

ENGAGING READERS



What Is  
**COVID-19?**



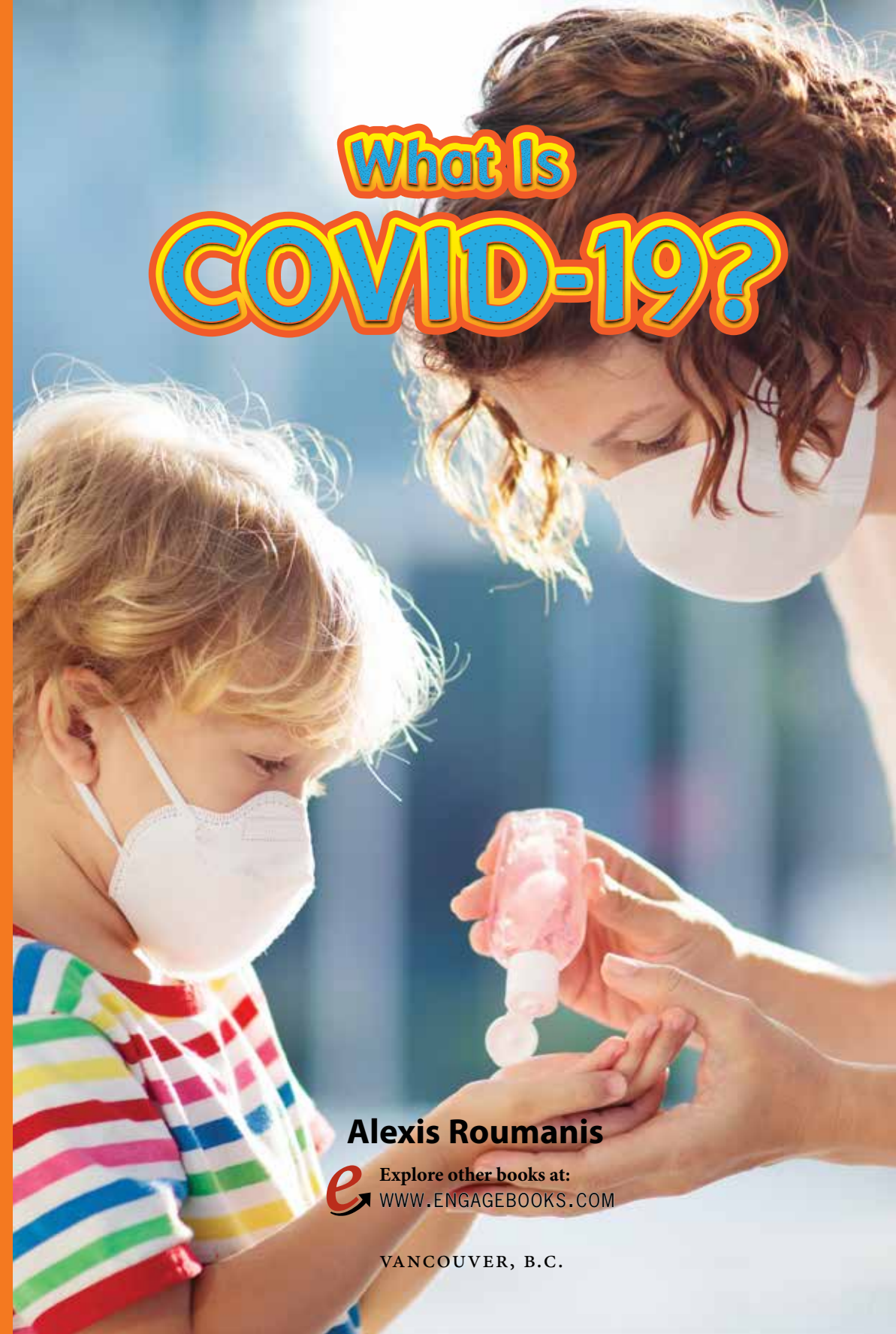
Alexis Roumanis

## From the Author

Explaining COVID-19 to young children can be challenging for families. Over the past four weeks, we decided to use our skills to create free resources for parents and educators to help children understand the significant impact that COVID-19 is having on their lives. Our goal with Level 1, 2, and 4 readers is to empower young children to read about COVID-19 on their own, or with the help of an adult. This simple act empowers young readers, and is an important step in making this situation a little less scary.

