ENGAGING READERS

LEVEL 2 READING WITH HELP

What Is COVID-19?

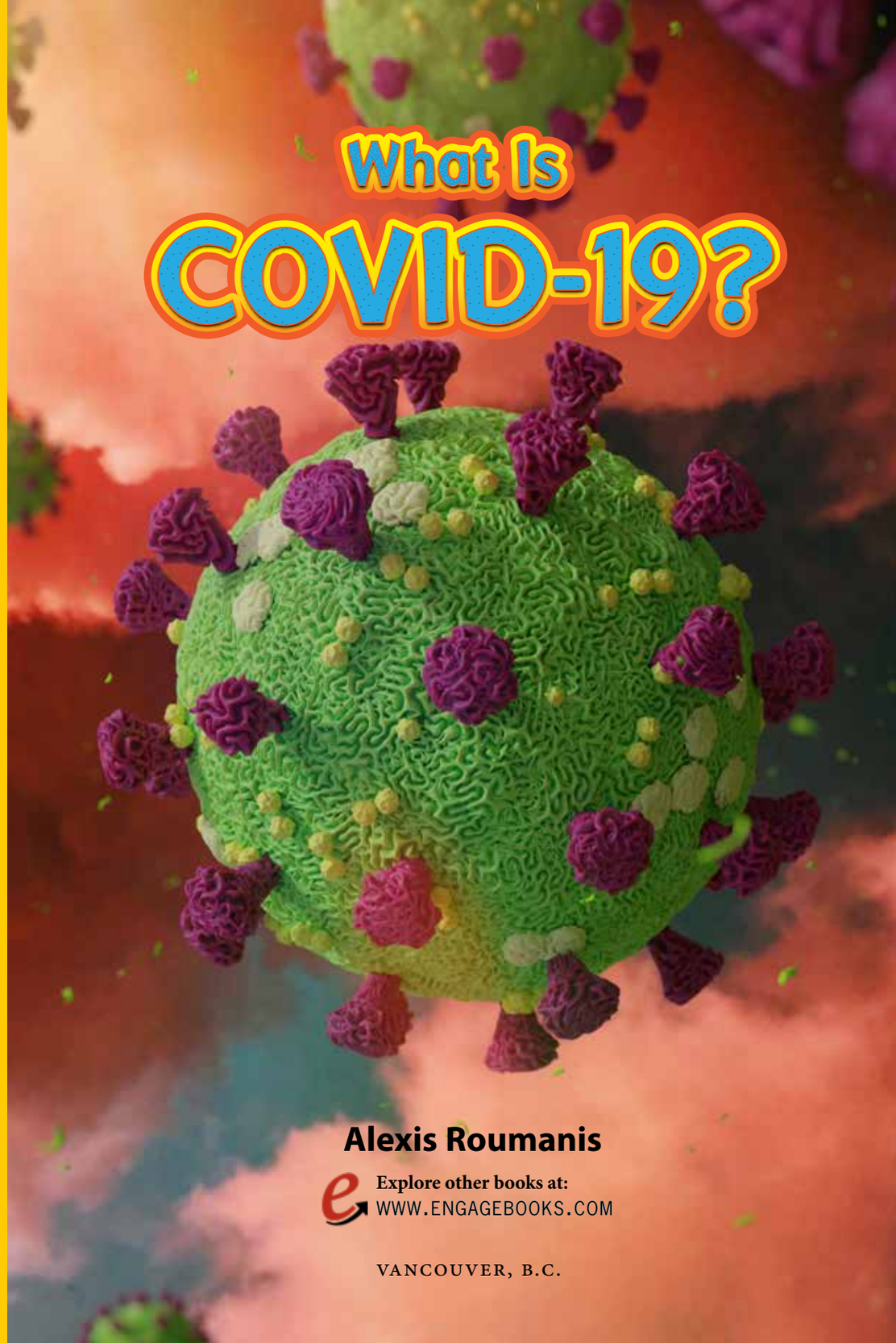
Alexis Roumanis

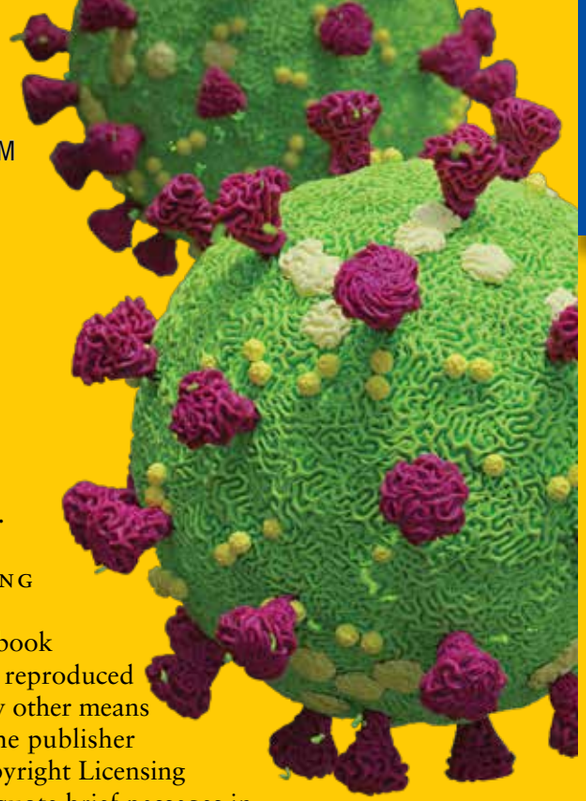
From the Author

Explaining COVID-19 to young children can be challenging for families. Over the past four weeks, we decided to use our skills to create free resources for parents and educators to help children understand the significant impact that COVID-19 is having on their lives. Our goal with Level 1, 2, and 4 readers is to empower young children to read about COVID-19 on their own, or with the help of an adult. This simple act empowers young readers, and is an important step in making this situation a little less scary.

As COVID-19 is affecting millions of children across the world, we are striving to translate these books into multiple languages. To support our efforts, physical copies are available for purchase. To help make this book available to as many children and families as possible, this eBook is offered free of charge to everyone.

Alexis Roumanis
alexis@engagebooks.ca





WWW.ENGAGEBOOKS.COM

What Is COVID-19? Level 2
Roumanis, Alexis 1982 –
Text © 2020 Engage Books
Design © 2020 Engage Books

