

KIDS AGAINST COVID¹⁹

A STORY COLORING BOOK



PHILIPPINE SCIENCE HIGH SCHOOL
Western Visayas

N O T F O R S A L E

KIDS AGAINST COVID¹⁹

A STORY COLORING BOOK

English - First Edition



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PHILIPPINE SCIENCE HIGH SCHOOL - WESTERN VISAYAS

Iloilo City, Philippines

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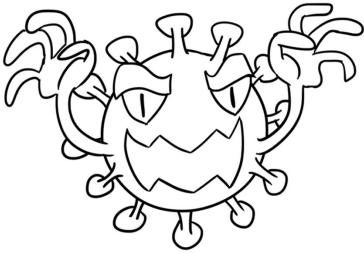
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Printed in the Republic of the Philippines

First Printing, June 2020
ISBN: 978-621-96295-1-5

Philippine Science High School Western Visayas Campus
Brgy. Bito-on, Jaro, Iloilo City, Iloilo PHILIPPINES 5000

www.publiscience.org



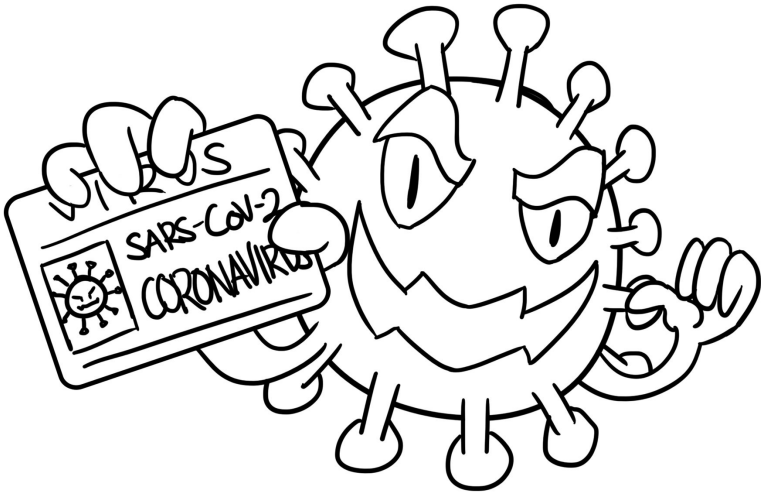
About the book

This book is made primarily for children and their parents. Through this book, we hope that children would understand the basics of the virus. By equipping them with the knowledge, we hope that children would be more resilient. It is also our hope that children would feel comforted of what can be done at a young age. Finally, in this challenging time, this book conveys our message of hope and love to everyone.

To the Parents and Guardians:

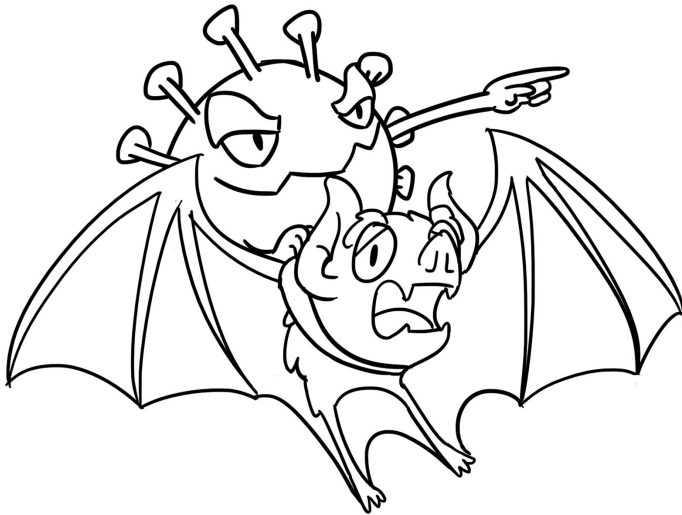
This book is for informational purposes only. It is best that you go through the book first and exercise discretion if it would be best for your child to read this book. Please seek authorized experts for medical and psychological concerns of your child.

This is Coronavirus.



It causes the disease we know as COVID-19.

**Scientists say that the coronavirus
can be found in bats.**



Coronavirus loves to move from person to person through coughs, sneezes, and touch.

