

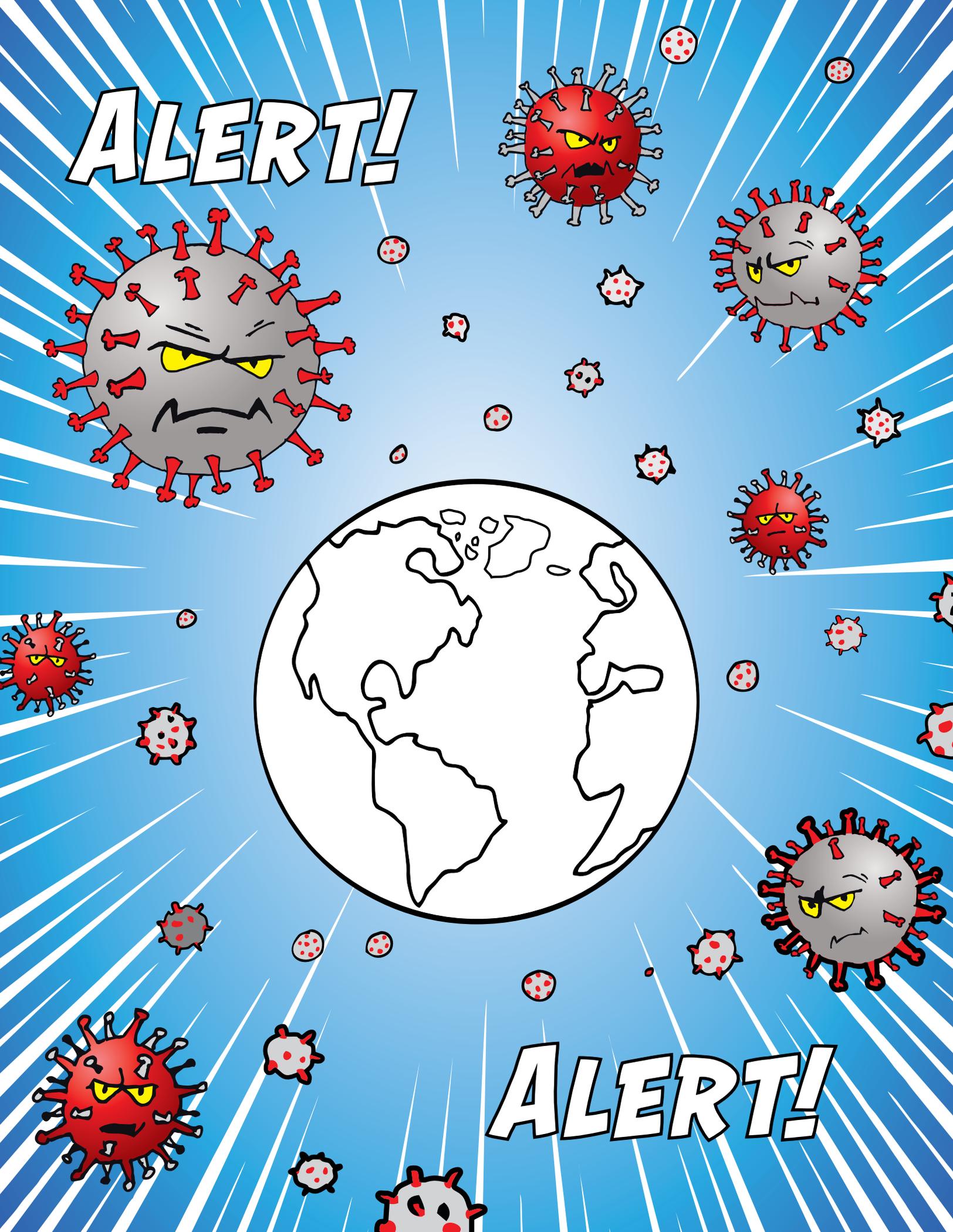


# ACTIVITY BOOK



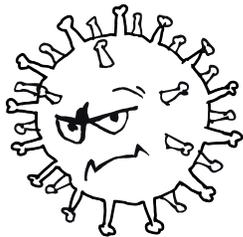
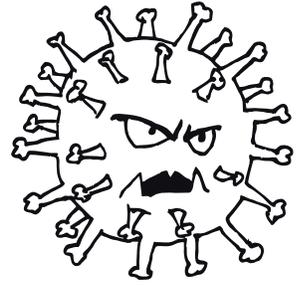
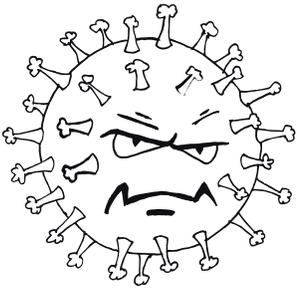
**CAPTAIN  
EMPATH**  
**VS COVID-19**