Edited by Jared Siemens
Cover design by: A.R. Roumanis

Text set in Arial Regular.
Chapter headings set in Arial Black.

FIRST EDITION / FIRST PRINTING

All rights reserved. No part of this book may be stored in a retrieval system, reproduced or transmitted in any form or by any other means without written permission from the publisher or a licence from the Canadian Copyright Licensing Agency. Critics and reviewers may quote brief passages in connection with a review or critical article in any media.

Every reasonable effort has been made to contact the copyright holders of all material reproduced in this book.

LIBRARY AND ARCHIVES CANADA CATALOGUING IN PUBLICATION

Title: What is COVID-19? Level 2 reader / Alexis Roumanis.

Names: Roumanis, Alexis, author.

Identifiers: Canadiana (print) 20200226754 | Canadiana (ebook) 20200226762
ISBN 978-1-77437-292-0 (hardcover). –
ISBN 978-1-77437-293-7 (softcover). –
ISBN 978-1-77437-294-4 (pdf). –
ISBN 978-1-77437-295-1 (epub). –
ISBN 978-1-77437-296-8 (kindle)

Subjects:
LCSH: COVID-19 (Disease)—Juvenile literature.
LCSH: LCSH: COVID-19 (Disease)—Prevention—Juvenile literature.
LCSH: Coronavirus infections—Juvenile literature.