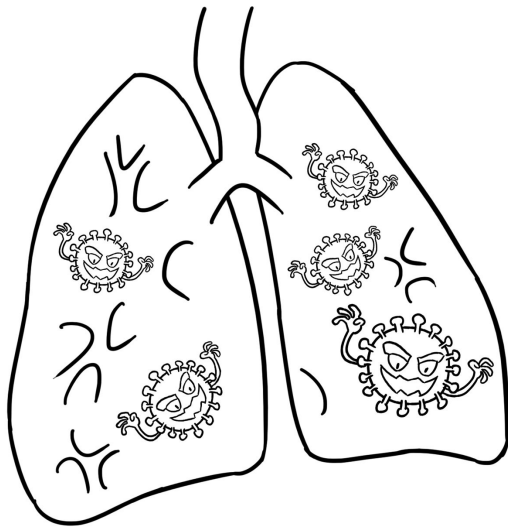


Coronavirus wants to be with a host!



**When it gets inside the human body,
it makes many copies of itself.**

After that, it starts spreading in the lungs.

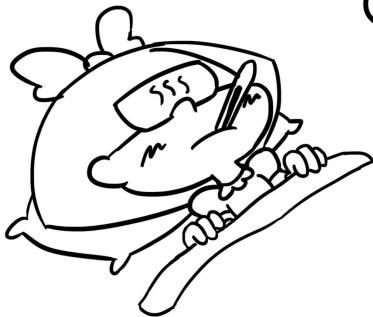


When it does, you will start feeling hot and tired and start coughing within two weeks.



COUGH

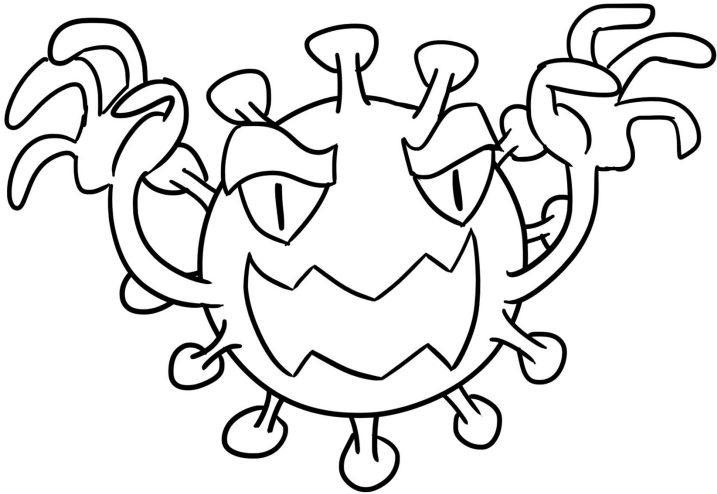
FEVER



TIREDSNESS

If you get really sick, it may also be hard for you to breathe.

**Are YOU worried about
the coronavirus?**



YES

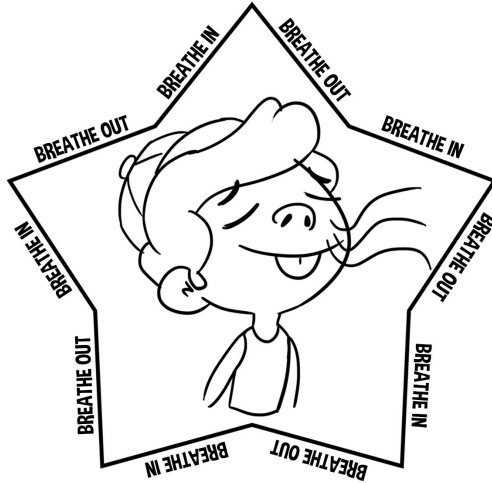
NO

Don't worry!



**Here are things that you can do to defeat
the coronavirus:**

**Try this breathing exercise
to help you stay calm!**



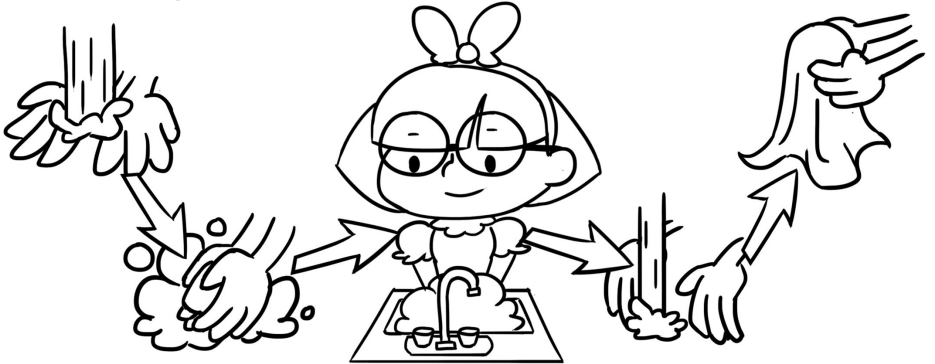
**Start at any side of the star that says 'Breathe in'.
Trace your finger over the side of the star as you breathe in.
Hold your breath when your finger gets to the tip.
Trace the next side and breathe out as you do it.
Keep going until you complete tracing the star!**

