

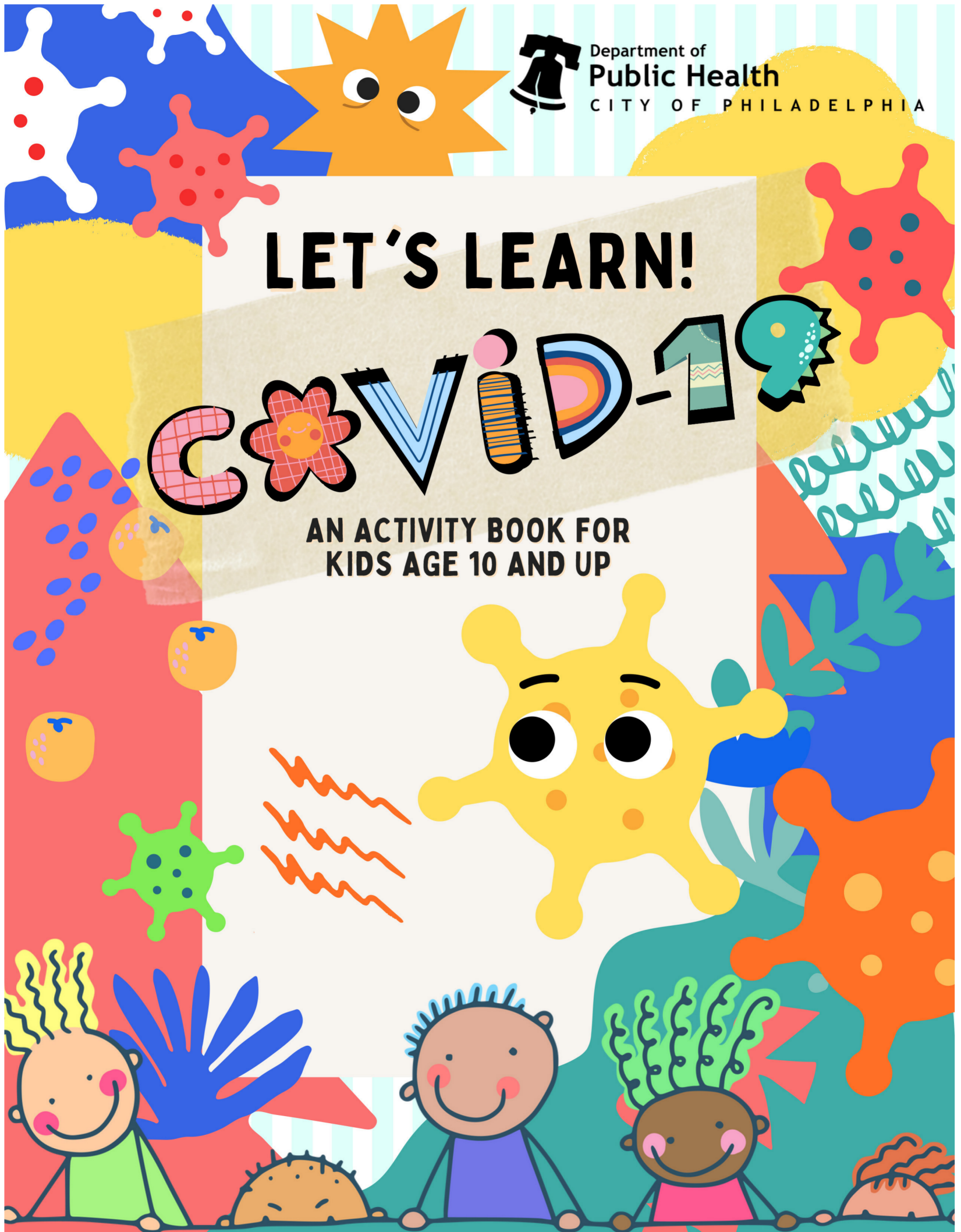


Department of
Public Health
CITY OF PHILADELPHIA

LET'S LEARN!

COVID-19

**AN ACTIVITY BOOK FOR
KIDS AGE 10 AND UP**





HI PARENTS!

Let's help your child learn about COVID-19 in a fun and playful way. Begin by creating a quiet space for your child to focus on these activities. Sit down and help them go through the pages if needed.

Be the first to know if your child needs help with understanding specific topics. If your child has any questions about COVID-19 or you don't know how to talk to them about it, make sure to check this out: bit.ly/TalkingAboutCOVID

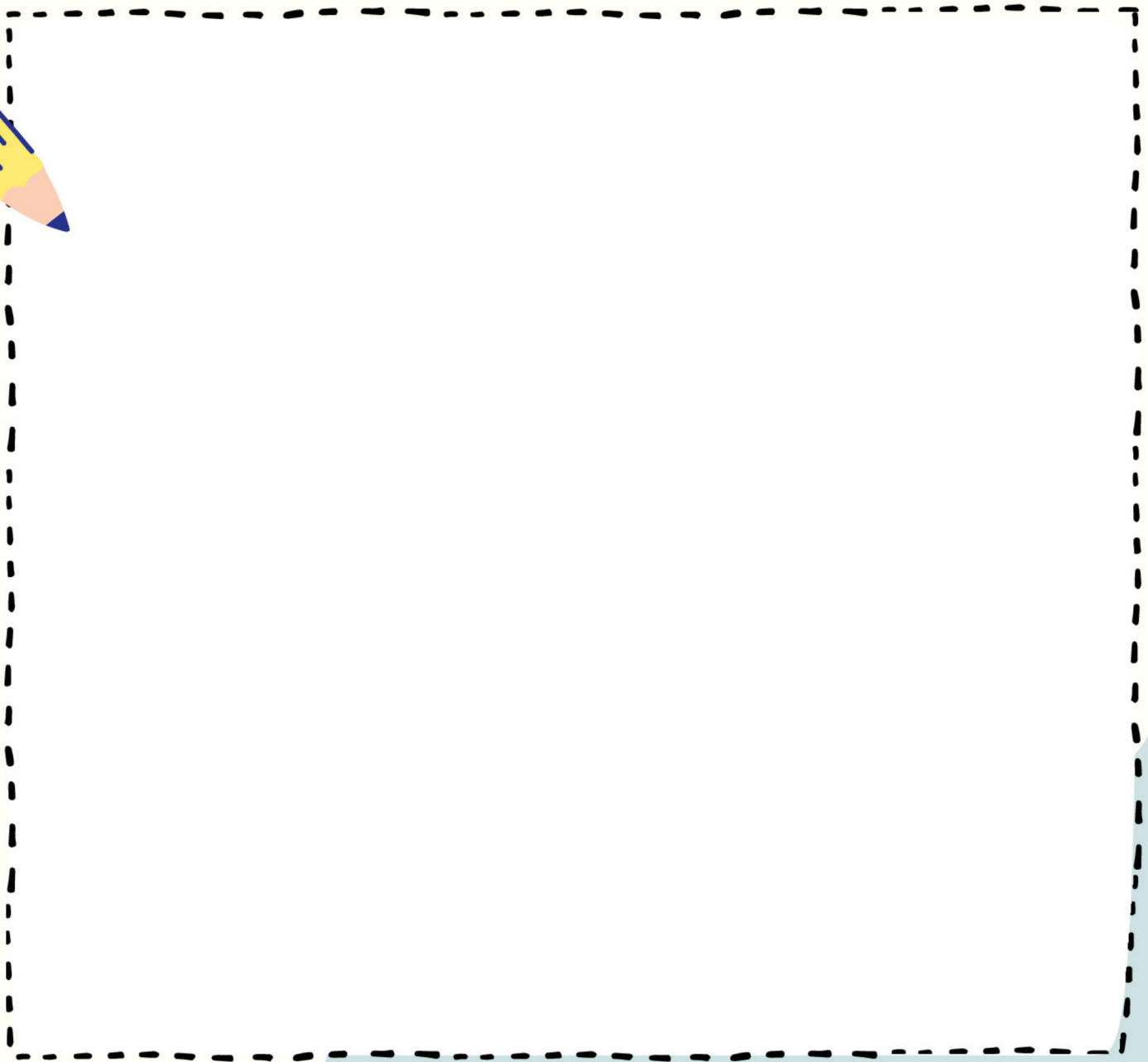
*Guidance and information in this activity book are current as of September 2022. Guidance and information may change as there are new findings. Visit phila.gov or cdc.gov for updates.