Classification: LCC RA644.C68 R682 2020 | DDC J614.5/92—DC23

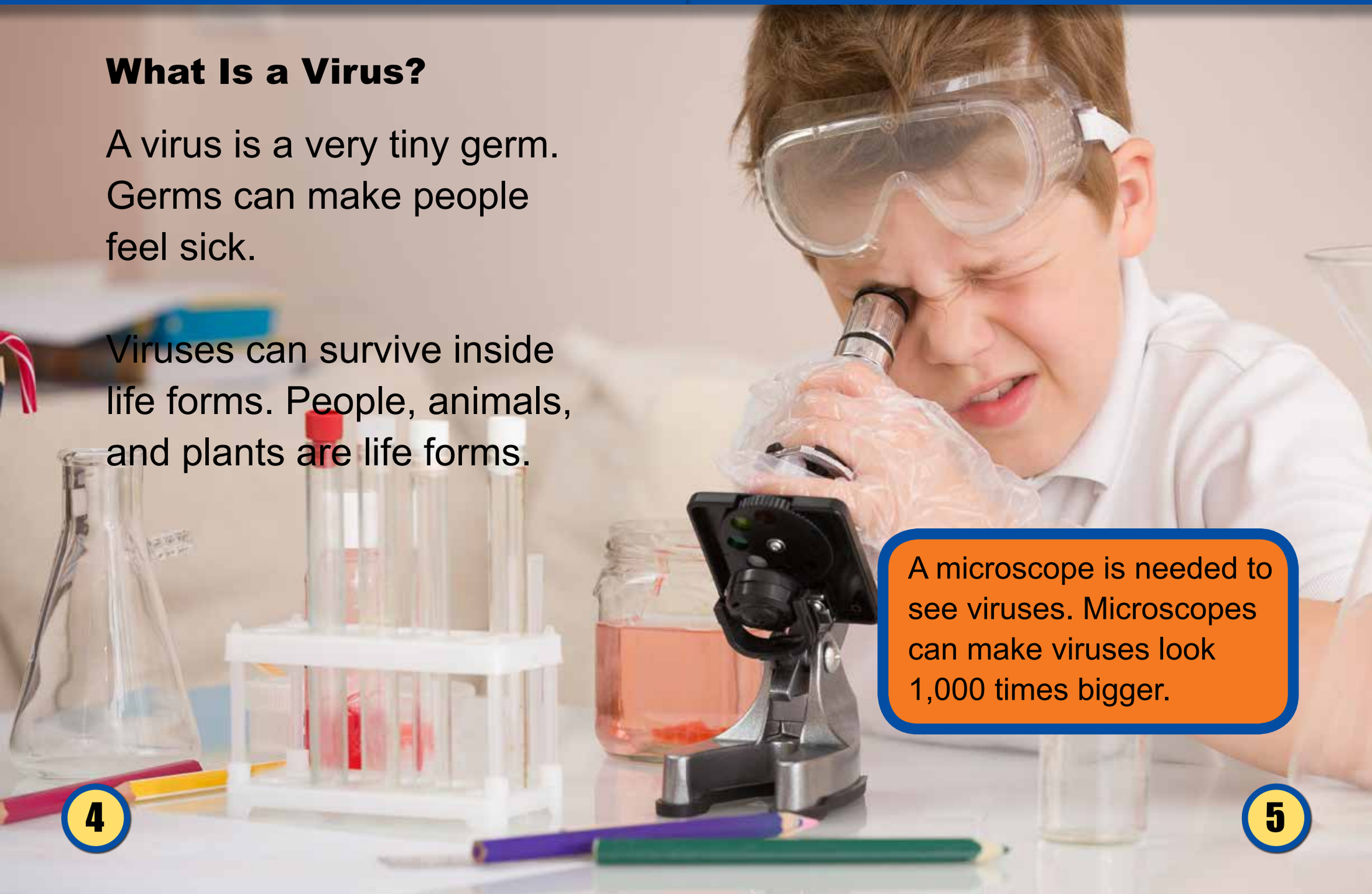
Contents

4 What Is a Virus?
6 What Are Coronaviruses?
8 What Is COVID-19?
10 How Does COVID-19 Spread?
12 How to Stop the Spread of COVID-19
14 Risks for Different People
16 How Does COVID-19 Affect Children?
18 What Is Social Distancing?
20 Social Distancing in Action
22 Why Is Social Distancing Important?
24 What Is a Vaccine?
26 How Technology Is Helping
28 Activity - How to Wash Your Hands
30 Quiz

What Is a Virus?

A virus is a very tiny germ. Germs can make people feel sick.

Viruses can survive inside life forms. People, animals, and plants are life forms.



A microscope is needed to see viruses. Microscopes can make viruses look 1,000 times bigger.

What Are Coronaviruses?

A coronavirus is a type of virus. It can survive in mammals and birds. There are hundreds of kinds of coronaviruses. Only seven kinds can infect humans.

