SUPER DEFENDERS vs COVID-19

POW! POP!

A kid-friendly coloring book about COVID-19

www.rivcoph.org/coronavirus

SPRING 2022
A kid-friendly coloring book about COVID-19

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SPRING 2022
Go away, Coronavirus!

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

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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**

- 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

*Masks are strongly recommended in indoor settings

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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: __________________
Can you help me find and fight the coronavirus?

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 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

Maze

Can you help me find and fight the coronavirus?

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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