The background is a vibrant collage of colors and shapes. At the top left, there's a yellow sun-like shape with orange wavy lines and small brown dots. Next to it is a white bird-like shape and a green leafy branch. To the right, a purple and pink shape with dark spots and protrusions resembles a virus. Below the text, there's a large white rectangular box for writing. The bottom section features a blue shape on the left with a white circle and orange rays, a red shape on the right with a blue virus-like icon, and a purple shape at the bottom with white dots. A large cyan virus-like icon with brown protrusions is in the center-bottom.

**THIS ACTIVITY
BOOK
BELONGS TO:**

You may have heard people talking about COVID-19. People also call it COVID, Corona, or the Coronavirus. What is it? COVID-19 is a disease that can make you sick from the germ SARS-CoV-2.

Can you draw what COVID-19 looks like to you in the box below?

A large dashed rectangular box intended for drawing. To the left of the box, there is a yellow pencil with a blue eraser and a pink band, pointing towards the bottom-left corner of the dashed box.

Let's begin our adventure to learn more about COVID-19!

WHAT DOES IT FEEL LIKE TO HAVE COVID-19?

You can get something called a symptom, or a sick feeling in your body, letting you know that you may be sick.

Here are some common symptoms you might feel:

COUGH



RUNNY NOSE



FEVER



CHILLS



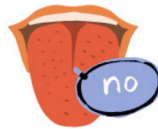
SHORT OF BREATH
or having a tough time breathing



NO SMELL



NO TASTE



FATIGUE
or feeling really tired



SORE THROAT



BODY ACHES

or your body hurting



Although many people get symptoms, some people with COVID-19 may not feel sick at all.

For a full list of COVID-19 symptoms, go online to bit.ly/LetsLearn-Symptoms to learn more from the CDC*.

*CDC stands for Centers for Disease Control and Prevention. They work to protect the health and safety of everyone from harmful diseases like COVID-19.

Now, let's practice by matching the COVID-19 symptom to the correct picture by drawing a line from the symptom to the picture!

Answers can be found on page 20.

A. COUGH

B. FEVER

C. SHORT OF BREATH

D. NO TASTE

E. NO SMELL

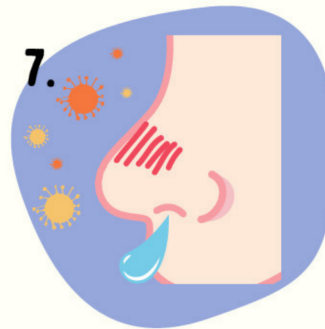
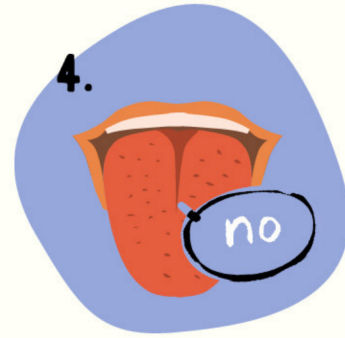
F. RUNNY NOSE

G. TIRED

H. SORE THROAT

I. CHILLS

J. BODY ACHES





WHAT SHOULD YOU DO IF YOU FEEL SICK?

Use the key below to decode step number 4.
Answer can be found on page 20.

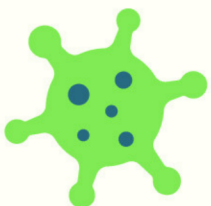
1. Ask yourself if you are feeling any of the symptoms you just learned about.
2. Let a grown up know you are not feeling well.
3. Get tested to see if you have COVID-19.

4. 19 20 1 25 8 15 13 5 1 14 4 18 5 19 20



KEY:

1 - A	7 - G	13 - M	19 - S	25 - Y
2 - B	8 - H	14 - N	20 - T	26 - Z
3 - C	9 - I	15 - O	21 - U	
4 - D	10 - J	16 - P	22 - V	
5 - E	11 - K	17 - Q	23 - W	
6 - F	12 - L	18 - R	24 - X	



WHICH COVID-19 TEST SHOULD YOU GET?

