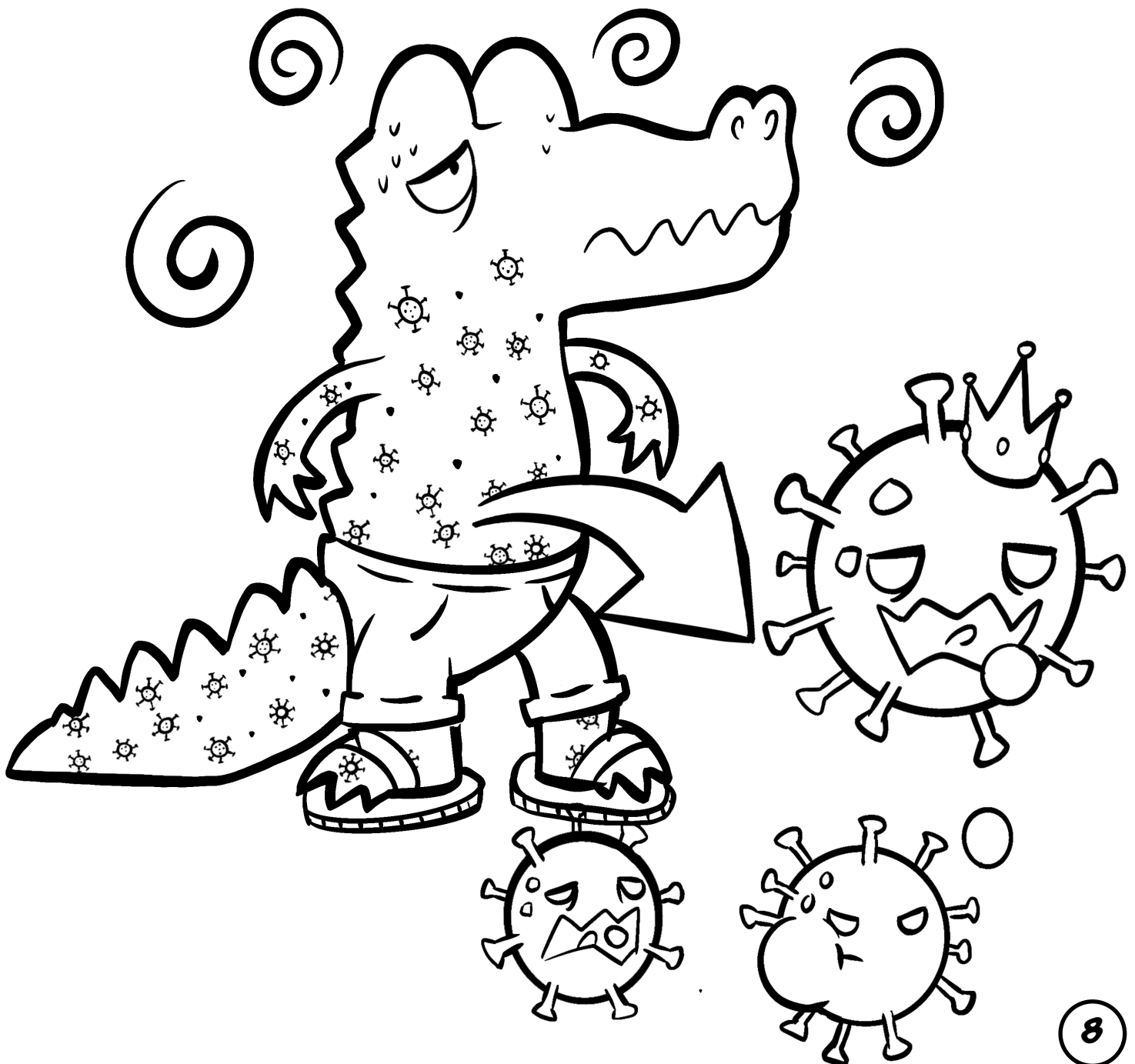
"A HALO? LIKE THE HALO YOU SEE IN PICTURES OVER AN ANGEL'S HEAD?" - ASKED GABRIEL.

