We're going to be O.K.

Tips & Advice by
Dr. Ebony Jade Hilton
& Dr. Leigh-Ann Webb

Illustrated by
Ashleigh Corrin Webb

Staying safe, healthy, and optimistic during the COVID-19 pandemic
We're going to be O.K.

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This book is dedicated to real life heroes around the world and the children we love.
“Beep! Beep! Beep!” rang the alarm clock. The smell of blueberry pancakes filled the house. Parker leaped out of bed. “Today is Show and Share Monday!” he said. All weekend he worked with his dad to make an erupting volcano experiment that he could not wait to show his class.
Parker rushed into the bathroom.

He brushed his teeth.

Combed his hair.

And he put on his favorite blue striped shirt.
He ran downstairs, excitedly.

But found his mom and dad still in their pajamas.
What's going on?
"Buddy, I've got some news," his dad said, "School is going to be closed for a while. There's a new virus causing people to get sick. It's called Coronavirus."

Let me get my lab coat. Doctor Mom has answers for you!
"There are other forms of coronavirus that have been around for a long time. They usually cause a cold, but this new version is super sneaky and has caused many people across the world to become sick," said Mom.

**Other names for the virus:**

**SARS-CoV-2**
Scientific name

**Coronavirus**
What your friends and the media may often call it.

**COVID-19**
How doctors describe the sickness.

CO (corona)
VI (virus)
D (disease)
19 (2019)
“Coronavirus germs live in people and on the things we touch with our hands, but there are simple things we can do to keep us safe!"

Here are some ways we can stay safe:

“Simple things like what?” Parker asked. “I’m scared.”
STAY SAFE

Wash your hands with soap and water for 20 seconds to remove all germs.

Cover your nose and mouth with a washable face mask or scarf.

Don't touch your hair or your face (even with gloves on).

Leave your shoes at the door.

Stand at least 6 feet away from other people when you're out in public.

Help keep your home clean.
STAY HEALTHY

Eat healthy snacks.

Exercise every day.
Run, skip, jump rope, bounce, or ride your bike!

Get plenty of rest every night.

Take walks outside with an adult.

Stay connected! Video chat with your family, friends, and teachers.

Practice positive self-talk. When you're feeling down, talk to someone you love. You can also journal or express yourself through art. Try to think about things that make you happy.

It's not my fault.

It's O.K. if things have to change for a while.

Try to think about things that make you happy.
Help others

Save extra water and food each week in case your neighbors get sick and need help.

If a neighbor becomes sick, cook them food to help them out until they feel better.

Send a card or email, and call your friends and family to check on them.

Find unique ways to celebrate friends on their birthdays.

Find creative ways to use your TIME and TALENTS to help brighten someone’s day.
Doctors, scientists, politicians, teachers, and many other essential workers are working like SUPERHEROES to keep us healthy, safe, and secure.
And our family, neighbors, friends, and the whole country will stay in our homes to stop the virus from spreading until it's safe again.
And if you do your part, you can be a hero, too!
I know that no matter what happens, we’re in this together!

We’re going to be O.K.
TODAY I FEEL
Share how you're feeling. Draw a face showing how you feel today and write about it.
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<th>CREATE AN 'I GET TO' LIST</th>
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<td><strong>Wear my Halloween costume all day.</strong></td>
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**PRINT ME!**
FREE RESOURCES

White House, CDC, and FEMA
https://www.coronavirus.gov/

Centers for Disease Control

World Health Organization
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

Psychology Tools
https://www.psychologytools.com/%20psychological-resources-for-coronavirus-covid-19/

The Wellness Society
https://thewellnesssociety.org/free-coronavirus-%20anxiety-workbook/

Goodstock Consulting
https://www.goodstockconsulting.com/resources

The Get-Well Company
https://www.thegetwellcompany.com/community-resources

A LITTLE ABOUT US...

Ashleigh Corrin Webb is a 2020 Ezra Jack Keats award-winning illustrator and designer who keeps service at the heart of her work. She is a multi-passionate creator interested in the story, the people, and the purpose behind her projects.
www.ashleighcorrin.com

Dr. Leigh-Ann Webb is a board certified Emergency Medicine physician fighting to keep us safe from COVID-19 in Charlottesville, VA. She is specifically interested in outreach to vulnerable communities during the COVID-19 pandemic.
www.thegetwellcompany.com

Dr. Ebony Jade Hilton is a double board certified Anesthesiologist and Critical Care physician working in Charlottesville, VA. She has been a passionate advocate for ending health disparities in communities of color both before and during the COVID-19 pandemic.
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