As COVID-19 is affecting millions of children across the world, we are striving to translate these books into multiple languages. To support our efforts, physical copies are available for purchase. To help make this book available to as many children and families as possible, this eBook is offered free of charge to everyone.

Alexis Roumanis  
alexis@engagebooks.ca



# What Is COVID-19?

**Alexis Roumanis**

Explore other books at:  
[WWW.ENGAGEBOOKS.COM](http://WWW.ENGAGEBOOKS.COM)

VANCOUVER, B.C.

*What Is COVID-19? Level 1*

Roumanis, Alexis 1982 –

Text © 2020 Engage Books

Design © 2020 Engage Books

Edited by Jared Siemens

Cover design by: A.R. Roumanis

Text set in Arial Regular.

Chapter headings set in Arial Black.

FIRST EDITION / FIRST PRINTING

All rights reserved. No part of this book may be stored in a retrieval system, reproduced or transmitted in any form or by any other means without written permission from the publisher or a licence from the Canadian Copyright Licensing Agency. Critics and reviewers may quote brief passages in connection with a review or critical article in any media.

Every reasonable effort has been made to contact the copyright holders of all material reproduced in this book.

LIBRARY AND ARCHIVES CANADA CATALOGUING IN PUBLICATION

Title: What is COVID-19? Level 1 reader / Alexis Roumanis.

Names: Roumanis, Alexis, author.

Identifiers: Canadiana (print) 20200226673 | Canadiana (ebook) 2020022669x

ISBN 978-1-77437-312-5 (hardcover). –

ISBN 978-1-77437-313-2 (softcover). –

ISBN 978-1-77437-314-9 (pdf). –

ISBN 978-1-77437-315-6 (epub). –

ISBN 978-1-77437-316-3 (kindle)

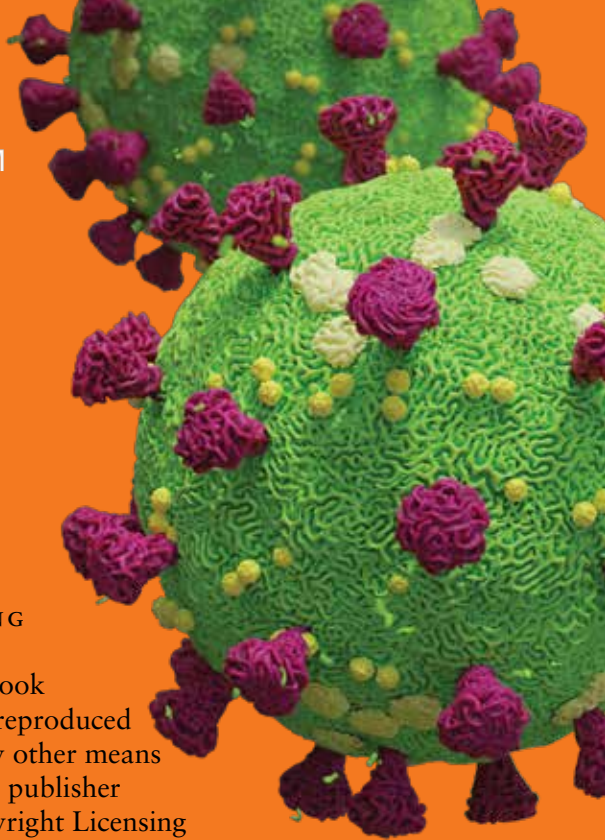
Subjects:

LCSH: COVID-19 (Disease)—Juvenile literature.

LCSH: LCSH: COVID-19 (Disease)—Prevention—Juvenile literature.

LCSH: Coronavirus infections—Juvenile literature.

Classification: LCC RA644.C68 R682 2020 | DDC J614.5/92—DC23



# Contents

- 4 What Is a Virus?
- 6 What Is COVID-19?
- 8 How Does COVID-19 Make People Feel?
- 10 How Does COVID-19 Spread?
- 12 How to Stop the Spread of COVID-19
- 14 How COVID-19 Affects Adults
- 16 How COVID-19 Affects Children
- 18 Keeping Away from Others
- 20 Staying Home
- 22 Helping Hospitals
- 24 What Is a vaccine?
- 26 Going to School
- 28 Activity - How to Wash Your Hands
- 30 Quiz