**ALERT!**



**ALERT!**

COVID-19 IS INVADING  
THE EARTH



CAPTAIN EMPATH NEEDS  
YOUR HELP TO STOP IT

# WHAT IS COVID-19?

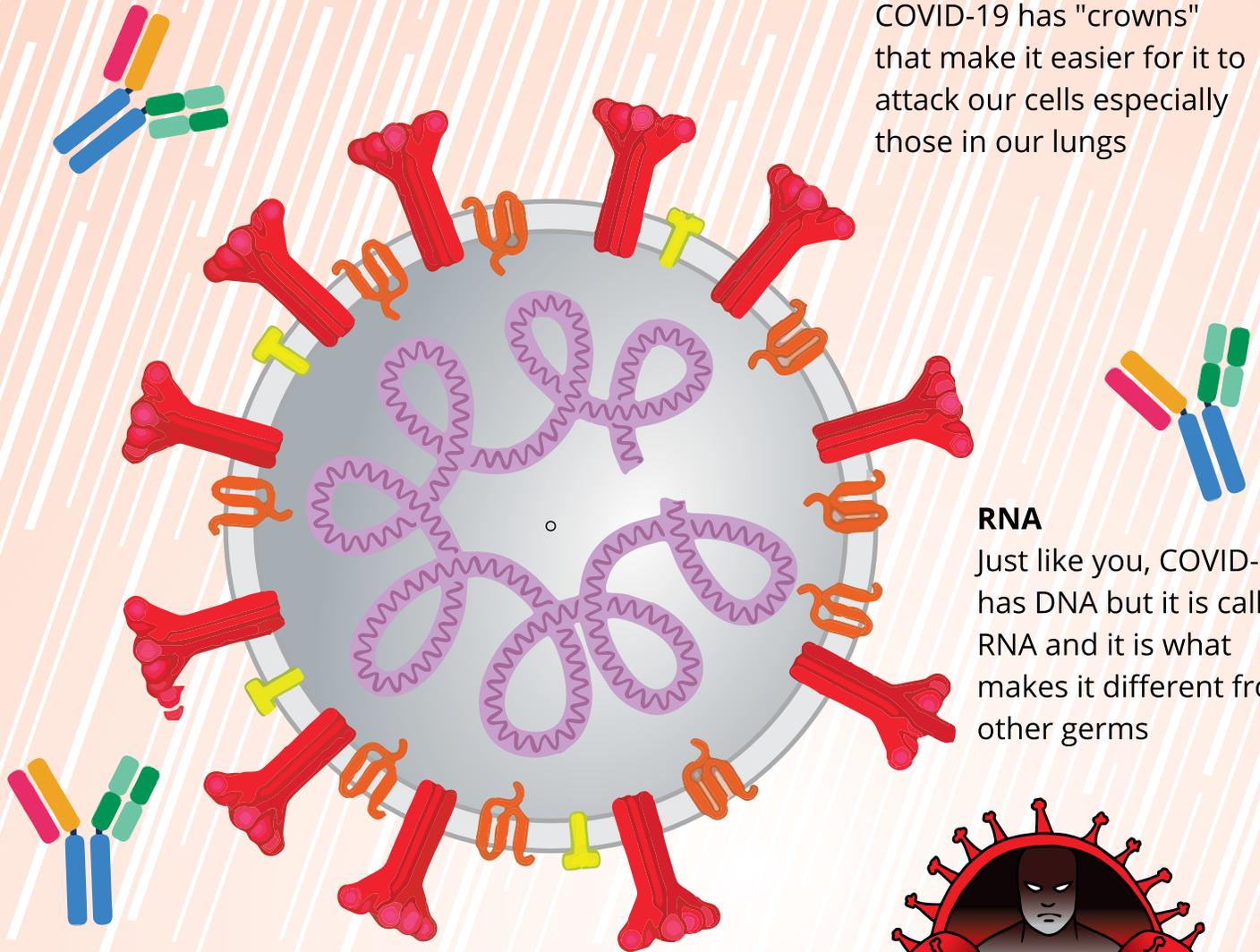
COVID-19 stands for COrona VIrus Disease-19

It is a **GERM** that started spreading around the world and has been making a lot of people **SICK**.



# WHAT DOES COVID-19 LOOK LIKE?

COVID-19 has "crowns" that make it easier for it to attack our cells especially those in our lungs