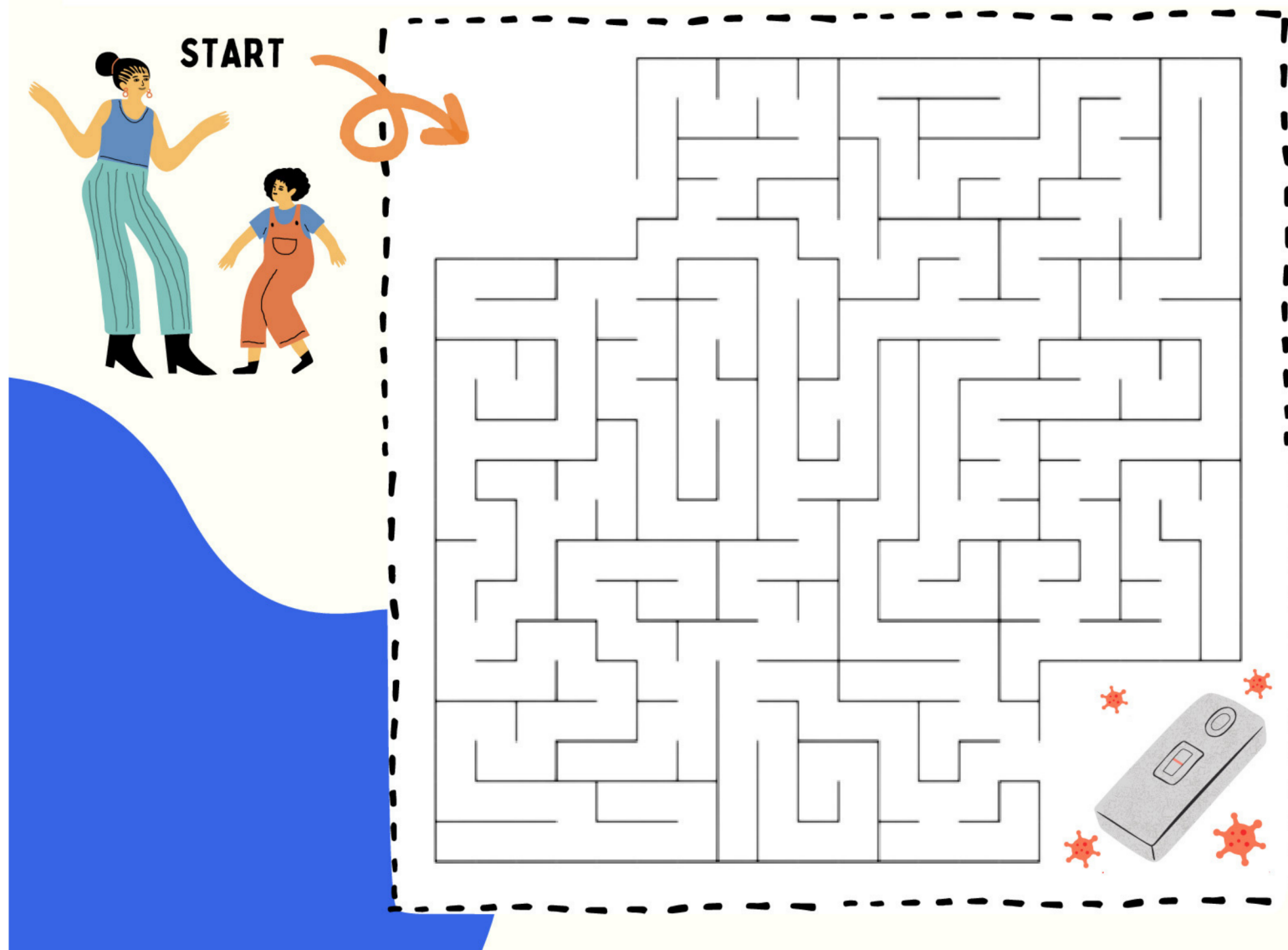
Two of the most common tests for COVID-19 are at-home rapid antigen tests and PCR tests. While there are many places in Philadelphia to get a PCR test for COVID-19, testing yourself at home is a lot easier and quicker.

DO YOU ALREADY HAVE A TEST KIT AT HOME?

If you do, that is perfect. Whenever you or a family member are feeling any symptoms, you will be ready to test for COVID-19.

Help Camila and her mom find their way to their at-home test in the maze below.

Answer can be found on page 20.



With the help of an adult, follow this video created by the CDC to learn how to use an at-home test: bit.ly/LetsLearn-COVIDtest

At-home test kits are helpful for finding out if you have COVID-19 even when you do not have symptoms but have been around someone with COVID.

The best way to use at-home test kits is to test twice. Take the first test right away if you don't feel well or after 5 days if you feel fine but were around someone else with COVID-19. Take the second test at least 2 days after the first test.

Let's practice what we learned. Camila woke up feeling sick one morning. She told her mom she is feeling some of the symptoms below. Circle all symptoms that may mean she has COVID-19.

Answers can be found on page 20.

**SORE
THROAT**

ACNE

CHILLS

COUGH

**NO
SMELL**

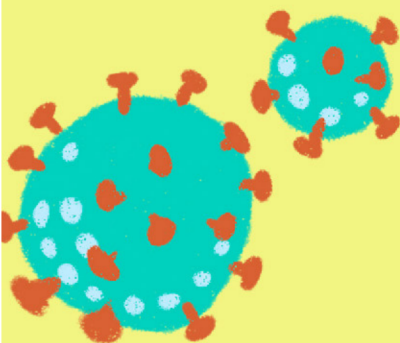
HUNGER

Should she get tested? Circle yes or no.



YES

NO



LETS EXPLORE WHERE TO FIND MORE AT-HOME TEST KITS IF YOU DO NOT HAVE ANY AT HOME...

AT-HOME RAPiD ANTiGEN TESTS

- Visit a Philadelphia Department of Public Health (PDPH) Resource Hub to get free at-home test kits for your home:
bit.ly/resourcehubs OR
- Purchase at-home test kits at a pharmacy or local retail store.
Your parent's insurance may cover these test kits.

PDPH RESOURCE HUBS*

BETHANY BAPTIST CHURCH, LOCATED IN SOUTHWEST PHILADELPHIA

Address: 5747 Warrington Ave., 19143

Hours of Operation: Mon, Tues, Thurs, Fri: 9am-4pm; Wed: 11am-6pm

Mi SALUD WELLNESS CENTER, LOCATED IN NORTH PHILADELPHIA

Address: 200 E. Wyoming Ave., 19120

Hours of Operation: Mon, Wed, Thurs: 9am-4pm; Tues: 12pm-7pm; Fri: 8am-3:30pm

MT. ENON CHURCH, LOCATED IN SOUTH PHILADELPHIA

Address: 500 Snyder Ave, 19148

Hours of Operation: Tues, Wed, Fri, Sat: 9am-4pm, Thurs: 11am-6pm

SHOPPES AT LASALLE, LOCATED IN NORTH PHILADELPHIA

Address: 5301 Chew Ave, 19138

Hours of Operation: Mon, Tues, Thurs, Sun 10am-5pm; Wed: 12pm-7pm

WHITMAN PLAZA, LOCATED IN SOUTH PHILADELPHIA

Address: 330 Oregon Ave, 19148

Hours of Operation: Mon to Fri: 10am-5pm

*Resource Hub location and hours of operations may change.



PCR TEST

You can also take a PCR test. A health worker will use a sterile swab to collect a sample from your nose to see if you have COVID-19. You can get your test results as early as 24 hours after getting tested, but sometimes it can take a few days.

Visit www.phila.gov/covid-testing-sites/#/ to find the closest PCR testing site near you. Testing sites may include hospitals, urgent care clinics, pharmacies, or the City of Philadelphia Mobile Testing Units.

Can you find the eight (8) swabs hidden below?