MERS is a type of coronavirus. Scientists think that it originated in bats, and then passed to camels. In 2012, it is believed that camels passed the virus to humans.

Coronaviruses are common. They can make people feel sick. Coronaviruses can cause a runny nose, a sore throat, and a cough.

What Is COVID-19?

COVID-19 is a new kind of coronavirus. It can spread easily between humans. COVID-19 spread quickly across the world.

Scientists think COVID-19 began in bats. It was first found in humans in Wuhan, China.

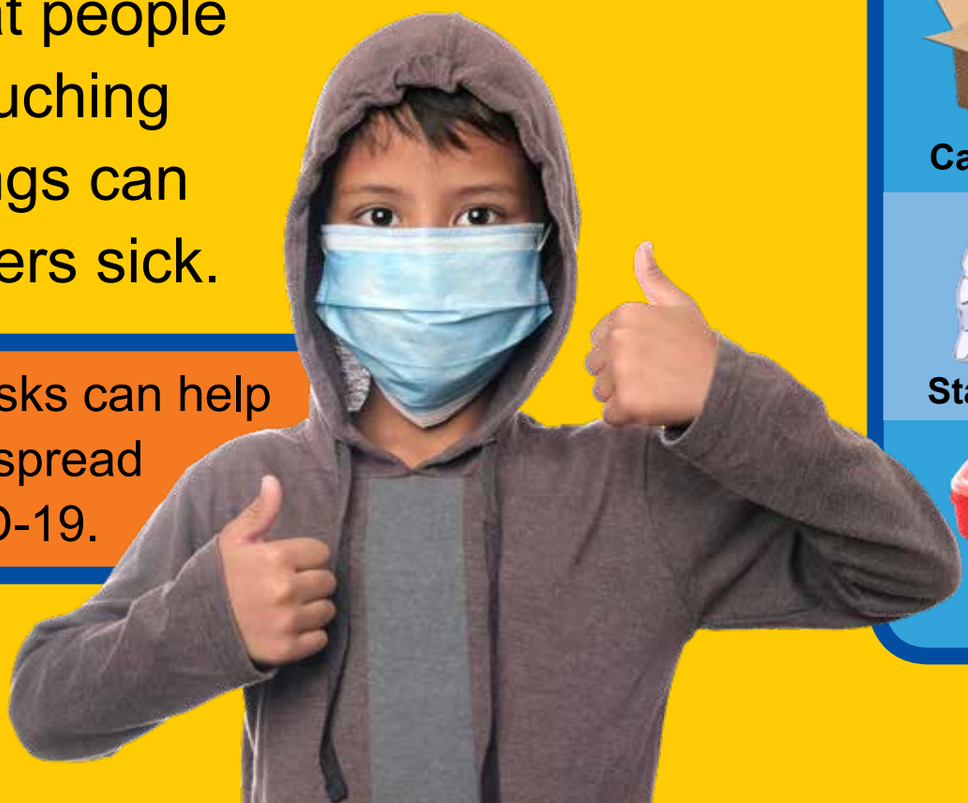
Many people react differently to COVID-19. Some people feel normal or slightly sick. Other people may cough, or feel warm. Usually they will find it difficult to breathe.

Only 1 out of 20 people with COVID-19 need to go to a hospital.

How Does COVID-19 Spread?

People can catch COVID-19 from tiny droplets. Droplets land on people when sick people sneeze or cough. COVID-19 can also live on things that people touch. Touching these things can make others sick.

Face masks can help stop the spread of COVID-19.



COVID-19 can survive in the air for up to three hours. The virus can survive on various surfaces for different lengths of time.

How to Stop the Spread of COVID-19

Wash hands with soap and water.

Clean things that people often touch.

Do not touch eyes, nose, or mouth.

Do not share food and drinks.

Sneeze or cough into an elbow.

Keep 6 feet (2 meters) away from other people.

Risks for Different People

Some people are more likely to become sick from COVID-19. Older adults struggle to fight off viruses. People over the age of 60 are at a higher risk.

People who have illnesses like cancer are also at risk. Heart, blood, and lung diseases put people at high risk.

Healthy people are helping those at risk. Delivering groceries is one way they can help.

How Does COVID-19 Affect Children?

COVID-19 has little to no effect on young children. Children can carry the virus, though. They can pass it on to others.