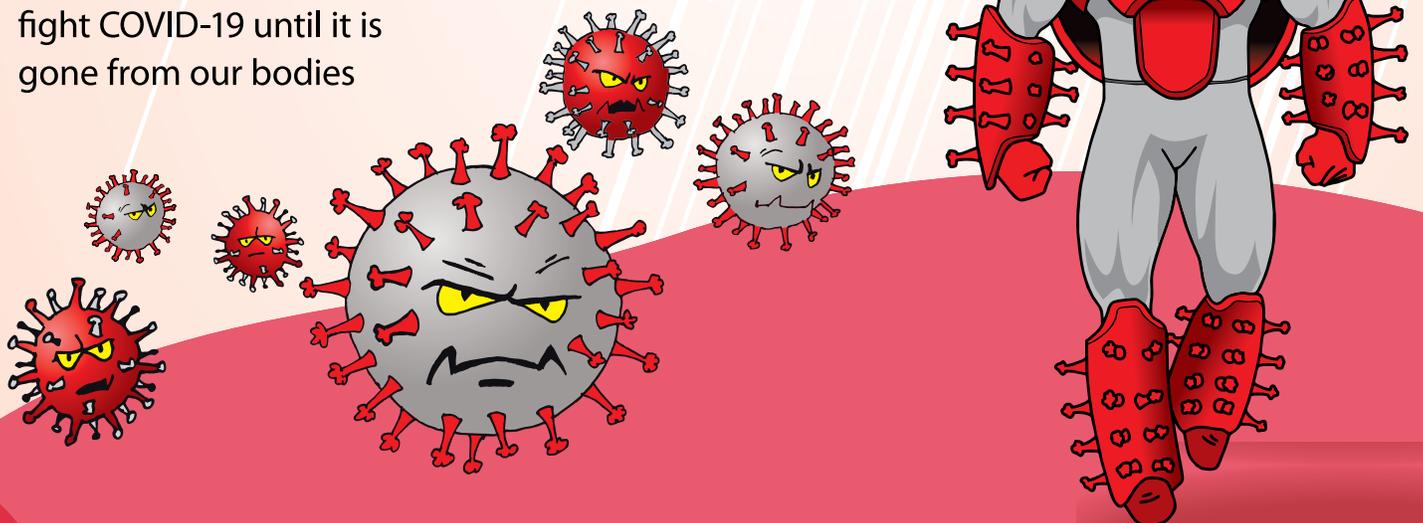


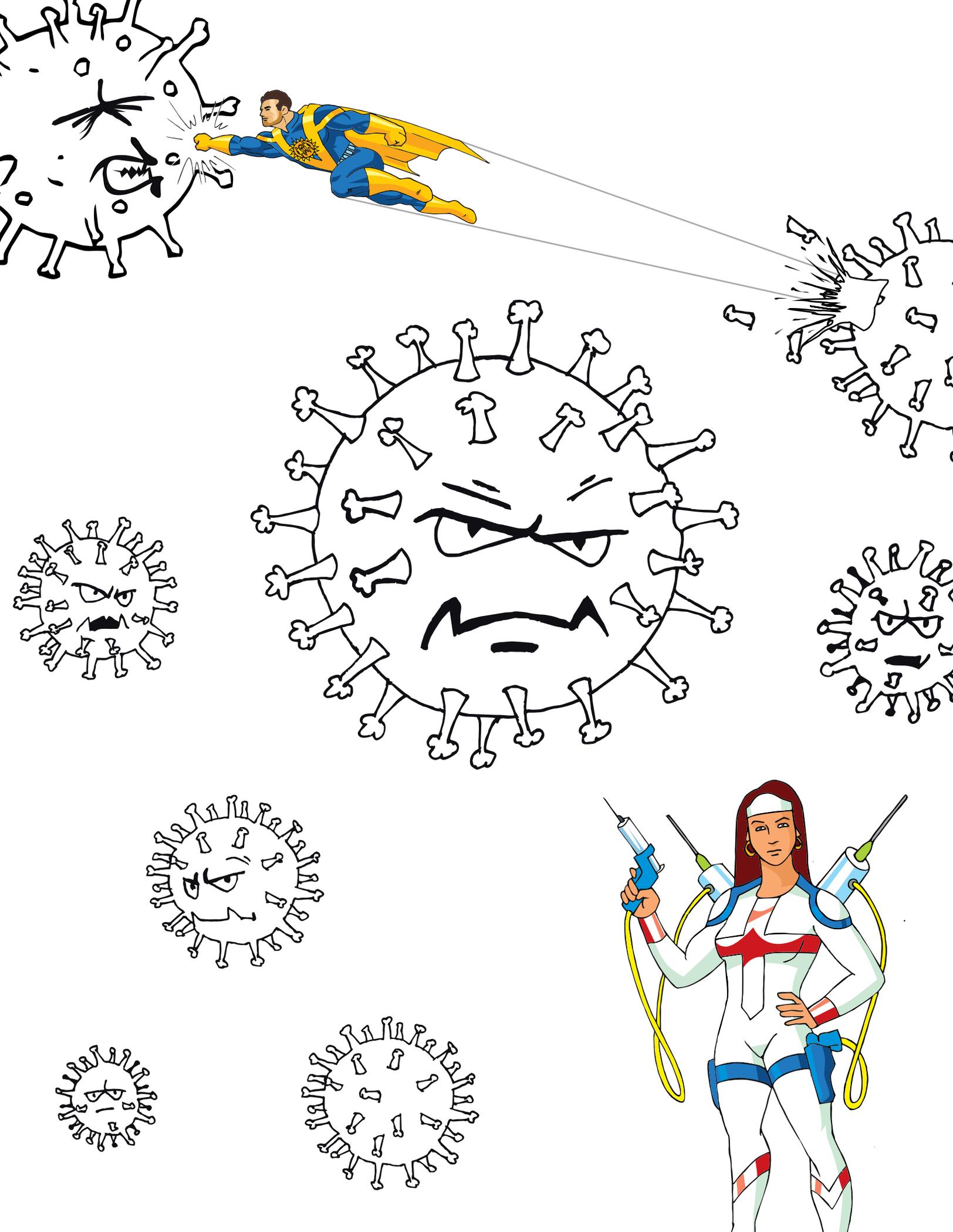
## RNA

Just like you, COVID-19 has DNA but it is called RNA and it is what makes it different from other germs

## Antibodies

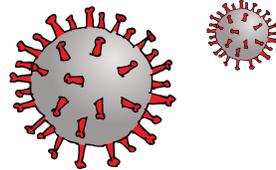
These are superheroes that fight COVID-19 until it is gone from our bodies





# COVID-19 CAN SPREAD PERSON TO PERSON

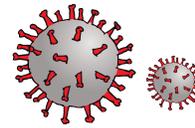
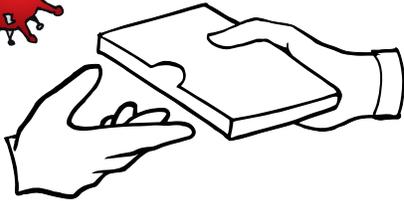
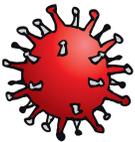
Draw a line to match each picture with the correct word.



