

# My COVID-19 Story



**The world is  
experiencing a  
pandemic.**



**Pandemics are caused by diseases that spread from person to person.**



**A pandemic means  
many people could  
get sick.**



**This sickness is called  
COVID-19.**



**To keep everyone safe,  
you will be at home a lot.**



**Everyone in your town  
is also staying home.**



There is no school  
right now.





**There are things you  
can do at home.**



**It is very important to  
wash your hands.**



**It's ok to be unhappy  
or worried.**



**Your family can help  
you feel better.**



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