In some places, COVID-19 spread quickly among adults. In these places, children played with their friends. Keeping away from friends is a way to slow the spread of COVID-19.

Children get sick from viruses quite often. They can catch about 6 to 8 viruses each year.

What Is Social Distancing?

Social distancing is a way to stop COVID-19. People social distance by staying 6 feet (2 meters) away from each other. It is meant for people who do not live together.

Keeping away from others makes it difficult for COVID-19 to spread. It is one of the best ways to slow the spread of an illness.

Knowing how far to stand away from others can be difficult. It can help to remember that 6 feet (2 meters) is about the width of a car.

Social Distancing in Action

Children are doing school from home. They use video chat with their teachers.

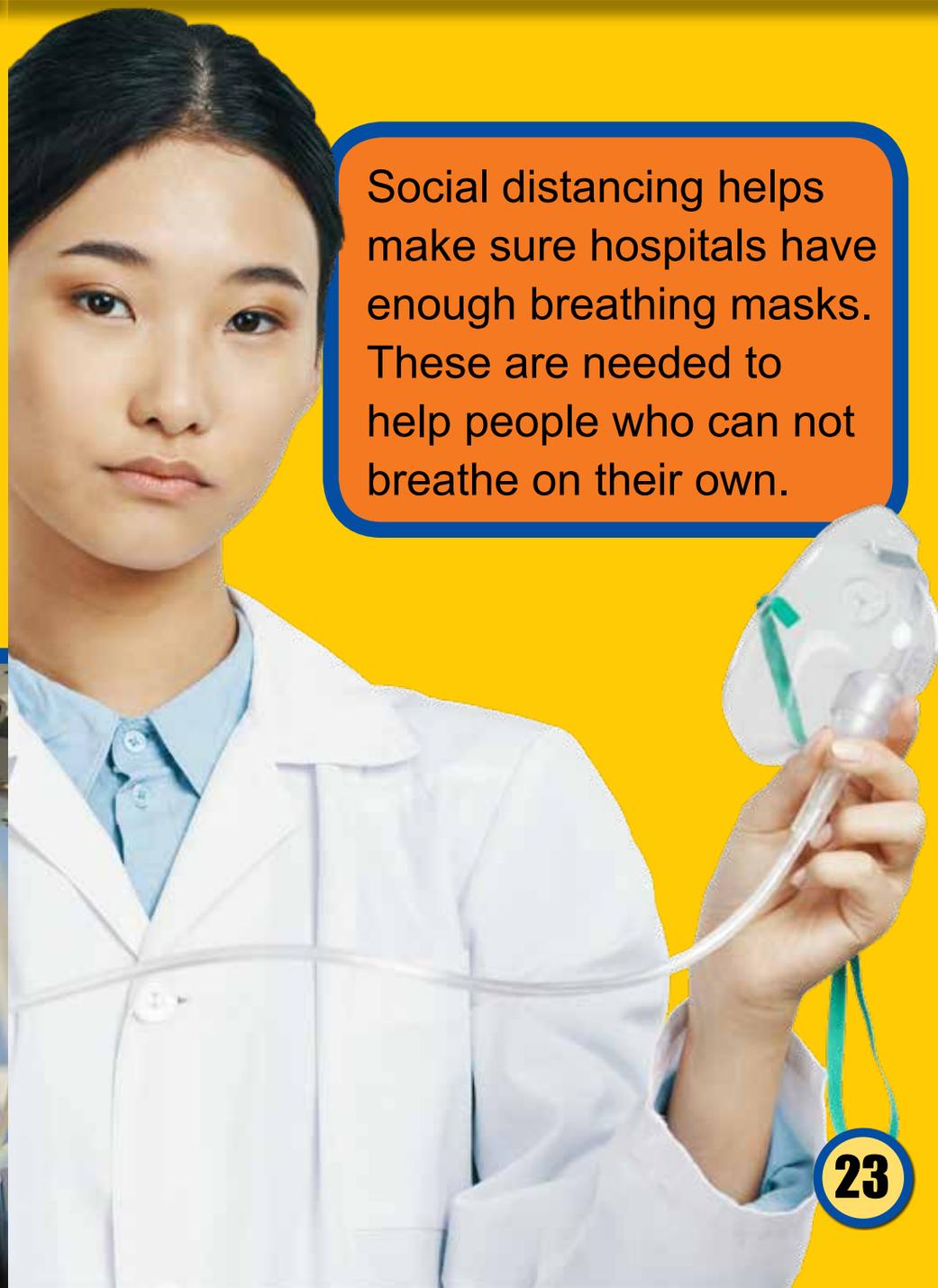
People can not eat inside most restaurants. Restaurants are offering takeout instead.

