



SUPER DEFENDERS

VS

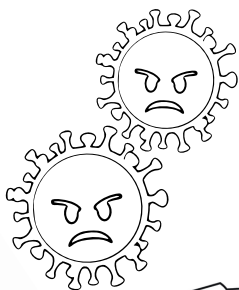
COVID-19

A kid-friendly coloring book about COVID-19



A kid-friendly coloring book about COVID-19

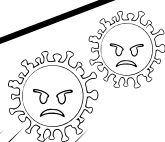
There's the coronavirus
that has been getting
people sick!



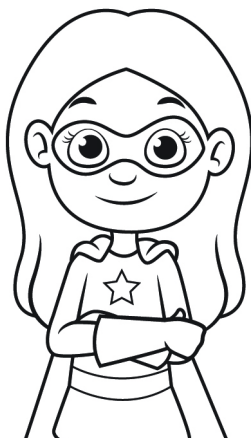
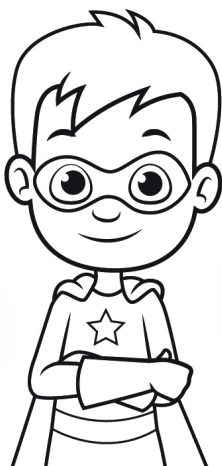
Go away,
Coronavirus!



POW!



Will you help us fight
coronavirus?



Yes, I will!

Draw yourself saying "Yes, I
will!" to help fight coronavirus.

How can you help fight the coronavirus?

Tell an adult right away if:



you have a fever



you keep coughing



you have a headache



it is hard to breathe

Try to not touch your eyes, nose, or mouth. And remember to stay home if you're feeling sick!



Staying home can help you and others stay healthy.

How are you feeling during the COVID-19 pandemic?



Happy



Sad



Worried



Bored



Angry



Draw a self portrait of how you are feeling. Look at the examples of emotions above.

I am feeling: _____

4 things I can't wait to do when the COVID-19 pandemic is over:

1. _____

2. _____

3. _____

4. _____

How can you and your family stay healthy?

Help stop the spread of this
virus. Use the "Helpful Tips"
to avoid catching COVID-19
or spreading it to others.



Helpful Tips

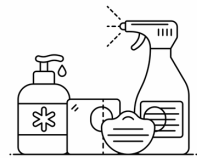
*Masks are strongly recommended in indoor
settings



Wash hands for 20 seconds
Sing Happy Birthday twice



Stay home



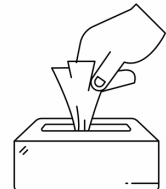
**Safely clean surfaces
that are touched a lot**



**Wear a mask* and
avoid large groups**



**Cover coughs and
sneezes**



**Throw used tissues
in the trash**



Who is your superhero?

Think of someone who helps you during difficult times and draw them as a superhero. How are they saving the day?



My superhero is: _____

Activities

Word search

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

Word list

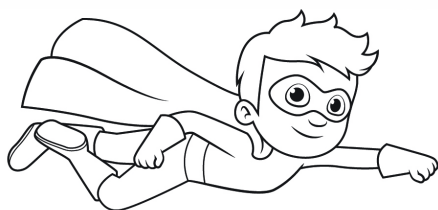
clean	mask
cough	play
covid	RUHS
family	safety
fever	spread
hero	wash