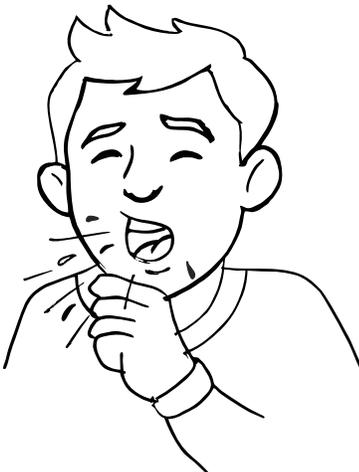
**Cough**



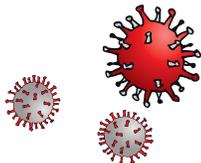
**Direct  
Contact**



**Sneeze**

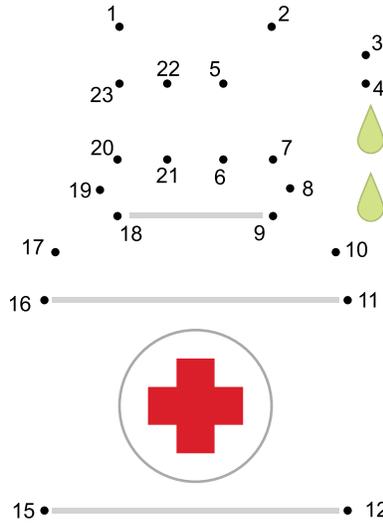


**Indirect  
Contact**



# WE NEED TO STOP THE SPREAD

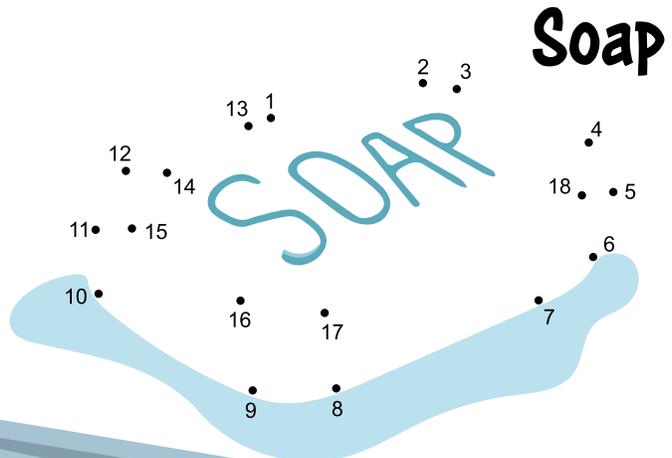
Connect the dots to build your weapons against COVID-19



**Hand Sanitizer**



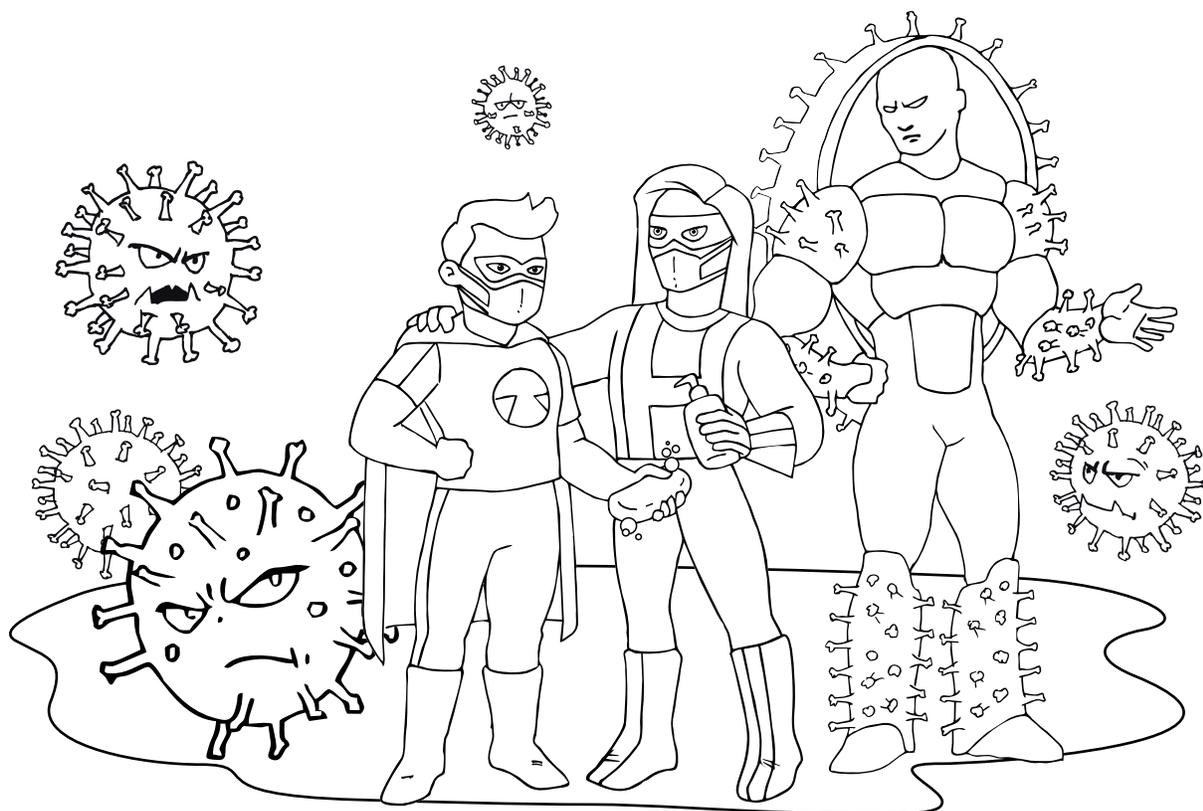
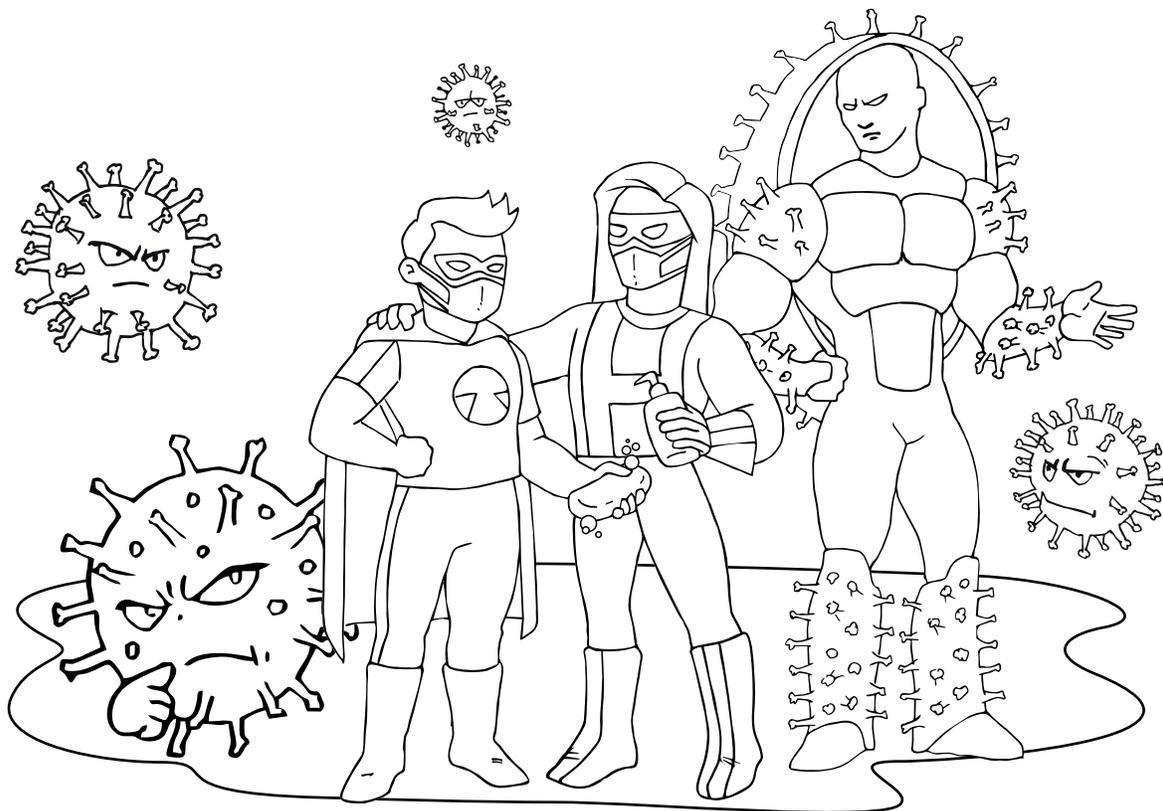
**Mask**