Team sports cannot be played. Many people are exercising on their own.

Many parents can not go to work. They are working at home using a computer.

Why Is Social Distancing Important?

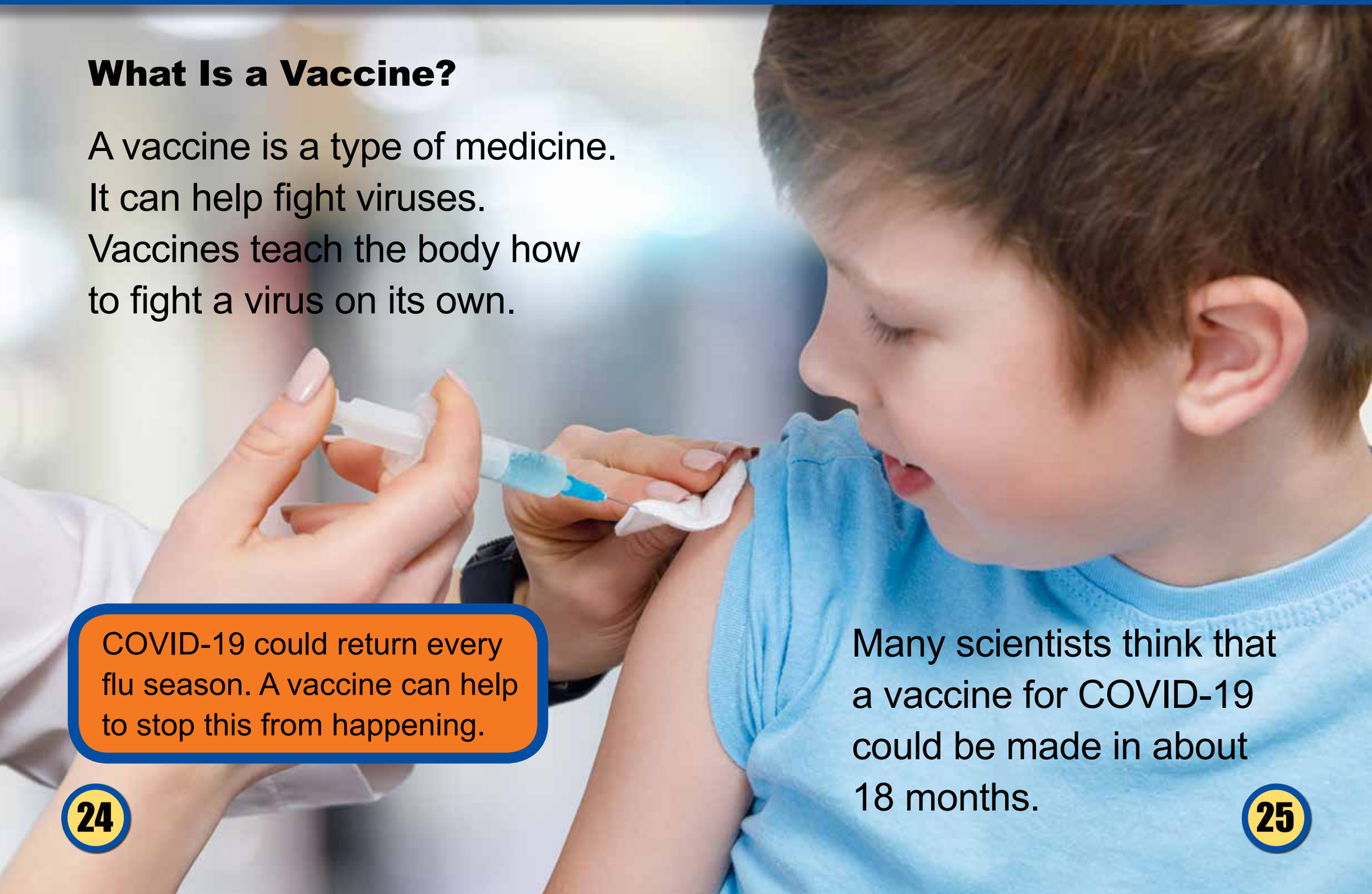
Social distancing stops COVID-19 from spreading too quickly. If too many people get sick at once, hospitals may find it difficult to help everyone.