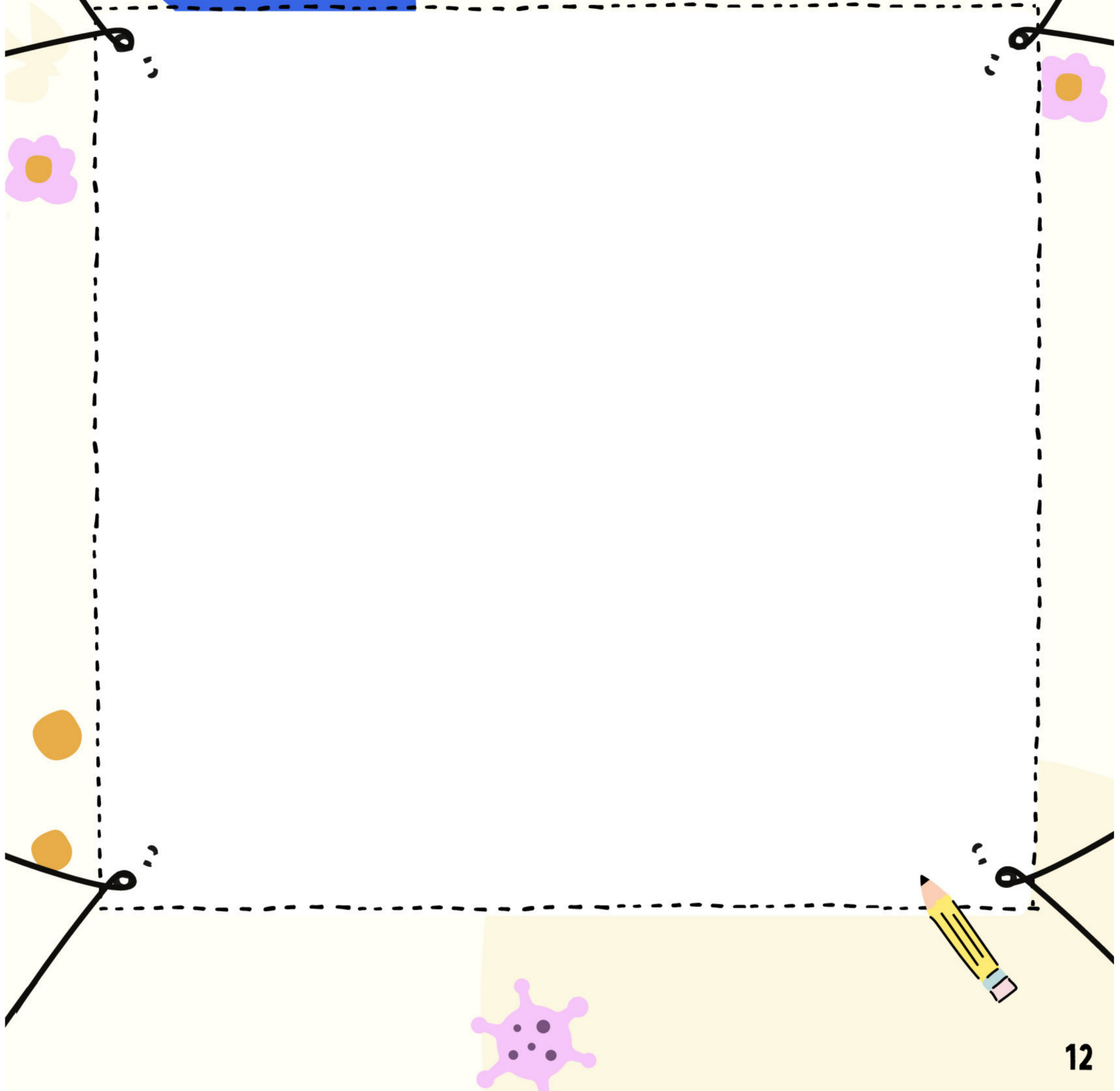
Answers can be found on page 21.



To learn more about PCR testing check out: bit.ly/COVIDtestkids

Getting tested and staying home helps stop the spread of COVID-19! By finding who is sick with COVID-19, we can prevent others from catching these germs.

Create your own sign below to help people remember to get tested:



WHAT SHOULD YOU DO IF YOUR TEST RESULTS SAY YOU HAVE COVID-19?

It is time to stay home and rest (isolate) for at least 5 days! Afterwards, wear a mask for 5 more days to keep everyone safe*.

Draw pictures of what you could do each day you are isolating at home.

_____ [write your name here!]

5 Day Isolation Fun Week



DAY 1

DAY 2

DAY 3

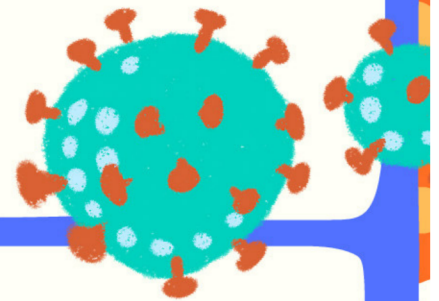
DAY 4

DAY 5

DAY 6

Feeling better?
You can go
outside again!

Still not feeling
well? Stay home
until you are
feeling better
or have no
symptoms.



*The current CDC guideline says this:

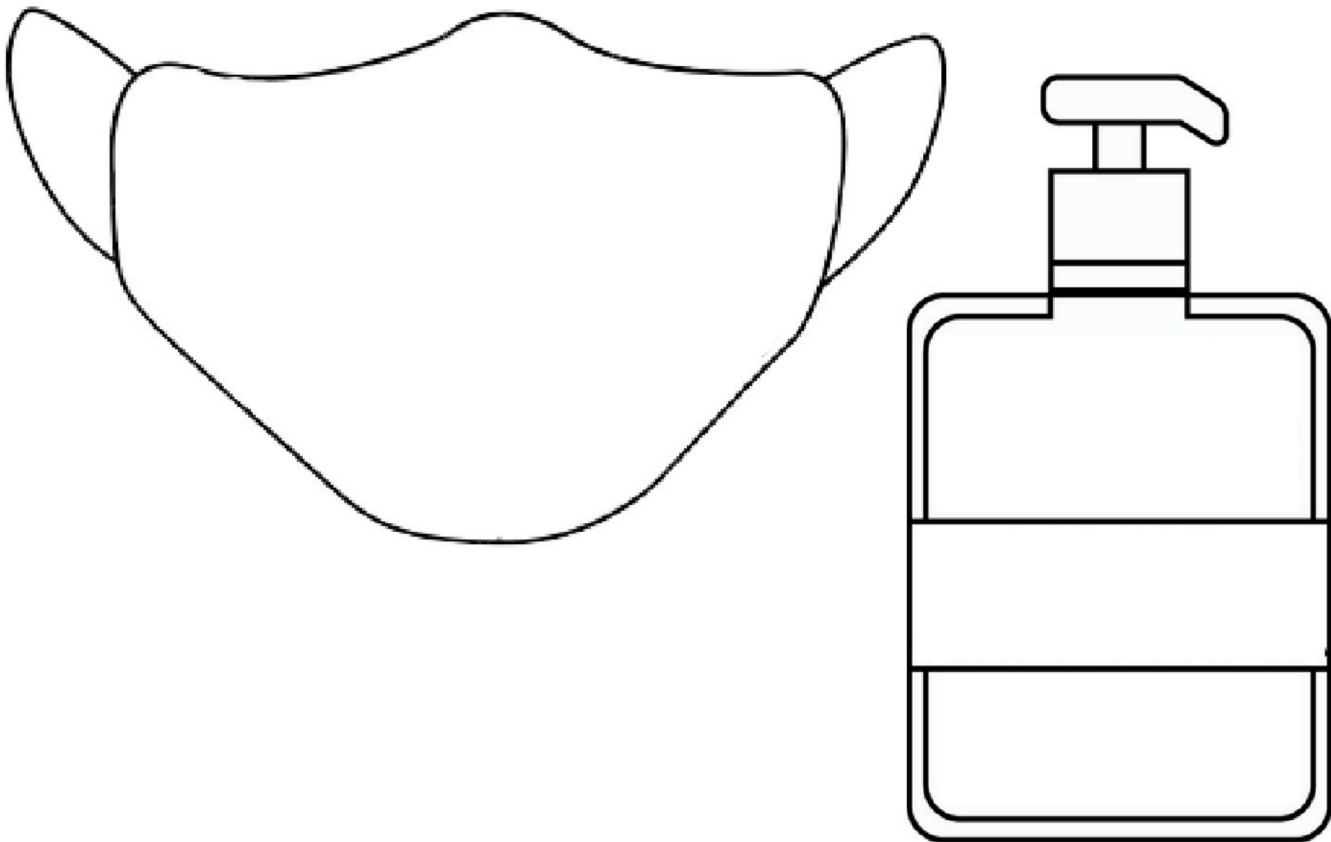
1. Anyone with COVID-19 should isolate or stay home for at least 5 days.
2. If you don't have symptoms or your symptoms get better after 5 days, you can stop isolation and leave your house but will need to continue to wear a mask around others for 5 more days.
3. If you have a fever, stay home until your fever is gone for at least 24 hours without any fever medicine.

HOORAY!

Your 5 days of isolation are over, and now you can go back to school*! To keep your classmates, teachers, and community safe wear a mask for the next 5 days.

As you learned, getting tested is one way to stop the spread of COVID-19, but what are some other ways to help stop the spread? Practicing healthy habits will also keep you, your family, and your community safe from getting COVID-19. Some healthy habits include carrying a mask, using hand sanitizer, and washing your hands.

Design and color in your own mask and hand sanitizer below. Be as creative as you want!



*Remember to check and follow your school's isolation guidelines on how many days you should stay home.



WHAT SHOULD YOU PACK IN YOUR SCHOOL BAG?

Find the seven (7) things you can pack in your school bag that are hidden in the picture below. Hint: You just learned about three (3) of the seven (7) items.

Hints can be found at the bottom of the page and answers on page 21.

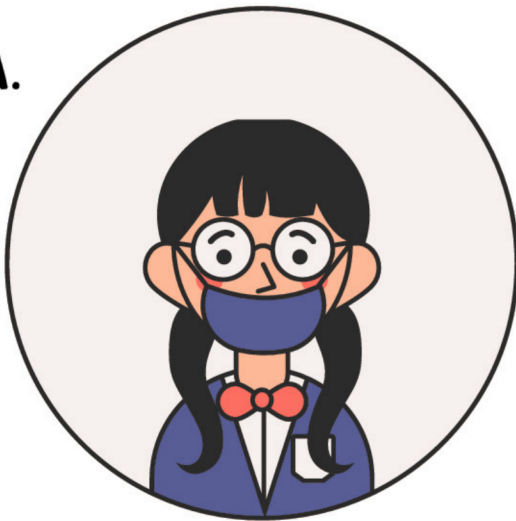


HINTS: Mask, Hand sanitizer, Laptop, Pencil, Tissues, Lunch box, Water bottle

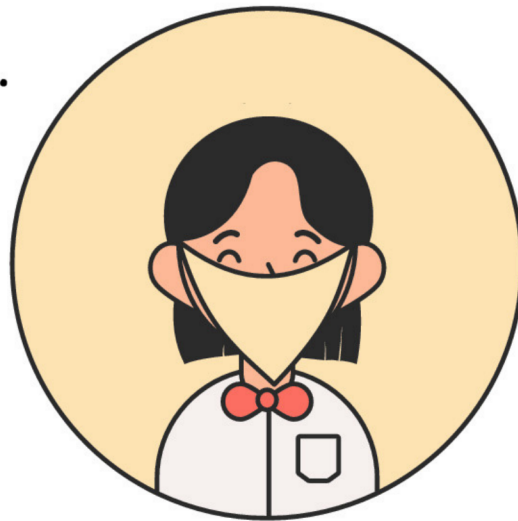
Wearing a mask is important because it lowers the chances of getting sick from the virus that causes COVID-19, but you must wear your mask the right way. What does wearing your mask correctly look like? Your mask should cover your mouth and your nose and fit snugly on your face. You should not wear any type of cloth mask or a bandana. Ask an adult to get you procedural/surgical or KN95 masks to best protect yourself from COVID-19.

Can you circle below who is wearing their mask correctly? Answer can be found on page 22.

A.



B.



C.



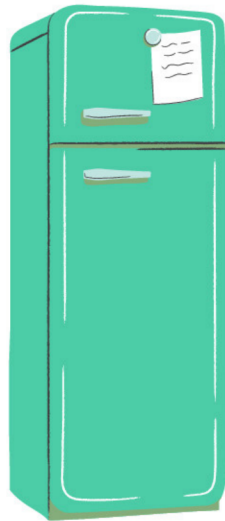
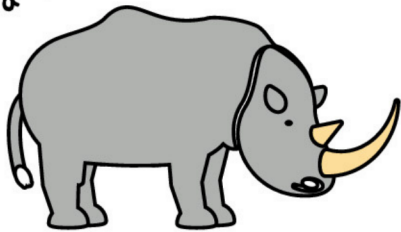
D.



You may have also heard of physical distancing, but what is it? It is like saying hi from far away. Keep 6 feet apart from people outside of your household, if you feel sick or see someone who is sick. But how can you tell if you are six feet from someone? Here are some things that are six feet, so you know how far to stand from people.