"YES. A HALO IS THE CROWN OF LIGHT YOU SEE OVER AN ANGEL'S HEAD IN DRAWINGS" - SAID MRS. NECTAR.

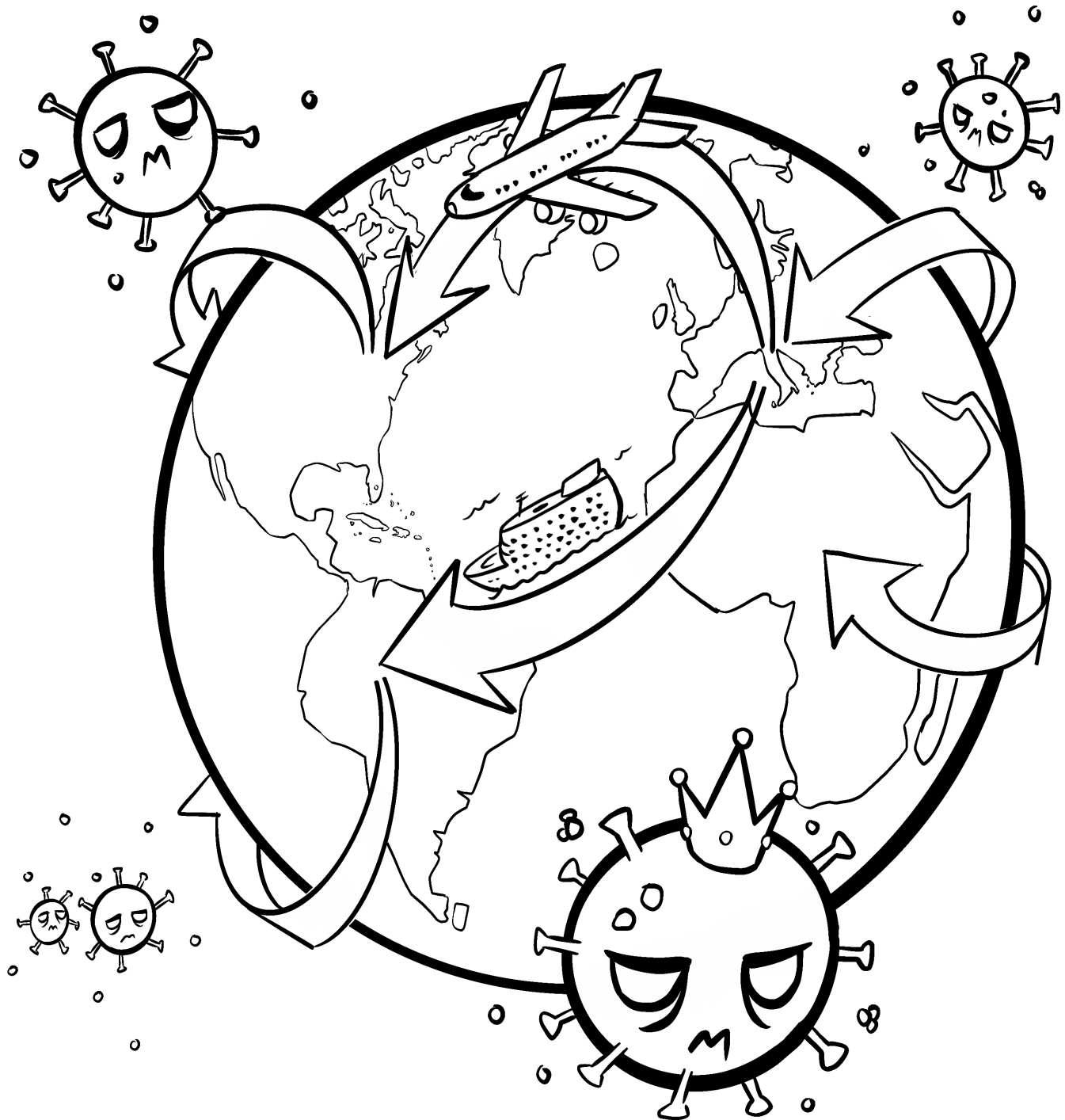
"OKAY, MAYBE YOU WERE RIGHT **THIS** TIME GABRIEL" - ADMITTED JELLY.