**Soap**

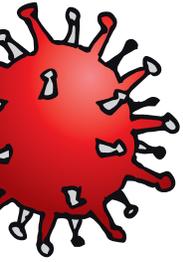
# FIND THE DIFFERENCES

Can you spot the 9 differences in the pictures below?

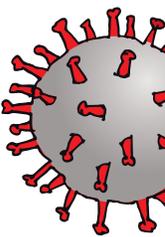


# LOOK OUT FOR SYMPTOMS

Find the words that show the common symptoms of COVID-19



I	H	G	U	O	C	T	R	T	A	E	O	E	S
E	R	R	E	L	A	O	V	T	Y	R	L	S	N
O	C	E	H	O	D	S	C	R	E	T	O	O	L
Y	O	L	C	S	V	F	E	V	V	E	S	R	D
F	E	A	A	S	V	F	E	T	S	S	S	E	E
N	G	E	D	O	O	F	L	E	S	O	O	T	F
Y	T	L	A	F	M	A	T	A	E	N	F	H	A
E	M	H	E	S	I	E	S	E	N	Y	T	R	R
I	E	V	H	M	T	I	E	C	D	N	A	O	M
S	E	G	E	E	I	U	O	H	E	N	S	A	E
E	L	O	N	L	N	N	S	I	R	U	T	T	N
C	E	S	L	L	G	U	L	L	I	R	E	S	N
S	O	L	R	S	S	R	O	L	T	G	S	F	T
A	A	O	F	O	E	T	S	S	S	S	V	C	O



