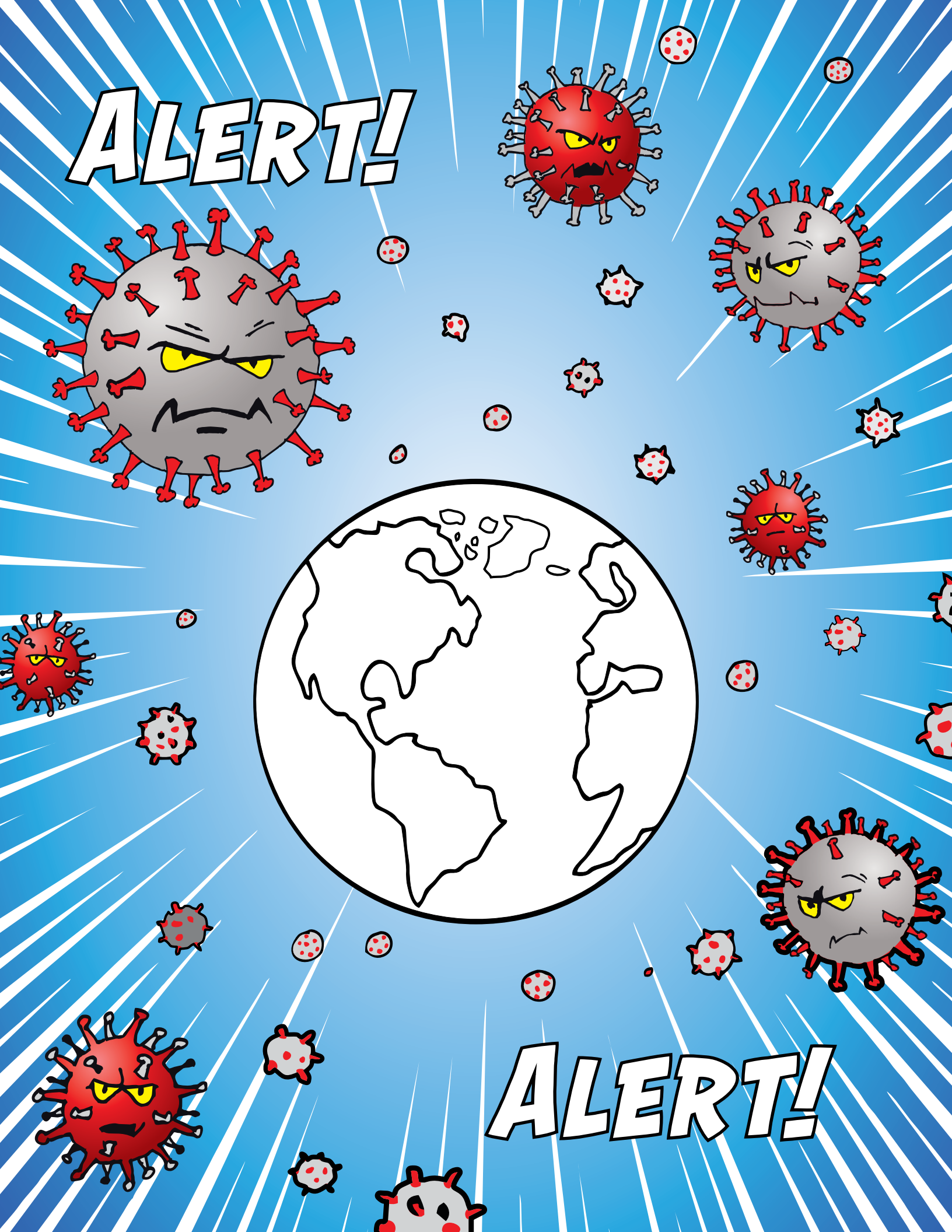




ACTIVITY BOOK

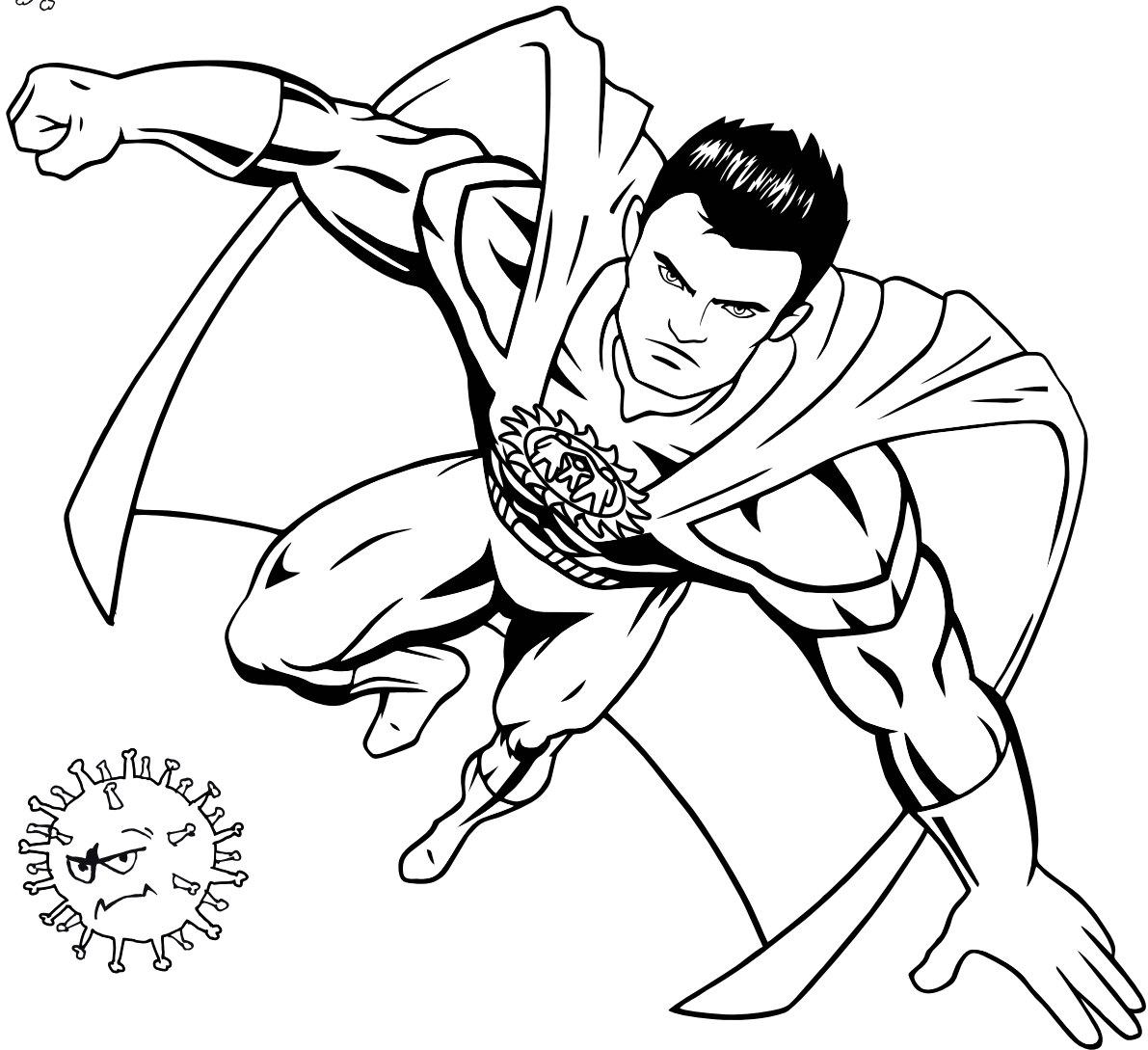
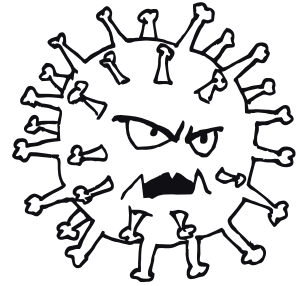
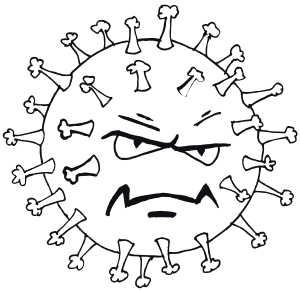


ALERT!