"SO, WHAT'S THE BIG DEAL ABOUT THIS GERM AND WHY CAN'T WE GO TO SCHOOL?" - SHE ASKED.

MRS. NECTAR EXPLAINED - "IF GERMS GET INSIDE OF PEOPLE'S BODIES THEY LIKE TO SNUGGLE IN THERE AND STAY FOR A WHILE. ONCE THEY ARE INSIDE, THEY GOBBLE UP A LOT OF NUTRIENTS AND TAKE ENERGY AWAY. THEY CAN ALSO MAKE SOMEONE FEEL SICK. THEY CAN HAVE A -FEVER, A COUGH, OR TROUBLE BREATHING- OR EXPERIENCE ALL THREE."



"BUT GERMS HAVE BEEN AROUND FOR A LONG TIME AND THEY HAVE NEVER CLOSED OUR SCHOOL BECAUSE OF THEM. WHAT IS SO SPECIAL ABOUT THE CORONAVIRUS GERM?" - ASKED GABRIEL.



MRS. NECTAR RESPONDED - "WELL, YOU SEE - THE CORONAVIRUS IS A **NEW GERM** THAT HAS NEVER BEEN SEEN BEFORE AND IT SPREADS VERY QUICKLY. YOU MAY HEAR PEOPLE SAY THAT THERE IS AN **OUTBREAK** - THAT MEANS THAT THE CORONAVIRUS GERM IS GETTING TO PEOPLE ALL OVER THE WORLD."

"SO HOW DOES THE CORONAVIRUS GERM SPREAD?" - ASKED JELLY.

MRS. NECTAR EXPLAINED - "THE MAIN WAY THE GERM SPREADS IS WHEN SOMEONE COUGHS OR SNEEZES AROUND OTHER PEOPLE."



"THERE ARE LITTLE DROPS THAT COME OUT WHEN WE SNEEZE - LIKE TINY LITTLE RAIN DROPS- AND THE GERMS LIKE TO HOLD ON TO THOSE DROPS. THOSE DROPS CAN LAND IN THE MOUTHS OR NOSES OF PEOPLE WHO ARE NEARBY AND, IF THEY DO, THE GERMS WILL START TO SNUGGLE INSIDE OF THEIR BODY, TOO."

WE ALL HAVE STRONG FEELINGS ABOUT DIFFERENT THINGS. SOMETIMES WE FEEL A LOT OF AN EMOTION AND OTHER TIMES WE MAY ONLY FEEL A LITTLE OF AN EMOTION. IT ALL DEPENDS ON THE SITUATION.

HOW DO YOU FEEL ABOUT **THE CORONAVIRUS** GERM AND ABOUT **THE OUTBREAK?**

The image shows five vertical scales, each with a circular base containing a face and a vertical tube with ten horizontal tick marks. The faces represent different emotions: 1. Worried: a face with a wavy mouth and furrowed brows. 2. Sad: a face with a downward-curving mouth and teardrop-shaped eyes. 3. Angry: a face with a downward-curving mouth and slanted, downward-pointing eyes. 4. Confused: a face with a slightly open mouth and wide, questioning eyes. 5. Other: an empty circular base. Below each scale is a label: WORRIED, SAD, ANGRY, CONFUSED, and OTHER.

NOTE TO PARENT/CAREGIVER:

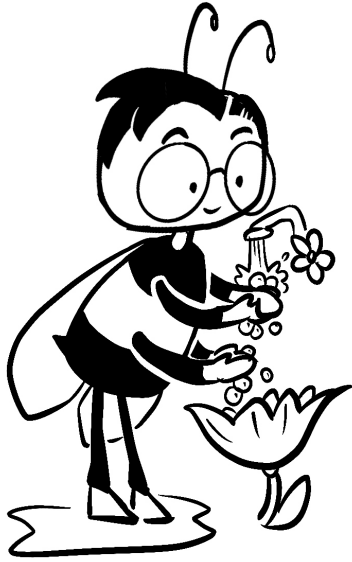
TALK TO CHILDREN ABOUT THEIR FEELINGS AND VALIDATE THEIR FEELINGS.