## What Is a Virus?

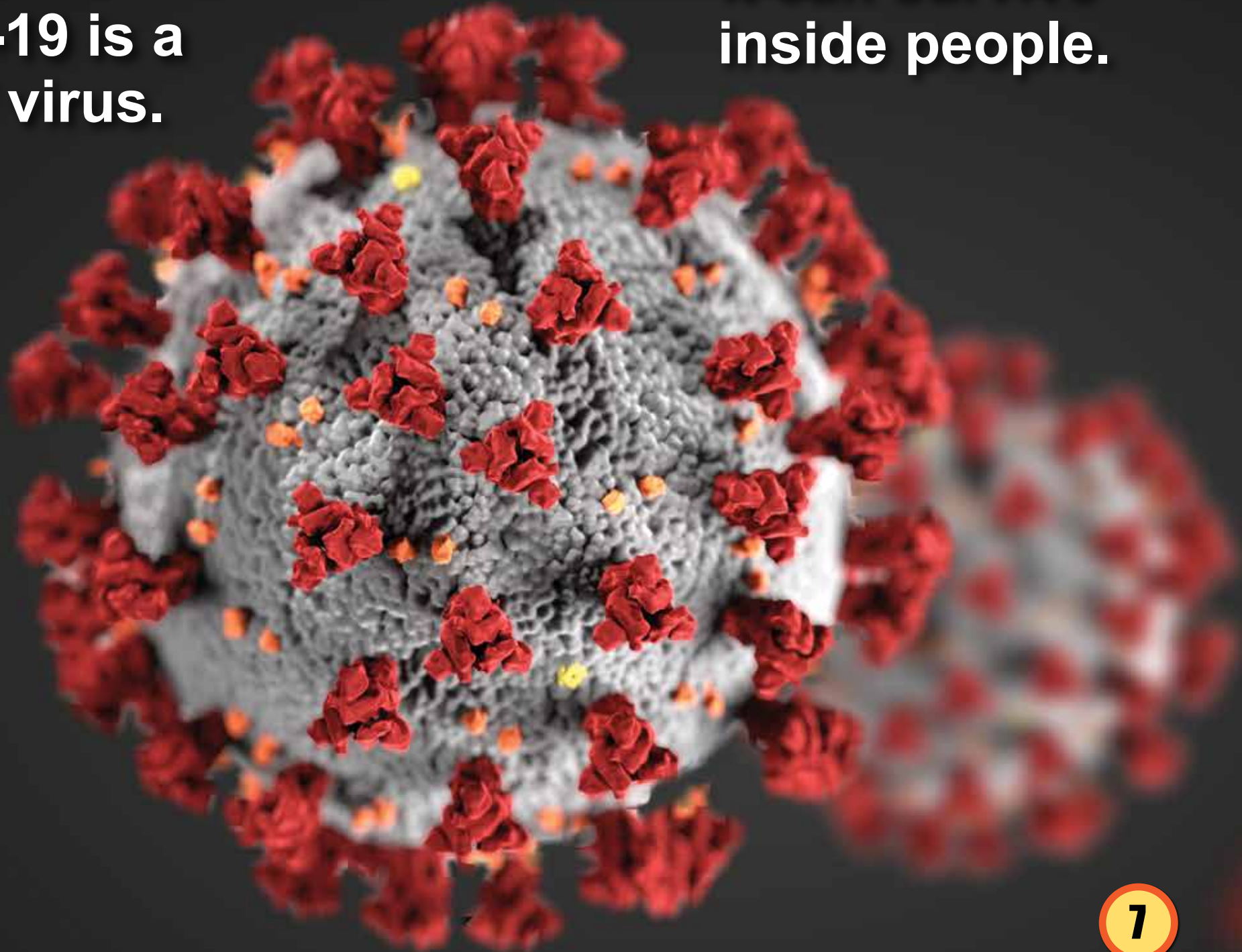
A virus is a tiny germ.

It can survive inside life forms.

## What Is COVID-19?

COVID-19 is a kind of virus.

It can survive inside people.



# How Does COVID-19 Make People Feel?

**COVID-19 can  
make people  
feel sick.**

**People may cough or  
feel warm. Some find  
it hard to breathe.**

# How Does COVID-19 Spread?

People can catch COVID-19 from others.

The virus can also live on things that others touch.

10

11

# How to Stop the Spread of COVID-19?

Do not touch your eyes, nose, or mouth.



Sneeze or cough into an elbow.



To stay safe, wash your hands with soap.



12

Do not share your food or drinks.



13



## **How COVID-19 Affects Adults**

**Older adults  
often struggle to  
fight off viruses.**

**They can become  
very sick if they  
catch COVID-19.**

# How COVID-19 Affects Children

COVID-19 does not often make children sick.

