

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



Frequently Asked Questions and Answers: Coronavirus Disease-2019 (COVID-19) and Children

See information on [COVID-19 and pregnancy and neonates](#).

See CDC [guidance related to COVID-19 and breastfeeding](#).

Q: Are children more susceptible to the virus that causes COVID-19 compared with the general population and how can infection be prevented?

A: No, there is no evidence that children are more susceptible. In fact, most confirmed cases of COVID-19 reported from China have occurred in adults. Infections in children have been reported, including in very young children. From limited information published from past Severe Acute Respiratory Syndrome coronavirus (SARS-CoV) and Middle East respiratory syndrome coronavirus (MERS-CoV) outbreaks, infection among children was relatively uncommon.

For information on risk, please see current risk [assessment](#). Children should engage in usual preventive actions to avoid infection, including cleaning hands often using soap and water or alcohol-based hand sanitizer, avoiding people who are sick, and staying up to date on vaccinations, including influenza vaccine. Additional information on prevention measures can be found here ([Prevention for 2019 Novel Coronavirus](#)).

Q: Does the clinical presentation of COVID-19 differ in children compared with adults?

A: Limited reports of children with COVID-19 in China have described cold-like symptoms, such as fever, runny nose, and cough. Gastrointestinal symptoms (vomiting and diarrhea) have been reported in at least one child with COVID-19. These limited reports suggest that children with confirmed COVID-19 have generally presented with mild symptoms, and though severe complications (acute respiratory distress syndrome, septic shock) have been reported, they appear to be uncommon. See more information on CDC [Clinical Guidance for COVID-19](#).

Q: Are children at increased risk for severe illness, morbidity, or mortality from COVID-19 infection compared with adults?

A: There have been very few reports of the clinical outcomes for children with COVID-19 to date. Limited reports from China suggest that children with confirmed COVID-19

may present with mild symptoms and though severe complications (acute respiratory distress syndrome, septic shock) have been reported, they appear to be uncommon. However, as with other respiratory illnesses, certain populations of children may be at increased risk of severe infection, such as children with underlying health conditions.

Q: Are there any treatments available for children with COVID-19?

A: There are currently no antiviral drugs recommended or licensed by the U.S. Food and Drug Administration for COVID-19. Clinical management includes prompt implementation of [recommended infection prevention and control measures](#) in healthcare settings and supportive management of complications. See more information on CDC [Clinical Guidance for COVID-19](#).

Children and their family members should engage in usual preventive actions to prevent the spread of respiratory infections, including covering coughs, cleaning hands often with soap and water or alcohol-based hand sanitizer, and staying up to date on vaccinations, including influenza. Additional information on prevention measures can be found here ([Prevention for 2019 Novel Coronavirus](#)).

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)

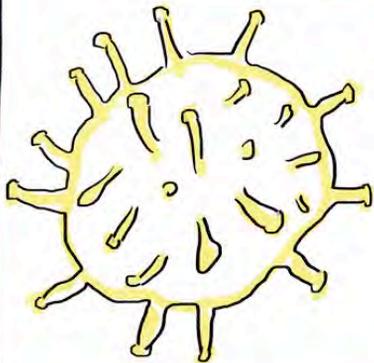
It's a word you might have heard at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people sick.

Coronavirus Facts



- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.

The National Public Radio,

NPR,

has a show called "Goats and Soda: Stories of Life in a Changing World."

In late February they featured "Just For Kids:

A Comic Exploring The New Coronavirus."

It's a great conversation starter to have available when your kids have questions.

Read the full article and listen to the almost four minute segment at <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Print and fold the comic featured on the next page.

Most people who have gotten sick with this coronavirus have had a mild case.

And there aren't a lot of cases in kids. If kids do get the virus, it tends to be very mild.



It's a word you might have heard at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

Exploring the New CORONAVIRUS

A Comic Just for kids

By Malaka Yharib

AND DON'T FORGET! There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.



But seriously, though... PLEASE wash your hands!!!

There are some things you can do to protect yourself, family and friends from getting sick.

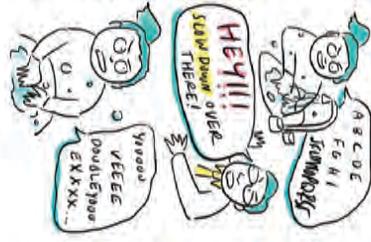
1 WASH YOUR HANDS OFTEN

* USE SOAP AND WATER

* WASH FOR AT LEAST 20 SECONDS.

IF IT HELPS, SING THE SONGS WHILE YOU DO IT - THAT'S ABOUT 20 SECONDS.

* WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (like the bus or playground).



2 SNEEZE INTO YOUR ELBOWS

* CORONAVIRUS IS BLUED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR LUNGS.

* IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT BEING FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



3 AVOID TOUCHING YOUR FACE

* DON'T PICK YOUR NOSE. DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.

* THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



It's very important to remember that this kind of virus can affect **ANYBODY.**

It doesn't matter where you come from or what country your parents are from.



People who are much older or who already have health problems are more likely to get sicker with coronavirus.

If any one gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.



Separate what is
in your control from
what is not.

*We are
not helpless.*

Do what helps you
feel a sense of safety.

*We can
always choose
our response.*

Get outside in nature—
even if you are avoiding crowds.

Challenge yourself to stay in the present.
Engaging in mindfulness activities is one way
to help stay grounded when things feel
beyond your control.

Stay connected and reach out if you need more
support. You don't have to be alone with your worry
and it can be comforting to share what you are
experiencing with others.



Hand Washing Keeps Us Safe!



Wash your hands for 20 seconds with hot, soapy water.



How long is 20 seconds?

Try singing one of these songs!



Sing
"Happy Birthday"
Twice!



**In My Feelings:
Drake**

*Kiki, do you love me? Are you riding? /
Say you'll never ever leave from beside me /
'Cause I want ya, and I need ya /
And I'm down for you always /
KB, do you love me? Are you riding? /
Say you'll never ever leave from beside me /
'Cause I want ya, and I need ya /
And I'm down for you always /*

Truth Hurts: Lizzo

*"Why men great 'til they gotta be great? /
Don't text me, tell it straight to my face /
Best friend sat me down in the salon chair /
Shampoo press, get you out of my hair /
Fresh photos with the bomb lighting / New
man on the Minnesota Vikings / Truth
hurts, needed something more exciting /
Bom bom bi dom bi dum bum bay"*

Wash after using the bathroom or being
in public spaces like the bus or the lunch
area!



MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

READ "Mental Health and Coping During COVID-19"

because we all respond differently to stress
www.cdc.gov/coronavirus/2019-ncov/about/coping.html