THE HEIGHT OF...

a rhino



a refrigerator

six (6)
bowling
pins
stacked
on top
of each
other



your school locker



THE LENGTH OF...

six (6) foot long hoagies next to
each other



a couch



two (2) shopping carts

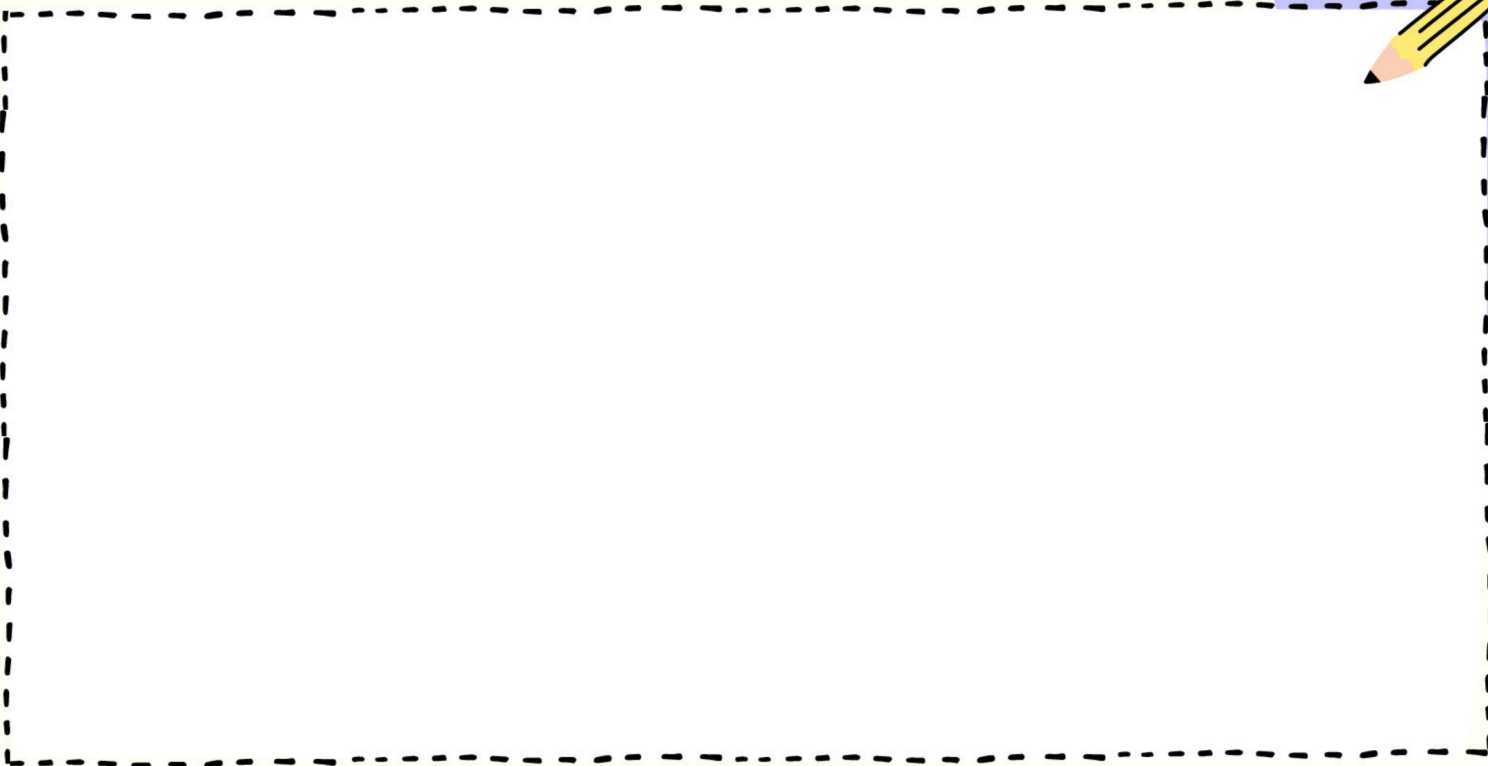


two (2) yardsticks



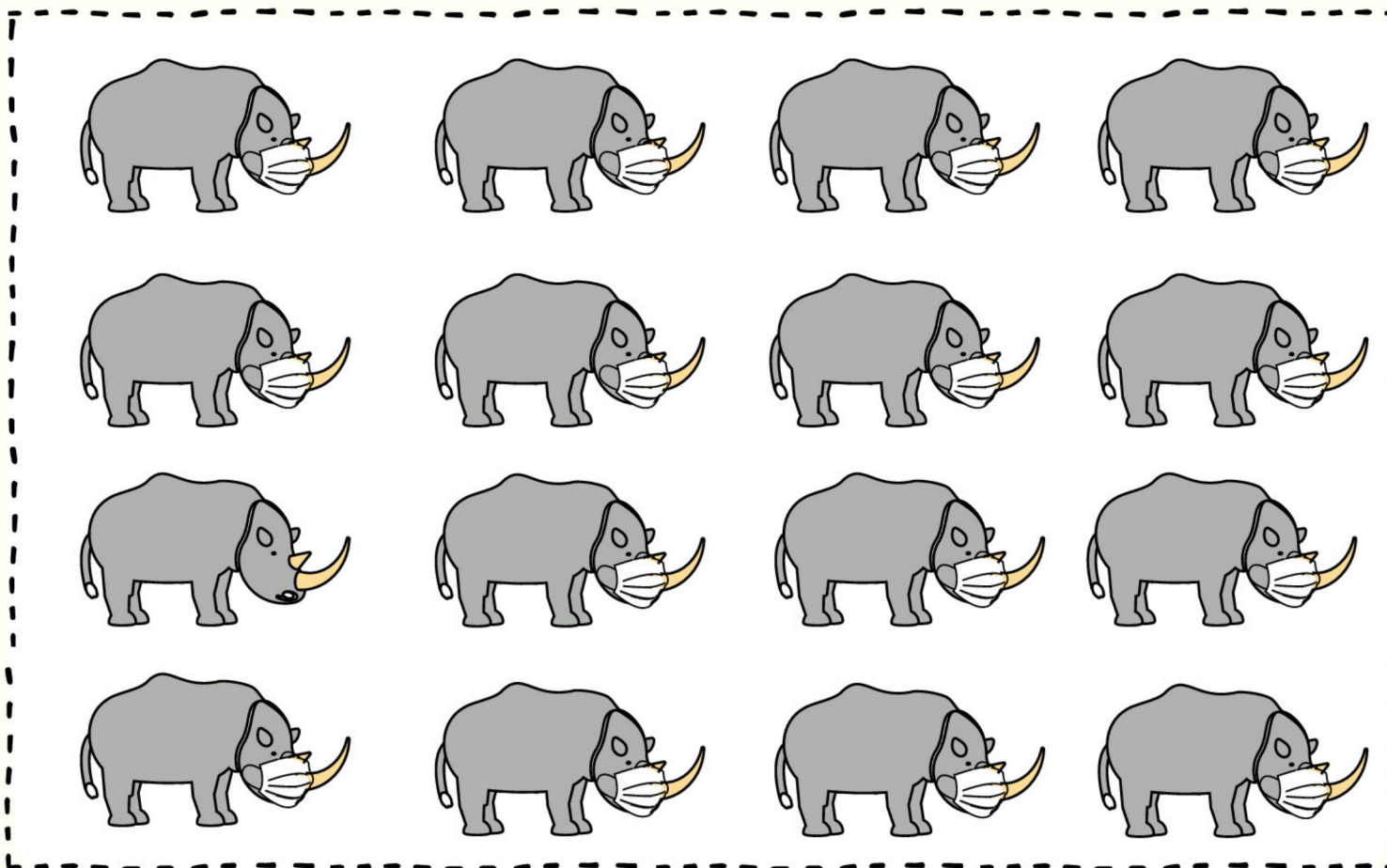
Can you think of anything else similar to these sizes?