Children can still carry the virus.

16

17



## Keeping Away from Others

You can help  
stop COVID-19.

The best way is to  
keep away from  
others. Doctors say  
6 feet (2 meters) is a  
safe distance.

# Staying Home

Many people are staying at home with their families.

This helps to keep everyone safe.



# Helping Hospitals

**Staying home  
keeps hospitals  
from getting  
too busy.**

**This helps doctors  
and nurses take  
care of sick people.**

## What Is a Vaccine?

Scientists and doctors are making medicine for COVID-19. This medicine is called a vaccine.

They hope to make a vaccine for COVID-19 in about 18 months.

## Going to School

Many children are doing school from home. This keeps your teachers and other kids healthy.

It is important to do your part to keep everyone healthy.

# How to Wash Your Hands

To keep safe from COVID-19, you should wash your hands often. You may have touched something that others have touched. This could be a door handle, railing, or counter top. Never touch your eyes, nose, or mouth. This is how COVID-19 enters the body. Washing your hands for at least 20 seconds with soap can kill COVID-19.

**4. Wash between each finger.**



**5. Wash the base of each thumb.**



**6. Wash fingernails in each palm.**



**7. Rinse hands.**



**8. Dry hands.**



**1. Use soap.**



**2. Wash each palm.**



**3. Wash the backs of each hand.**



**28**

**29**



# Quiz

Test your knowledge of COVID-19 by answering the following questions. The questions are based on what you have read in this book. The answers are listed on the bottom of the next page.



1

Where can a virus survive?

2

Which people struggle to fight off COVID-19?



3

Can children carry COVID-19?



4

How far should people keep away from others?



5

What kind of medicine can stop COVID-19?

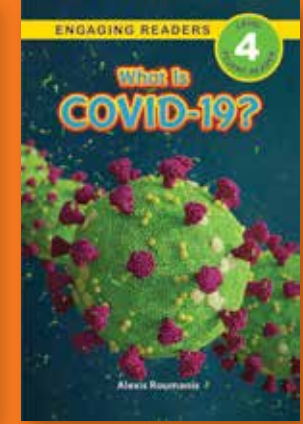


6

How long should people wash their hands with soap?



## Explore other levels in the COVID-19 series.



Visit [www.engagebooks.com](http://www.engagebooks.com) to explore more Engaging Readers.

## About the Author

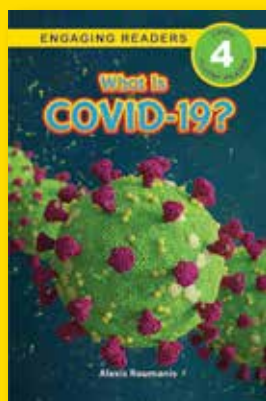
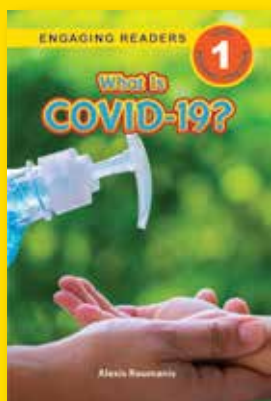
Alexis Roumanis graduated from Simon Fraser University's Master in Publishing program in 2009. Since then, he has edited hundreds of children's books, and written more than 100 educational books. His audience includes children in grades K-12 as well as university students. Alexis lives with his wife and three young boys in British Columbia, Canada. He enjoys the outdoors, reading a good book, and has a passion for learning new things.

Answers: 1. Inside a life form 2. Older adults 3. Yes 4. 6 feet (2 meters) 5. A vaccine 6. At least 20 seconds

# What Is COVID-19?

COVID-19 has disrupted the lives of children around the world. Learning about the virus is an important way for children to do their part to keep everyone safe. In this Level 1 reader, children will learn how COVID-19 spreads, and how to stop the spread of the virus. They will also learn how their actions are helping to keep hospitals from getting too busy. Included are step-by-step instructions on how children can properly wash their hands to kill a virus.

Explore other levels in the COVID-19 series!



LEVEL  
1

Reading together

LEVEL  
2

Reading with help

LEVEL  
3

Reading independently

LEVEL  
4

Fluent reader



 Explore other books at:  
[WWW.ENGAGEBOOKS.COM](http://WWW.ENGAGEBOOKS.COM)

Cover design: A.R. Roumanis

ISBN 978-1-77437-313-2



9 781774 373132