**Make sure to wash your hands with
soap and water for 20 seconds.
Follow these five steps:**

1. WET HANDS

3. RUB HANDS TOGETHER

5. DRY HANDS



2. MAKE BUBBLES

4. RINSE OFF SOAP

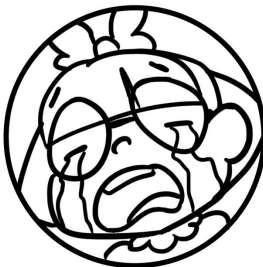
**To make sure you are washing your hands long
enough, try singing the 'Happy Birthday' song
two times.**

Since the virus can travel into the air when a sick person coughs or sneezes, it is important to stand at least 6 feet apart from other people so that it can't reach you.

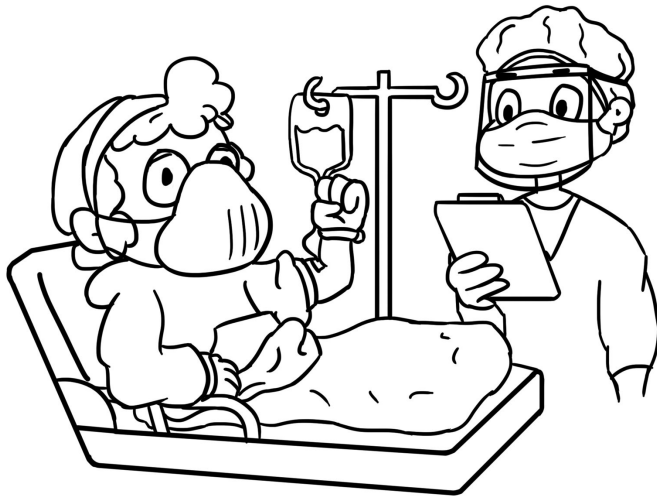


When you need to go outside, always wear a mask. Make sure that you don't touch and get too close to other people. That means that you can't hold their hands and give them a hug.

**How do YOU feel when you
hear about COVID-19?**

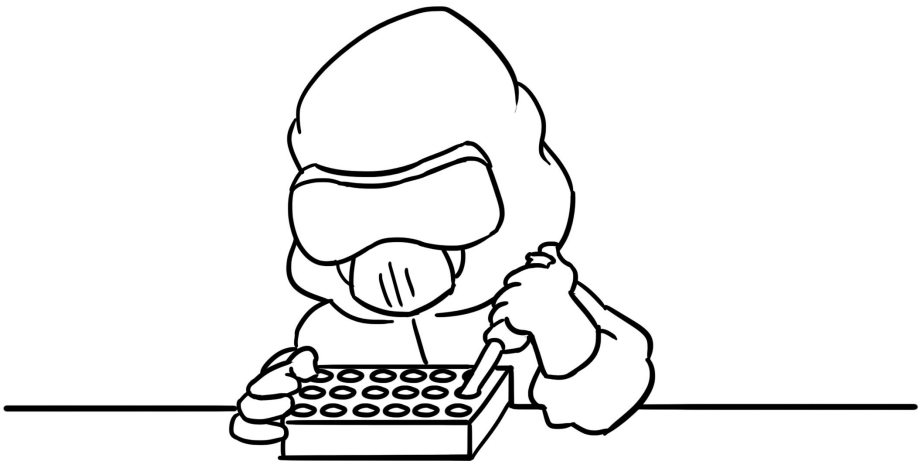


**Don't worry because most of the people
who get sick with COVID-19 get better
after a while.**



**Our doctors and nurses are working really
hard to take care of all the sick people.**

**Scientists are now finding a vaccine so
that we can defeat the coronavirus!**



**Always remember that love is
all around you!**



**Your loved ones will always be there for you!
So if you don't feel well, go to them to ask for
help.**



**TOGETHER
WE CAN FIGHT
CORONAVIRUS**

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Disclaimer: Our understanding of COVID-19 is evolving. The information in this storybook were taken from research articles available as of July 15, 2020.

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