



**KEEP  
COVID  
OUT!**

**ACTIVITY BOOK FOR**

**KIDS**

# Word Search

Find the following COVID-19 words and circle them.  
The words are written horizontally, vertically and diagonally.

F	A	K	J	C	G	C	V	I	D	V	E	I	D	D
I	K	E	C	O	U	G	H	S	M	K	F	S	U	C
Y	M	E	G	K	C	O	V	I	D	B	E	M	H	D
I	T	P	E	N	K	M	M	S	S	F	V	E	A	R
D	H	F	S	P	X	H	U	J	L	A	E	M	N	O
K	E	A	T	J	C	Z	J	X	D	R	R	A	D	J
D	R	V	Q	J	L	O	Q	Q	J	X	G	S	W	M
C	M	R	D	P	Z	E	V	V	X	V	V	K	A	U
F	O	F	O	T	P	X	U	I	H	P	S	A	S	T
C	M	H	O	N	W	F	H	R	D	A	K	Z	H	W
L	E	H	H	H	D	Z	D	U	Z	O	G	V	I	G
E	T	Z	E	R	N	T	C	S	D	H	U	X	N	Q
A	E	X	S	A	N	A	Z	Y	T	L	C	T	G	L
N	R	K	S	T	A	Y	H	E	A	L	T	H	Y	A
U	S	O	C	I	A	L	D	I	S	T	A	N	C	E

CLEAN  
COUGH  
COVID

FEVER  
HANDWASHING  
KEEP COVID OUT

MASK  
SOCIAL DISTANCE  
STAY HEALTHY

THERMOMETER  
VIRUS

# Be a Reporter

You've probably been at home more than usual this year.

Why not interview your parents or other adults about how this time has affected them? Perhaps you could call your grandparents or neighbors who don't have a lot of company.

They would love to talk to you, and you'll learn a lot from their experiences!

Person interviewed: \_\_\_\_\_

Date: \_\_\_\_\_



If someone from another planet came to Earth, how would you explain this time that we're living in?

Do you know anyone who has had COVID-19?

☐ Yes

☐ No

Have you learned any lessons from the pandemic?

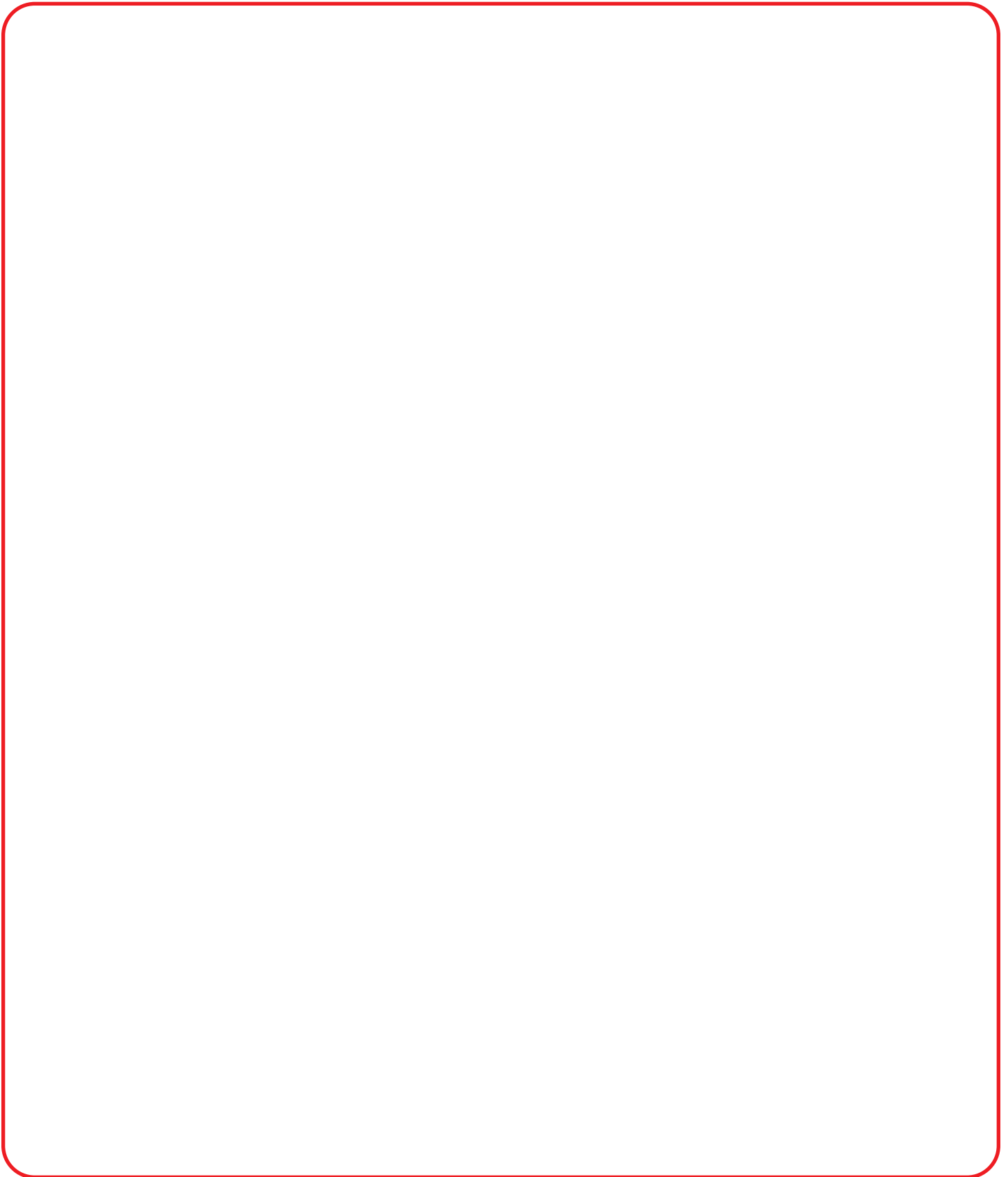
What have you been doing to stay busy during the pandemic?