IF THEY EXPRESS UNCOMFORTABLE FEELINGS, DON'T FEEL THAT YOU NEED TO MAKE THEM FEEL BETTER - SIMPLY LISTEN TO THEM AND ALLOW THEM TO EXPRESS THEMSELVES.



"WELL, WE HAVE TO DO SOMETHING ABOUT THIS! WE CAN'T LET THE GERMS TAKE OVER!" - SAID GABRIEL.

"YOU ARE RIGHT!" - SAID MRS. NECTAR. "THERE ARE 5 THINGS WE CAN ALL DO TO HELP!"



**1 WASH YOUR HANDS OFTEN:
WET YOUR HANDS & APPLY SOAP**

RUB YOUR HANDS TOGETHER TO GET YOUR HANDS NICE AND SOAPY. CLEAN THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, AND UNDER YOUR NAILS.

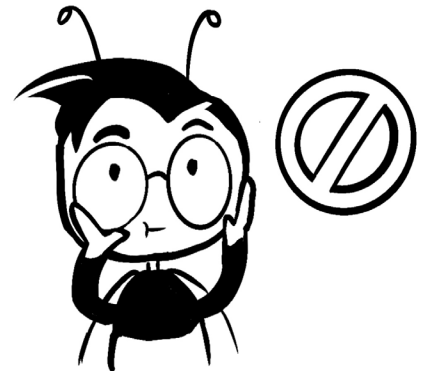
SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS BY SINGING "HAPPY BIRTHDAY" TWO TIMES!

RINSE YOUR HANDS WELL WITH WATER.

DRY YOUR HANDS USING A CLEAN TOWEL OR AIR DRY THEM.



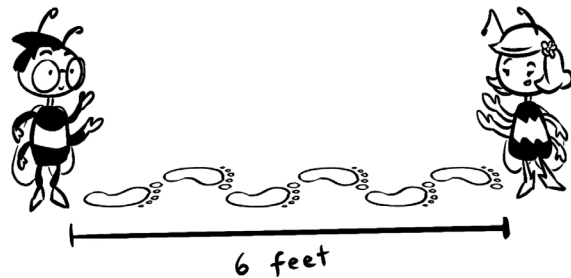
2 CATCH YOUR COUGHS AND SNEEZES! SNEEZE AND COUGH INTO YOUR ELBOW INSTEAD OF ON YOUR HANDS!



3 AVOID TOUCHING YOUR FACE- ESPECIALLY YOUR EYES, NOSE, AND MOUTH!



4 REST! IF YOU FEEL SICK, GET SOME REST SO THAT YOU CAN GET BETTER AND AVOID SPREADING GERMS.



5 STAY HOME FOR A WHILE AND, IF YOU MUST GO OUT, STAY AT LEAST SIX FEET AWAY FROM OTHER PEOPLE WHO DO NOT LIVE WITH YOU.

"THAT ALL SOUNDS GREAT, EXCEPT - STAYING HOME FOR A WHILE!"
- SAID JELLY. "WHAT AM I SUPPOSED TO DO ALL DAY AND WHAT ABOUT MY FRIENDS? I AM GOING TO MISS THEM SO MUCH."

WHAT ADVICE CAN YOU GIVE JELLY? HOW DO YOU THINK SHE CAN KEEP IN TOUCH WITH HER FRIENDS WHILE SHE IS AT HOME?
WHAT FUN ACTIVITIES CAN SHE DO AT HOME?



