El Sol
CHW COMICS

ACTIVITY BOOK

CAPTAIN EMPATH
VS COVID-19
Alert!
COVID-19 IS INVADING THE EARTH

CAPTAIN EMPATH NEEDS YOUR HELP TO STOP IT
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

SOAP
FIND THE DIFFERENCES

Can you spot the 9 differences in the pictures below?
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
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
Oscar is not allowed to visit his friend.

He is feeling:

Oscar's aunt is not feeling well.

He is feeling:

Oscar's teacher has COVID-19.

He is feeling:

Oscar's school is finally open.

He is feeling:
HOW ARE YOU FEELING?

Circle how you feel:

Draw how you feel:

Write down why are you feeling like this:

It is good to talk about our feelings with family and friends. Sharing our feelings help keep our heart and mind healthy and strong.
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 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.
TIME TO POWER UP!
LET'S HELP OTHERS

Find those who are helping in the fight against COVID-19
1. COVID-19 vaccines are ______ for everyone.

3. Vaccines stop germs from spreading, which keeps everyone __________.

5. _______ are little soldiers inside your body that fight the germs that are making you sick.

6. Once you are vaccinated, you will receive a vaccination _______ that shows when you received your shot.

8. It is important to cover your ____ when you cough or sneeze.

2. What you wear over your nose and mouth to stop viruses from spreading.

4. Something you can get to protect your body from getting germs.

7. This can enter your body and get you sick.

9. You may feel ____ after getting a vaccine.

10. A ______ is a common symptom for COVID-19.
Help Fight Against COVID-19!

Captain Empath is here to help educate the community on the facts about COVID-19 and he needs your help. In this activity book, you will learn the facts about COVID-19, identify your feelings, and find out how vaccines help stop the spread. It’s fun and educating!

CHW Comics are culturally relevant educational resources for Community Health Workers/Promotores. The fun, informative comics guide community members through the misinformation that continues delaying vaccination efforts in vulnerable communities; and highlight the importance of community and self-reflection while living through a pandemic.

Contact El Sol CHW/P Training Center if you or your organization is interested in helping your community and join the fight against COVID-19.

www.elsolnec.org

Activities Include:

- Coloring Pages
- Puzzles
- Spot the Difference and More!

Your Vaccine is Waiting For You.