

## Slide 1.

Welcome to COVID-19 preparing yourself and your family: children's edition. DISCLAIMER: While anyone is welcome to view this video, this specific content has been created to help teach children, 9 and under, what is going on and help guardians explain the current situation. Please view this video on your own prior to sharing with your children to ensure its appropriateness for your specific child. If there are any questions or concerns, please feel free to reach out through the contact page at [www.AbsoluteEHS.com](http://www.AbsoluteEHS.com).

## Slide 2

Hi kids! You may be hearing the word "pandemic" a lot lately and you might be wondering what that means and why you can't play with your friends at the moment. I will help start the discussion with you now but always know that you can ask a trusted adult, like a parent or grandparent questions too.

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The word 'pandemic' means that what is going on right now is affecting people all over the world. So, while you may not be going to school right now, other kids all around the world may not be going to school either.

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The reason we are doing this is because there is a new type of sickness that is going around. It will affect everyone differently and you kids are unlikely to actually get sick but the adults around you may get sick. This sickness is called coronavirus and is caused by an invisible thing called a virus.

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You can think of a virus as a small, invisible, piece of glitter. It has always been around and is part of our world but this piece of glitter is new and we are still learning about it.

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Remember the last time you played with glitter and got it on your hands?

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You had to pick it off and use soap and running water and scrub scrub scrub. You also had to wash it all off before you touched your face or ate.

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The other thing to think about is when you had glitter, it spread easily and got on everything! If you had it on your hand and then touched something, you may have left glitter behind if you didn't wash your hands first.

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If a person has this virus, it can act like glitter. In this case, the glitter will come out of their spit, sneezes, and snot.

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Using hand sanitizer will not be as effective at getting the glitter off our hands so we need to wash our hands with soap and water while we sing happy birthday twice in a row to make sure we are 100% clean.

#### Slide 11

We need to be careful about what we touch - especially outside or in buildings where there are a lot of people. This is why washing our hands is so important.

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We need to try not to be near our friends, so we do not accidentally sneeze or cough and get this glitter on them, or they accidentally sneeze or cough and get their glitter on us. But we can spend this time playing with our family members that already live with us!

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It is hard to miss school and your friends and it's okay to be sad

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...but it is also a great time to play with the family members you live with, do some art projects at home, help clean around the house, and have your families help you call your friends. We need your help to keep us all healthy!

#### Slide 15

Thank you for watching and have fun with your family in the next few weeks! I know I will do my best to enjoy my time at home, and I hope you do too.