What has been the biggest challenge for you, or what do you miss the most?

If the pandemic went away today, what would you do first?

# Draw a Superhero!

Who is your superhero? Draw a picture of someone who keeps you safe.

A large, empty rectangular box with rounded corners and a red border, intended for drawing a superhero. The box occupies the majority of the page below the text.

# Symptoms

If you don't feel well, it's important to let someone know. Any of these can be a sign that you are coming down with the virus: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

COVID-19 is a serious illness, but most people recover from it, especially kids.

The important thing is to  
**STAY HOME**  
so you don't give it to  
someone else by accident.



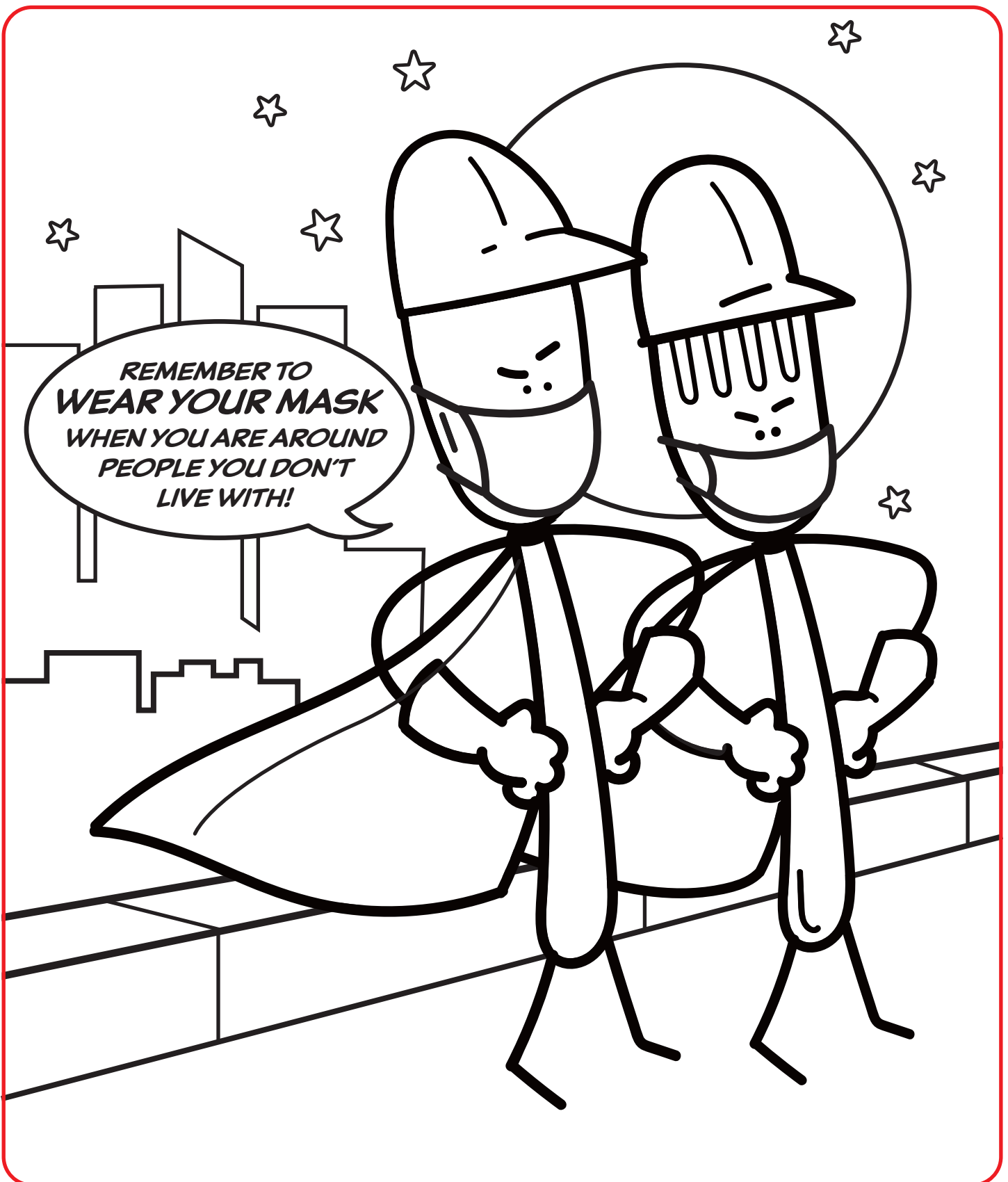
# Handwashing

Washing your hands is one of the best ways to stay healthy and keep COVID-19 away from you and your family members. Use warm water and soap, and get the suds all over your hands for as long as it takes to sing the “Happy Birthday” song. When you aren’t near soap and water, hand sanitizer is the next best thing.



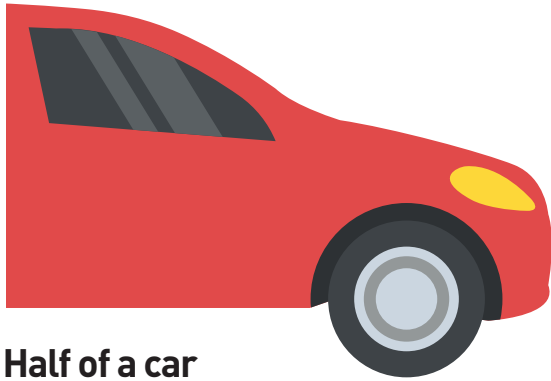
# Color Silver and Ware!

Help our safety superheroes keep everyone safe and healthy.

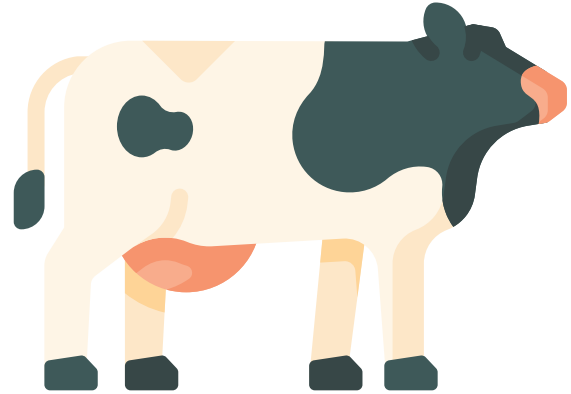


# How Far is Six Feet?

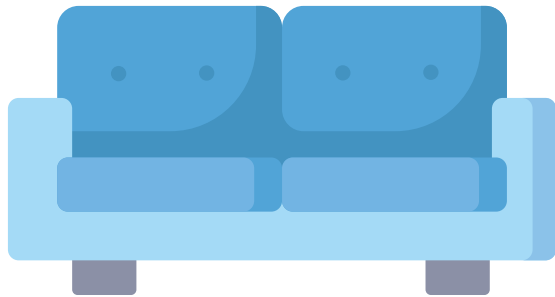
To help keep everyone safe, keep 6 feet apart from people you don't live with. This is called social distancing. Take a look to see what equals 6 feet.