Tiredness

Loss of taste

Cough

Runny nose

Fever

Headache

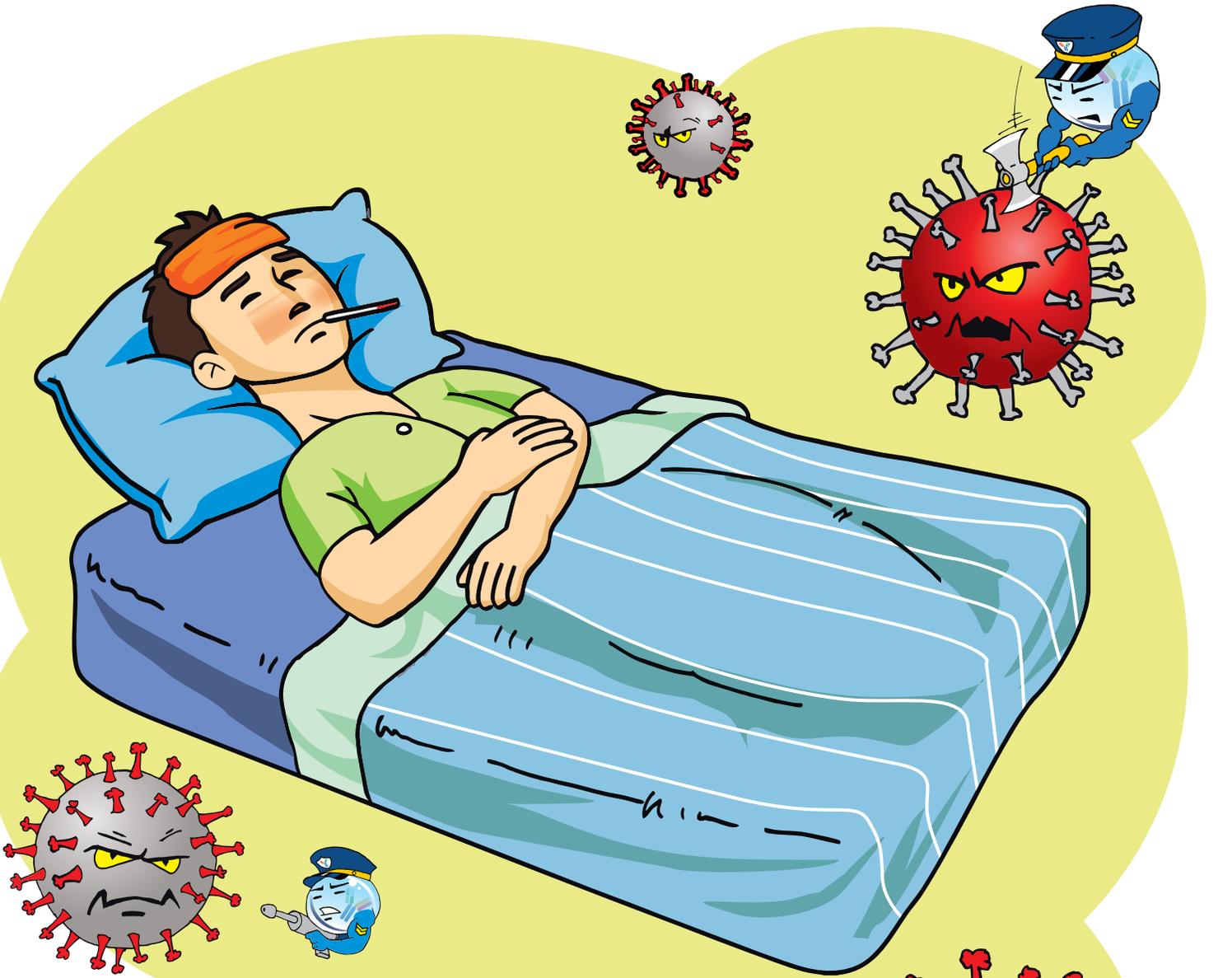
Vomiting

Chills

Loss of smell

Sore throat

# IF YOU ARE SICK STAY HOME AND REST

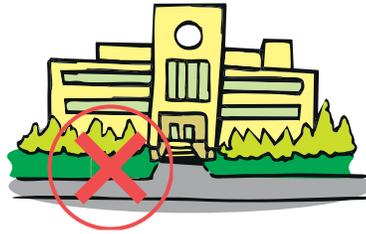


**Our antibodies  
need time to fight  
COVID-19**



# SOMETIMES WE CAN FEEL BAD EVEN THOUGH WE ARE NOT SICK

Many places were temporarily closed, including schools and parks, to stop the spread of COVID-19.



We were not able to meet with family and friends.



And some of us know someone who got sick because of this germ.

All of this made us experience different feelings, and that is okay. **How did you feel?**



SAD



SCARED

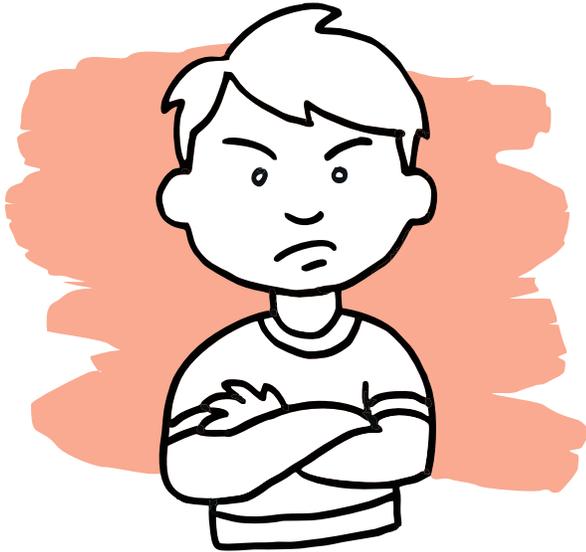


ANGRY



HAPPY

# HOW IS OSCAR FEELING?



Oscar is not allowed to visit his friend.

**He is feeling:**

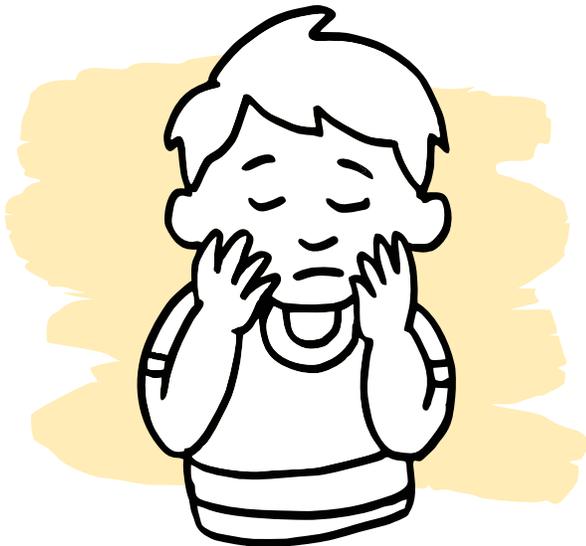
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Oscar's teacher has COVID-19.

**He is feeling:**

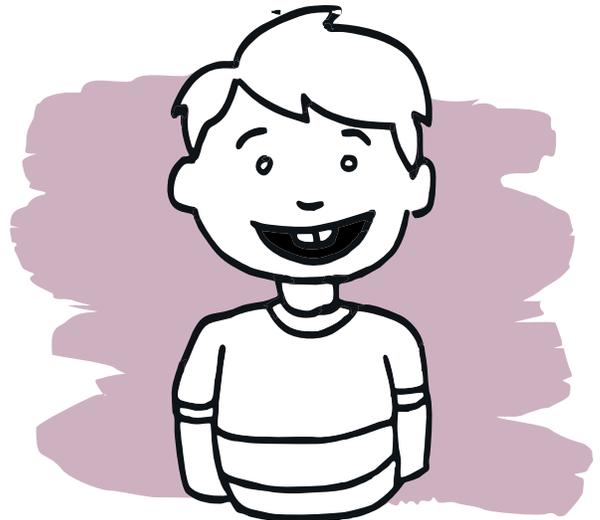
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Oscar's aunt is not feeling well.

**He is feeling:**

---



Oscar's school is finally open.

**He is feeling:**

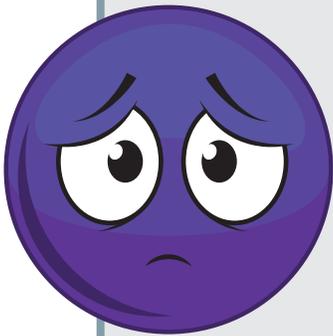
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# HOW ARE YOU FEELING?

Circle how you feel:



Draw how you feel:



Write down why are you feeling like this:

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---

---



It is good to talk about our feelings with family and friends. Sharing our feelings help keep our heart and mind healthy and strong.