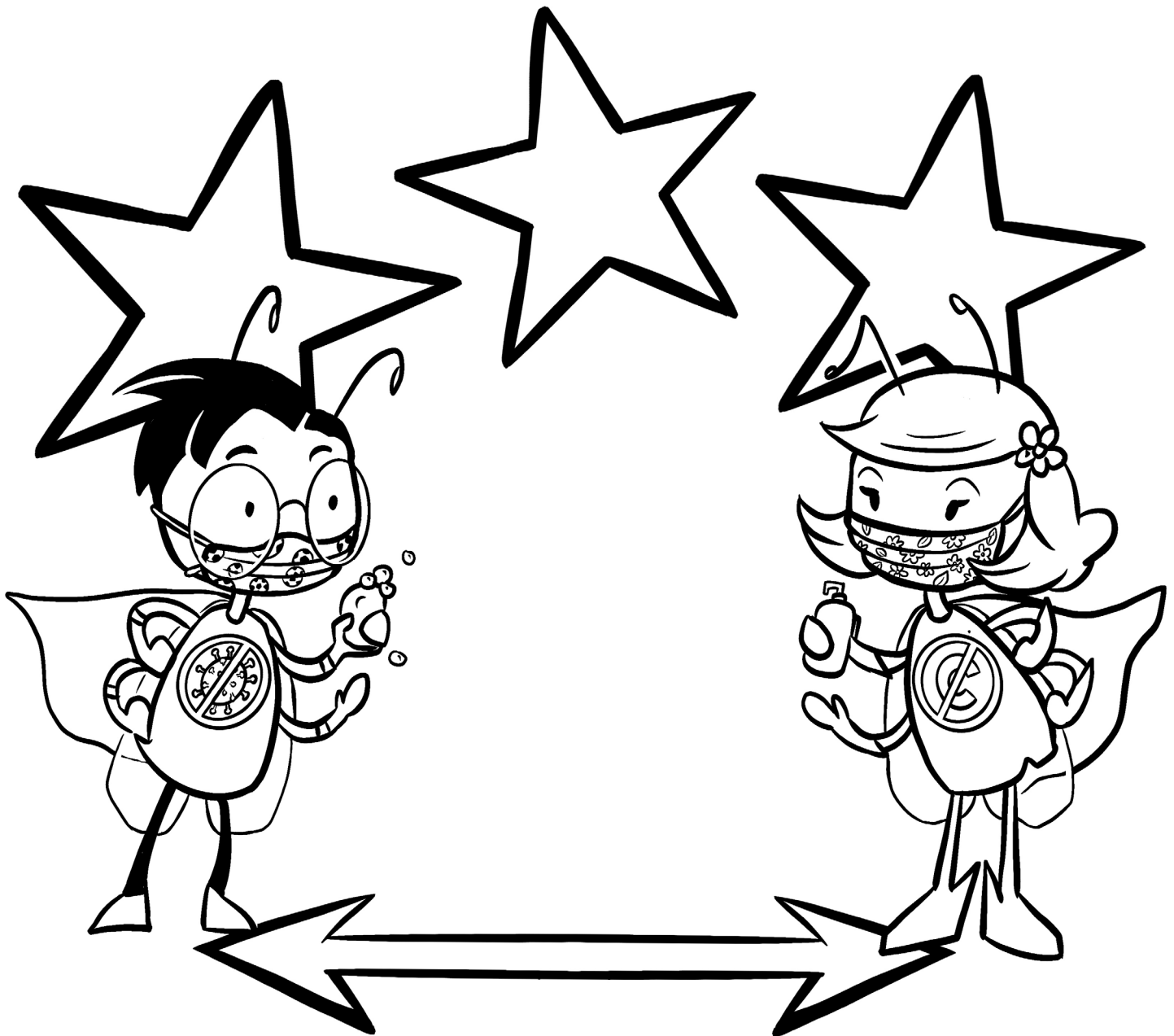
SOME IDEAS!

JELLY CAN:

- ASK TO BORROW HER MOTHER'S CELL PHONE TO CALL HER FRIENDS
- ASK HER MOTHER TO HELP HER SEND HER FRIENDS AND FAMILY TEXT MESSAGES
- TRY FACETIME
- SEND NOTES IN THE MAIL
- OTHER: _____

GABRIEL LOOKED AT HIS FRIEND AND SAID- "REMEMBER, JELLY, IT WON'T BE THIS WAY FOREVER. SOON ENOUGH, SCHOOLS AND PARKS AND BEACHES WILL BE OPEN AGAIN."

UNTIL THEN, WE HAVE TO **DO OUR PART**
TO HELP KEEP OURSELVES AND OTHERS SAFE!



THE END