Draw below what you think is also 6 feet tall or long:



Can you find the odd one out? There is one (1) picture that is not like the rest.

Answer can be found on page 22.



Wash your hands when you get home and scrub away all the germs. Can you get through this maze? Collect the charms to see the 5 steps on how to wash your hands. Once you get through the maze, the order of the charms will give you the answer!

Maze answer can be found on page 23.

START

Wipe your feet (pink flower)

Rinse your hands with water (red heart)

Pet your dog (purple swirl)

Get some soap (sun)

Wet your hands (yellow star)

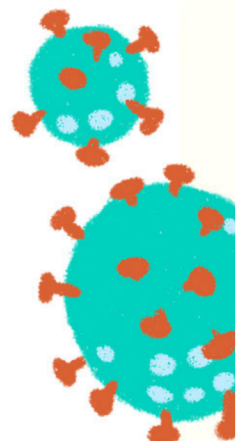
Dry your hands (yellow X)

Scrub, scrub, scrub for 20 seconds or sing the ABC song (teal asterisk)

FINISH

Write the five steps below by the order you collected the charms.
Answers can be found on page 23.

1. _____
2. _____
3. _____
4. _____
5. _____



PUZZLE ANSWERS

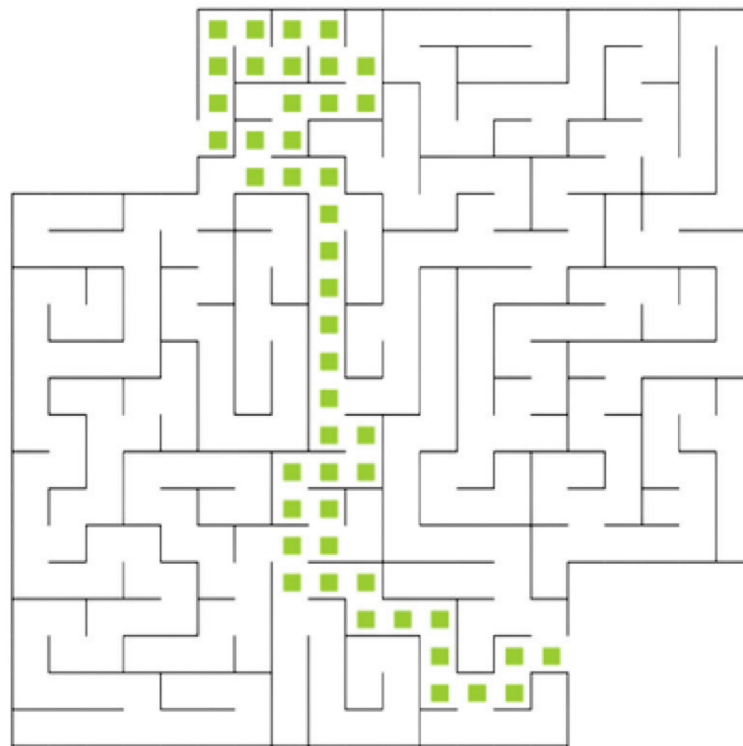
PAGE 6

ANSWERS: A10, B5, C1, D4, E3, F7, G8, H9, I2, J6

PAGE 7

ANSWERS: Stay home and rest.

PAGE 8



PAGE 9

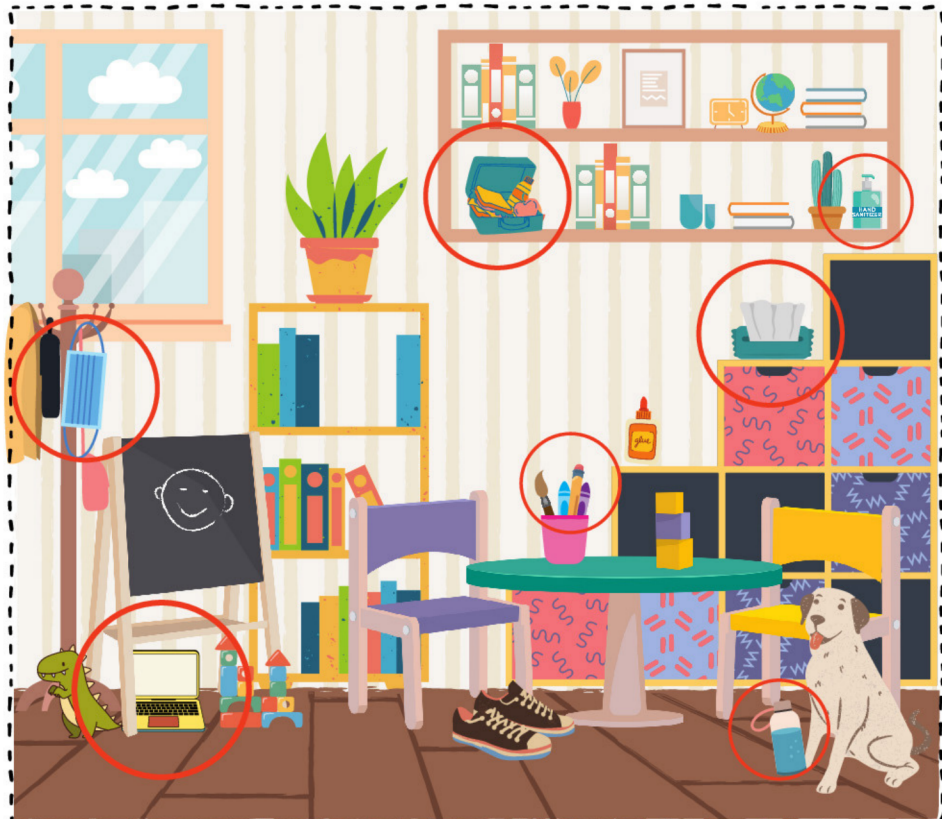
ANSWERS: sore throat, cough, no smell, chills.
YES! She should get tested.