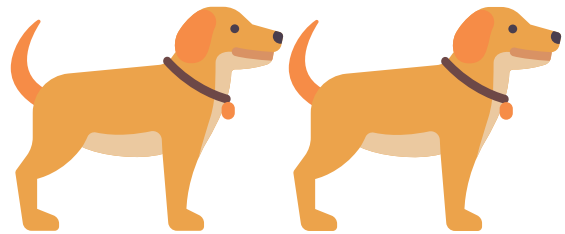
Half of a car



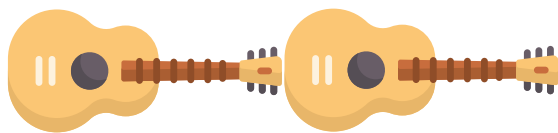
One cow



One couch



Two golden retrievers



Two guitars



Four backpacks



Five bowling pins



Six rulers



Eight basketballs



Eight headphones



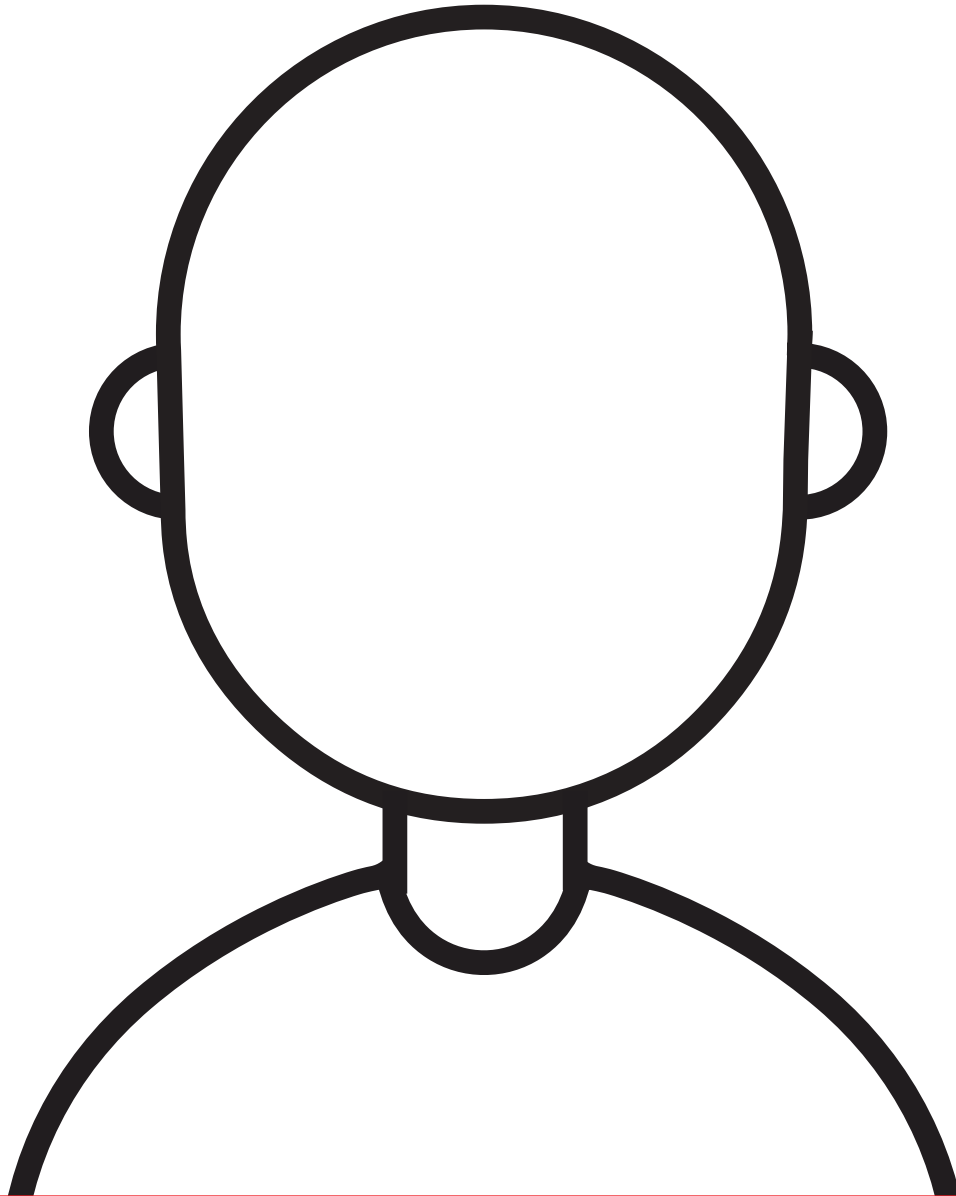
Nine pencils

Try it on your own! What are other things you can think of that are 6 feet long or add up to 6 feet long?



# How Are You Feeling?

This virus has changed our lives, and it helps to talk about how you're feeling.  
Draw a picture that represents how you're feeling right now.



Words that describe how I am feeling:

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