Social distancing helps make sure hospitals have enough breathing masks. These are needed to help people who can not breathe on their own.

What Is a Vaccine?

A vaccine is a type of medicine.
It can help fight viruses.
Vaccines teach the body how
to fight a virus on its own.



COVID-19 could return every flu season. A vaccine can help to stop this from happening.

Many scientists think that a vaccine for COVID-19 could be made in about 18 months.

How Technology Is Helping

Breathing masks can be made with 3D printers.

Robots can kill COVID-19 with invisible beams of light.

Car makers are building breathing masks instead of cars.

Special cameras can check if people have high body temperatures.

Drones can deliver things to people's homes.

Automatic soap pumps stop germ spread in public washrooms.

How to Wash Your Hands

To keep safe from COVID-19, you should wash your hands often. You may have touched something that others have touched. This could be a door handle, railing, or countertop. Never touch your eyes, nose, or mouth. This is how COVID-19 enters the body. Washing your hands for at least 20 seconds with soap can kill COVID-19.

1. Use soap.

2. Wash each palm.

3. Wash the backs of each hand.

4. Wash between each finger.

5. Wash the base of each thumb.

6. Wash fingernails in each palm.

7. Rinse hands.

8. Dry hands.

Quiz

Test your knowledge of COVID-19 by answering the following questions. The questions are based on what you have read in this book. The answers are listed on the bottom of the next page.

1. What is used to make a virus look bigger?

2. How many kinds of coronaviruses can survive in humans?

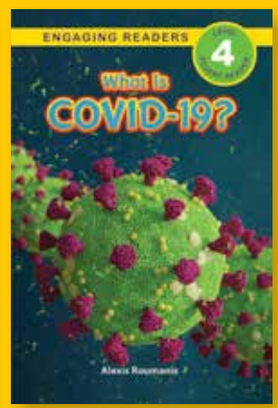
3. How far should people keep away from others?

4. What medicine is made to teach the body how to fight a virus?

5. What can be made with a 3D printer?

6. How long should people wash their hands with soap?

Explore other levels in the COVID-19 series.



Visit www.engagebooks.com to explore more Engaging Readers.

About the Author

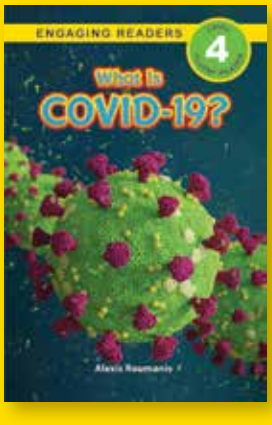
Alexis Roumanis graduated from Simon Fraser University's Master in Publishing program in 2009. Since then, he has edited hundreds of children's books, and written more than 100 educational books. His audience includes children in grades K-12 as well as university students. Alexis lives with his wife and three young boys in British Columbia, Canada. He enjoys the outdoors, reading a good book, and has a passion for learning new things.

Answers:
1. A microscope 2. Seven 3. 6 feet (2 meters) 4. A vaccine
5. Breathing masks 6. At least 20 seconds

What Is COVID-19?

COVID-19 has disrupted the lives of children around the world. Learning about the virus is an important way for children to do their part to keep everyone safe. In this level 2 reader, children will learn how COVID-19 spreads, and how to stop the spread of the virus. They will also learn how their actions are helping to keep hospitals from getting too busy. Included are step-by-step instructions on how children can properly wash their hands to kill a virus.

Explore other levels in the COVID-19 series!



LEVEL 1 Reading together

LEVEL 2 Reading with help

LEVEL 3 Reading independently

LEVEL 4 Fluent reader

Explore other books at:
WWW.ENGAGEBOOKS.COM

Cover design: A.R. Roumanis

ISBN 978-1-77437-293-7
90000
9 781774 372937