# TAKE CARE OF YOURSELF

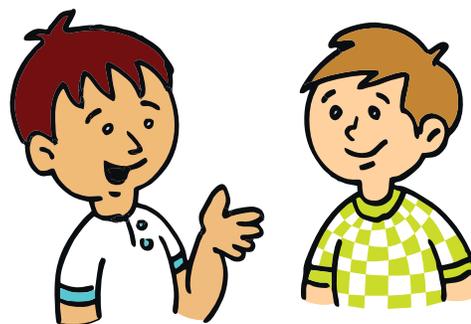
Antibodies do a great job of protecting our bodies, but they need some extra help.

To help them we can do the following:



**Eat healthy foods**

**Get plenty of sleep**



**Share your feelings with a friend**

**Exercise during the day**



OH NO! THEY ARE MULTIPLYING

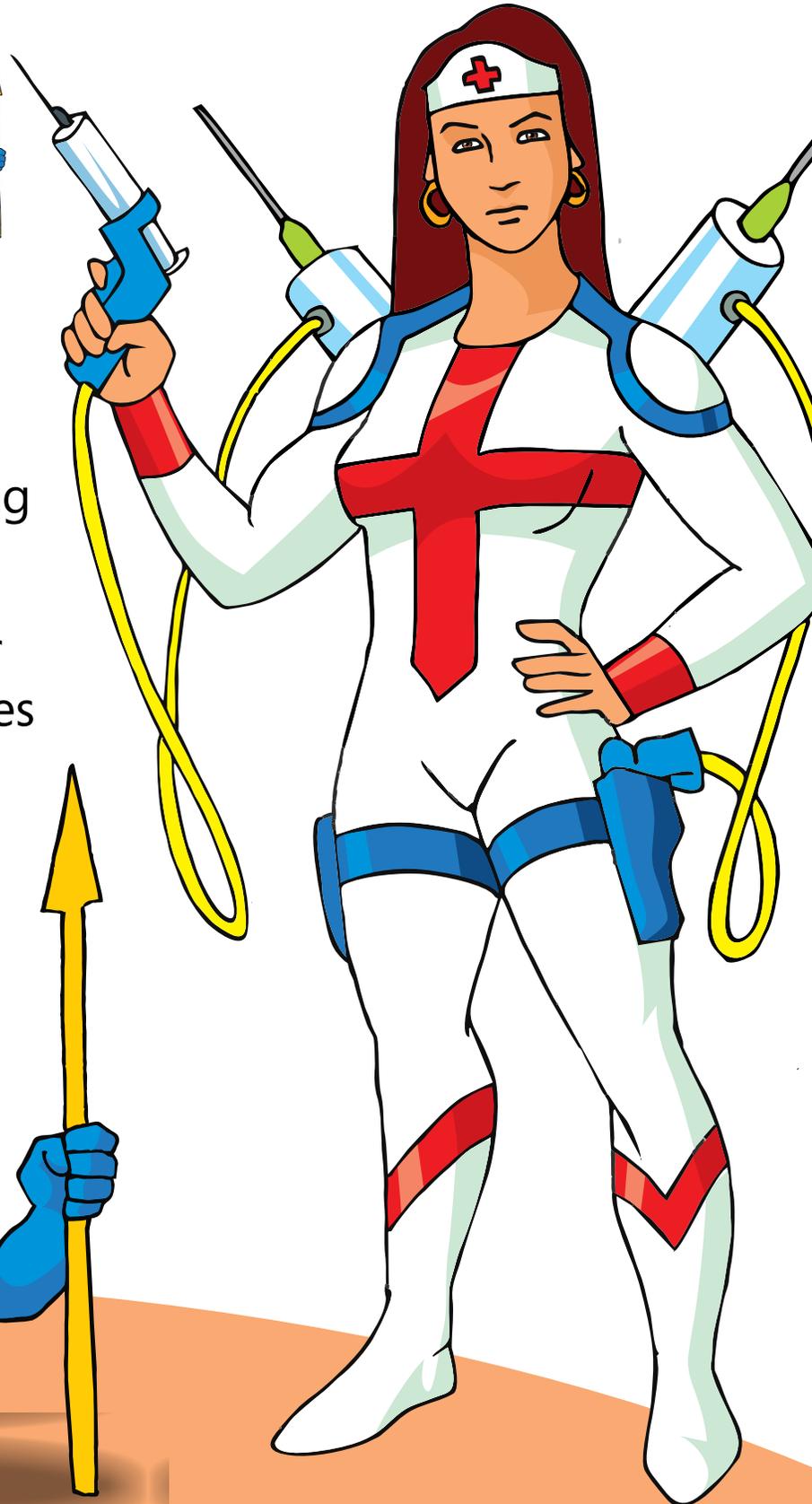


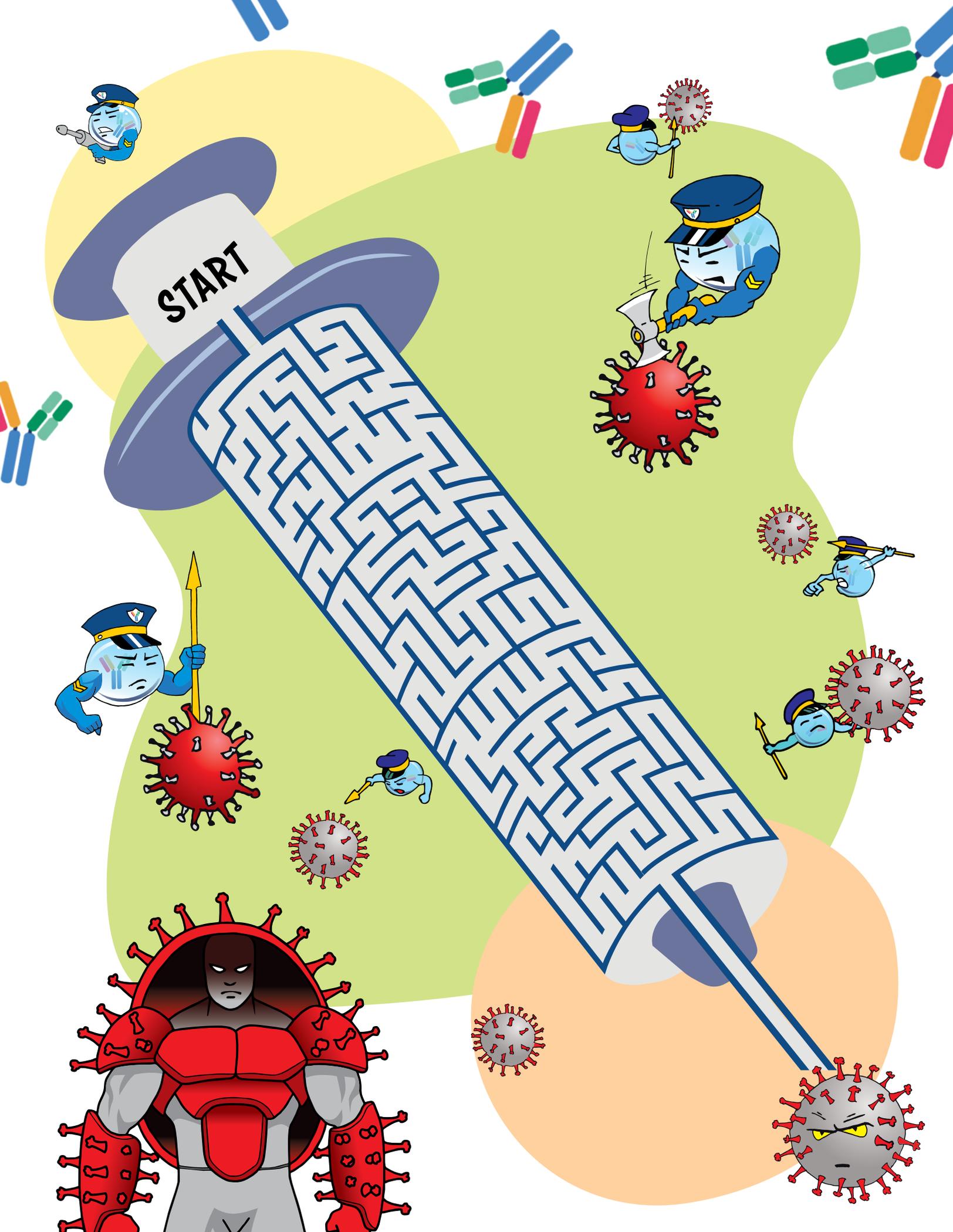
# VACCINES ARE HERE TO HELP



Vaccines help us create antibodies without having to be sick.

If COVID-19 germs enter our bodies, our antibodies will be ready to find and destroy them.





START



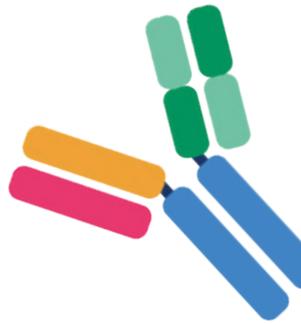
TIME TO POWER UP!

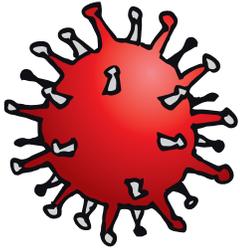


# LET'S HELP OTHERS

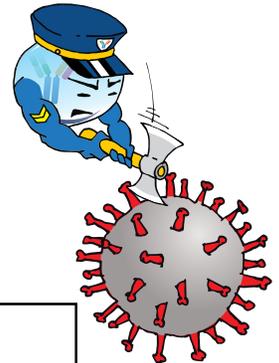
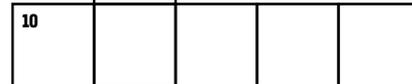
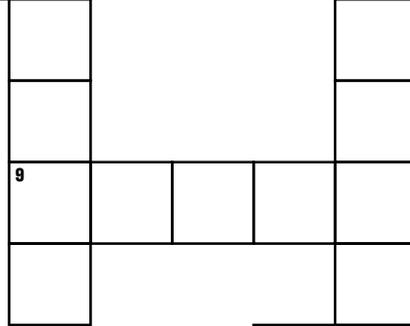
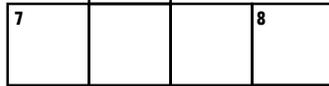
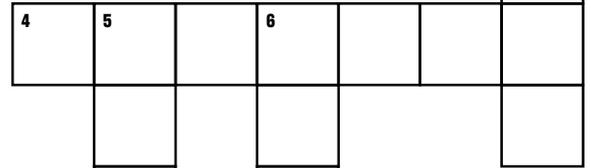
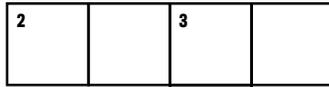


Find those who are helping in the fight against COVID-19





# TEST YOUR KNOWLEDGE



## Word Bank

- |      |       |            |
|------|-------|------------|
| Mask | Mouth | Antibodies |
| Free | Fever | Card       |
| Safe | Tired | Vaccine    |
| Germ |       |            |

## Down

- COVID-19 vaccines are \_\_\_\_\_ for everyone.
- Vaccines stop germs from spreading, which keeps everyone \_\_\_\_\_.
- \_\_\_\_\_ are little soldiers inside your body that fight the germs that are making you sick.
- Once you are vaccinated, you will receive a vaccination \_\_\_\_\_ that shows when you received your shot.
- It is important to cover your \_\_\_\_\_ when you cough or sneeze.

## Across

- What you wear over your nose and mouth to stop viruses from spreading.
- Something you can get to protect your body from getting germs.
- This can enter your body and get you sick .
- You may feel \_\_\_\_\_ after getting a vaccine.
- A \_\_\_\_\_ is a common symptom for COVID-19.

# TOGETHER WE CAN STOP COVID-19

Community Health Workers are here to help.