PUZZLE ANSWERS

PAGE 11



PAGE 15

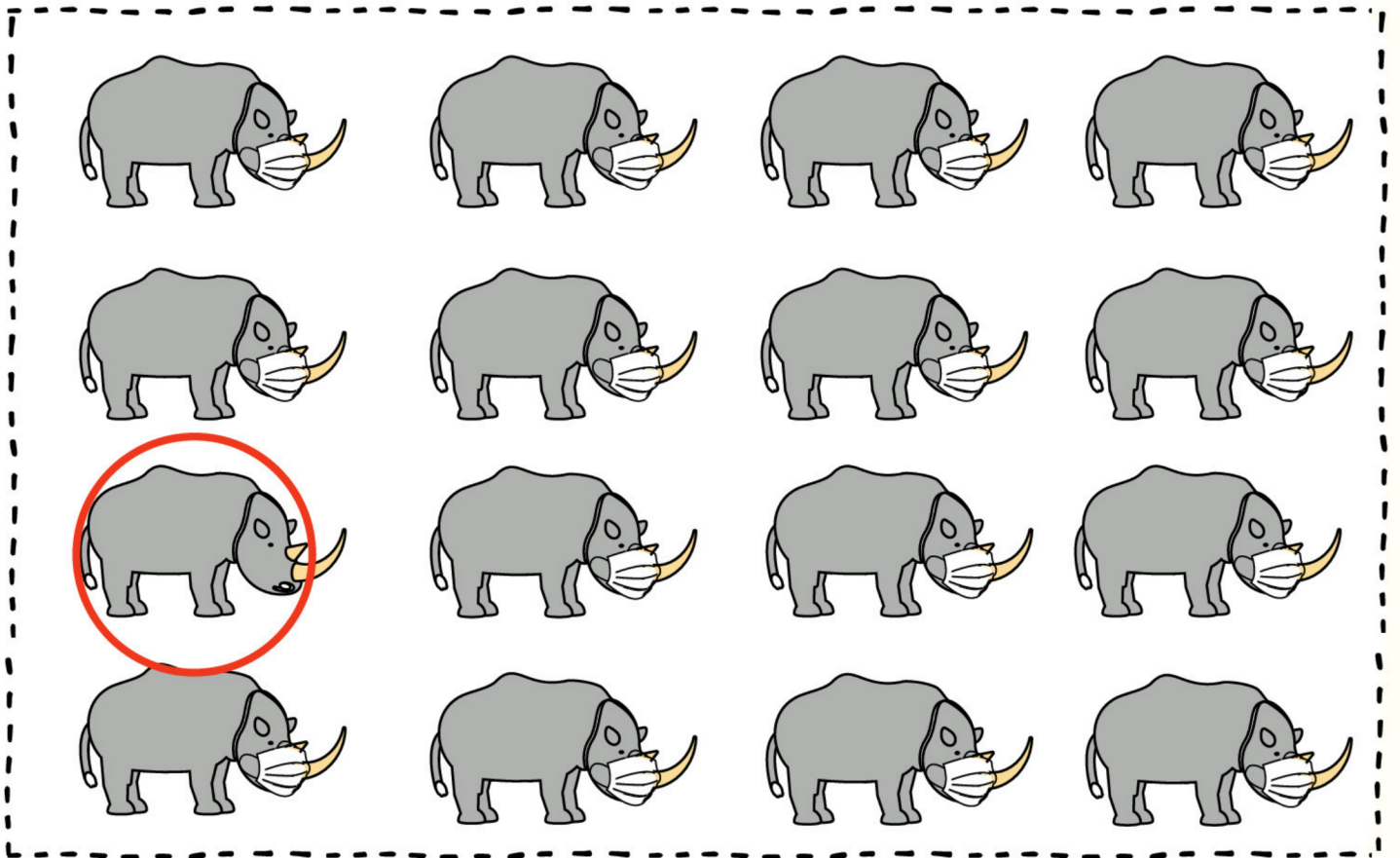


PUZZLE ANSWERS

PAGE 16

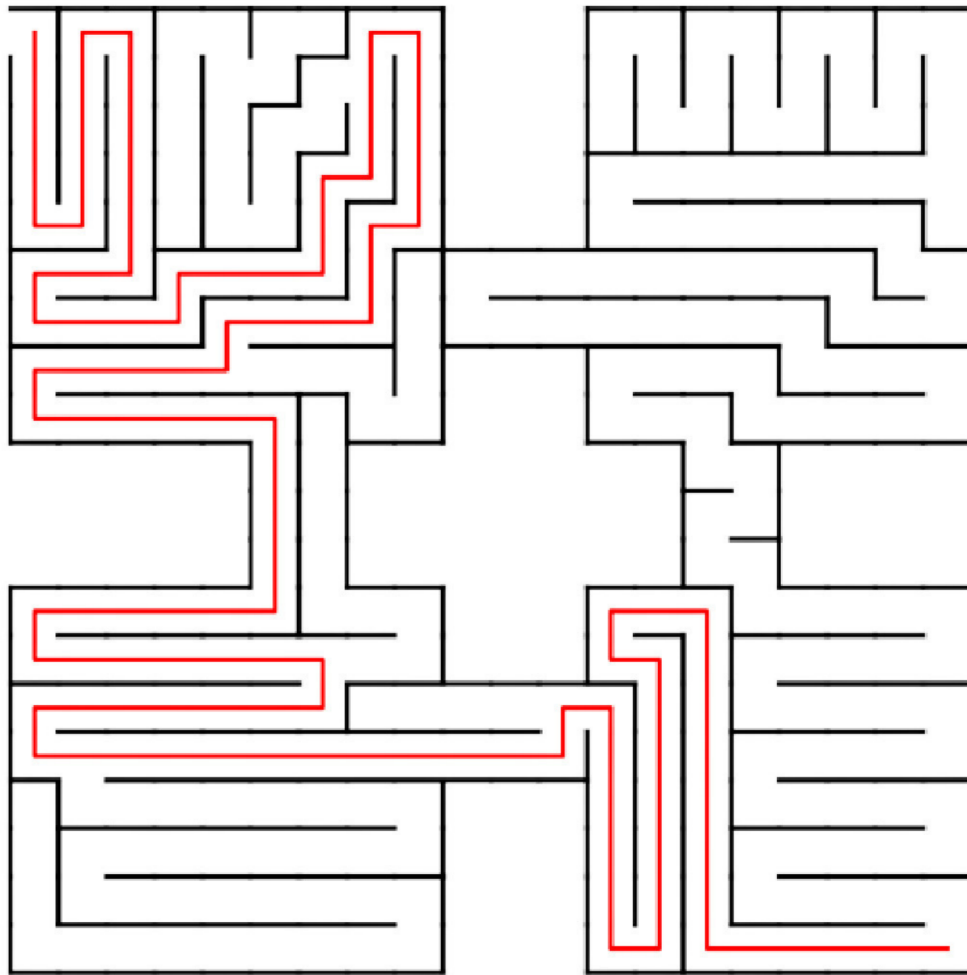
ANSWERS: C! The mask is over her mouth and nose and fits snugly.

PAGE 18




PUZZLE ANSWERS

PAGE 19



PAGE 19

ANSWERS: 1 , 2 , 3 , 4 , 5 



For more
information, get
an adult and go
online to
phila.gov/COVID
or COVID.gov.