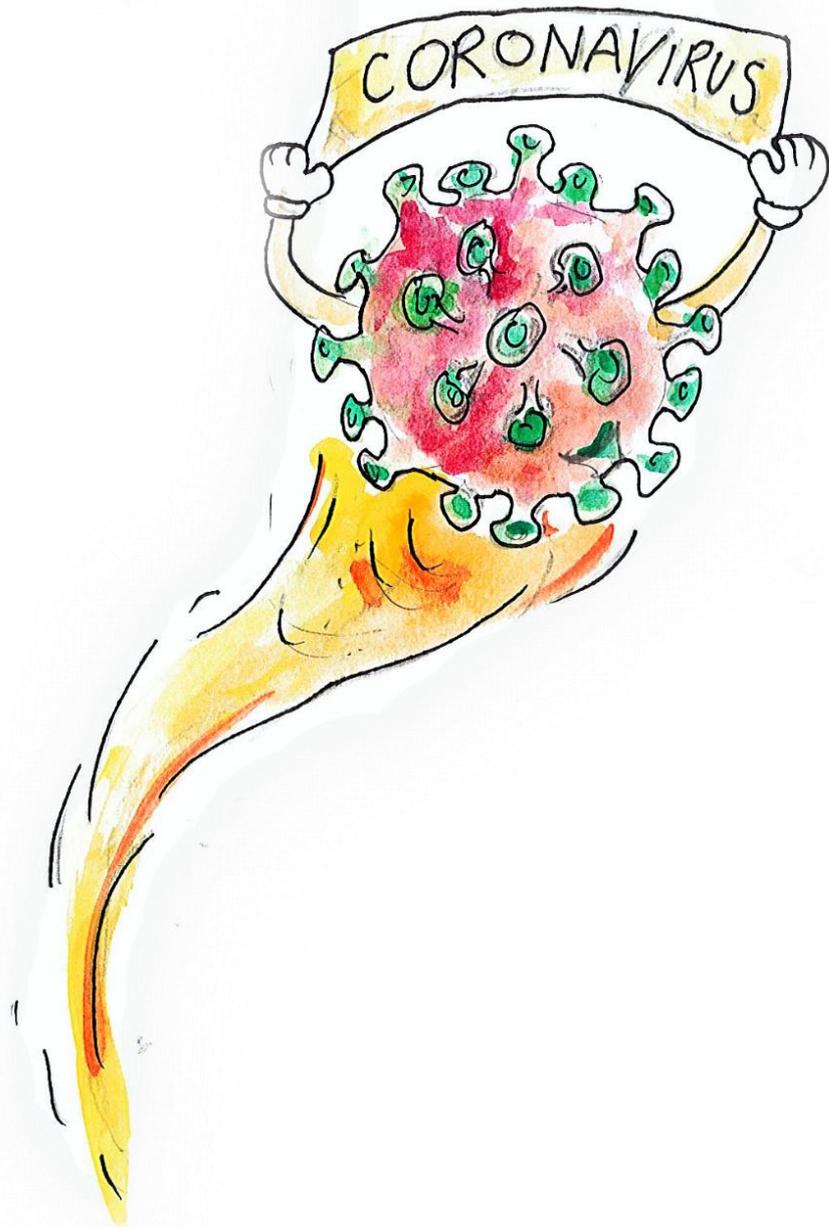




# **Coronavirus and me;**

An explanation for 3-6 years

Gemma Mickan



Have you heard of the word “Coronavirus”?  
It’s a new type of cold which can also be called COVID-19. Coronavirus is spread from person to person through tiny invisible germs that live on the things we touch.



That's why it's so important to wash our hands with soap and water for at least 20 seconds. We do this before and after we eat, after we use the toilet, and after we blow our nose or touch our face.



We also need to make sure we are catching our coughs and sneezes in our elbows. If we don't cover our mouths, our germs could land on other people and make them sick.



Thankfully, most people who catch Coronavirus only get a bit sick. Some people might get a temperature, a cough, a sore throat, or feel extra tired. Many people all over the world are recovering and getting better from Coronavirus every day.



We are very lucky to have great hospitals with lots of hard-working doctors and nurses ready to look after people if they become sick.



Right now there are lots of doctors and scientists working hard to learn about, and understand the Coronavirus and how to stop people getting sick. They are learning new things every day, just like you! So even though we don't have all the answers yet, we are doing everything we can to keep you safe.



You might have noticed that the world has changed a bit lately. Maybe you've seen people wearing face masks, or maybe activities you usually do have been cancelled.



Some of our friends haven't been coming to childcare as much lately because they've been staying at home with their families. We will all be staying home a bit more so that we can slow the spread of germs.



When you're home you might notice that the adults in your family or the people around you, might seem more worried or sad than usual, and it's okay if you feel that way too.

Even though things are different at the moment and might be hard for a while, things will eventually return to normal. We will get through it together!

This book is dedicated to The Kangaroos Room of 2020

at Woden Valley Child Care Centre

## **A letter from the author**

I overheard one of my pre-school children at Woden Valley Child Care Centre, tell his friend this the day before I started to write this short story. “If we get Coronavirus we’re gonna die”

I realised that as the misinformation started to spread around the internet and the media on an adult level, that information was filtering down into our children’s minds.

As I searched the internet for age-appropriate resources to share with the children in my care, I noticed a distinct lack in Early Education age range. I decided that if I was going to create this resource for my “Kangaroos” that I would also make it available to all children. The information in this story was adapted from The Australian Childhood Foundation [www.childhood.org.au](http://www.childhood.org.au)



Woden Valley Child Care Centre is a not-for-profit, parent committee managed, long day education and care centre on Ngunawal Country, Canberra. We are an approved service providing high quality care and education for children from 0 to 5 years old.

Woden Valley Child Care’s core value is to nurture confident, respectful and responsible citizen’s of the world.

Written and Illustrated by Gemma Mickan

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