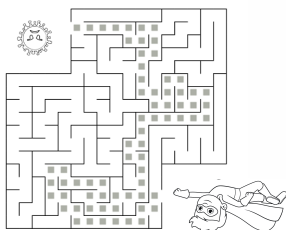
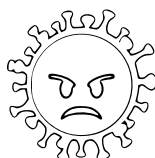
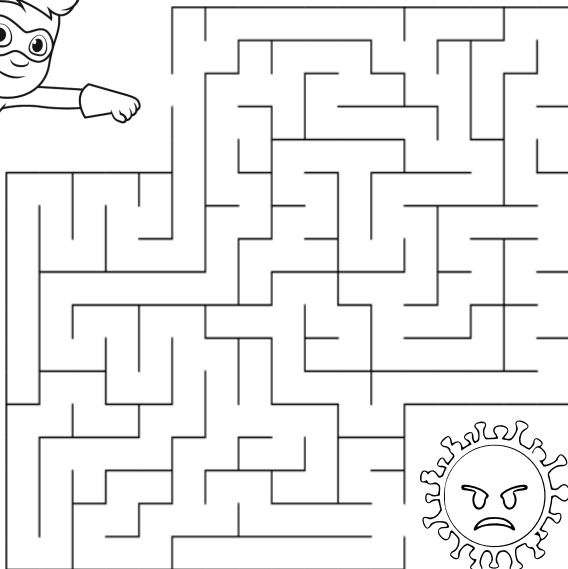
D M A S K X R F J A
 N R C L E A N S H T
 F E V E R P S P E B
 F J X V S L A R R C
 A O R E R A F E O O
 M V U L O Y E A V V
 I W H I F L T D F I
 L A S W M T Y R N D
 Y S C O U G H U K Y
 M H K Y V G I Q A Q

Answer key

Maze

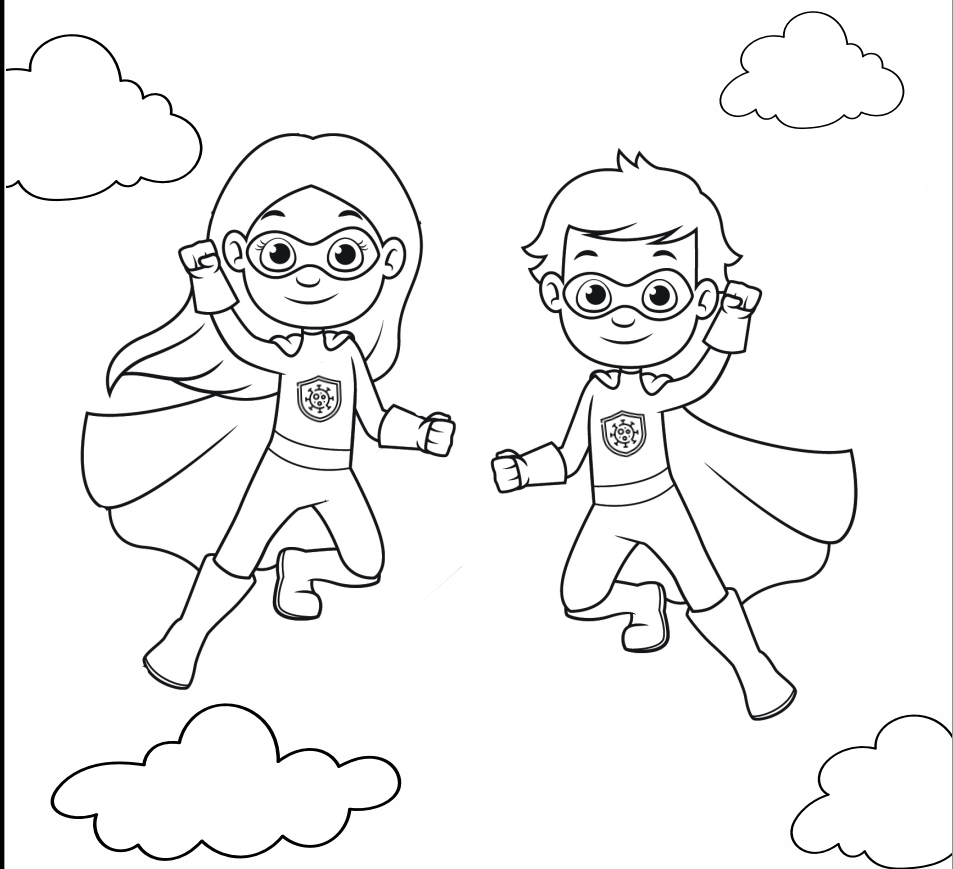


Can you help me find and fight the coronavirus?



Answer key

Some people worry about all the changes from coronavirus. They may worry about getting sick or worry about family members.



A way to not worry as much is to share your feelings and ask for help. If you are worried, don't be afraid to tell someone.

**For more information, please visit
www.rivcoph.org/coronavirus**

**COVID-19 information line at
(951) 358-5000**



References
IHeartCraftyThings.com
chrichmond.org/covid-19