ALERT!

COVID-19 IS INVADING
THE EARTH



CAPTAIN EMPATH NEEDS
YOUR HELP TO STOP IT

WHAT IS COVID-19?

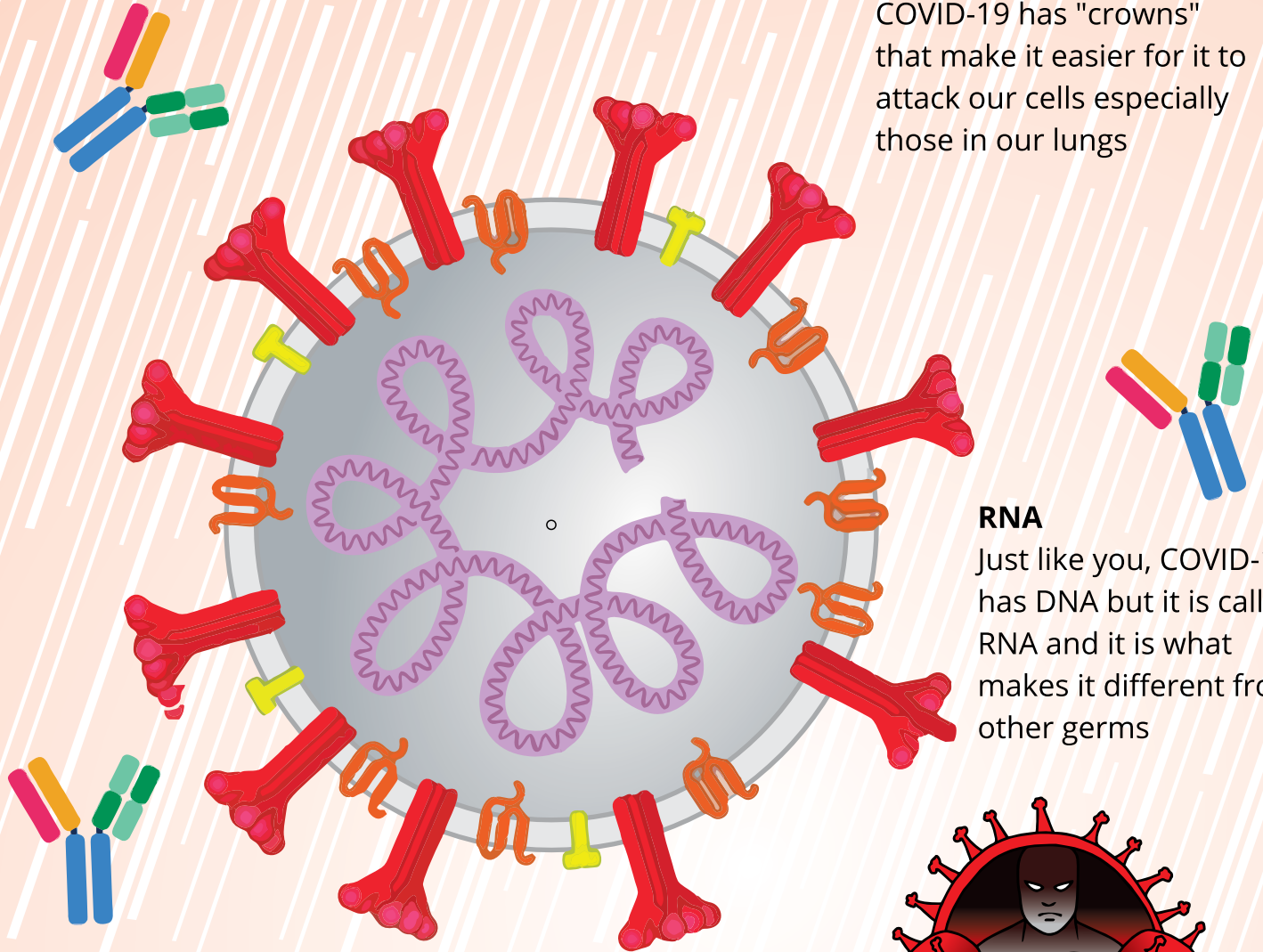
COVID-19 stands for COrona VIrus Disease-19

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

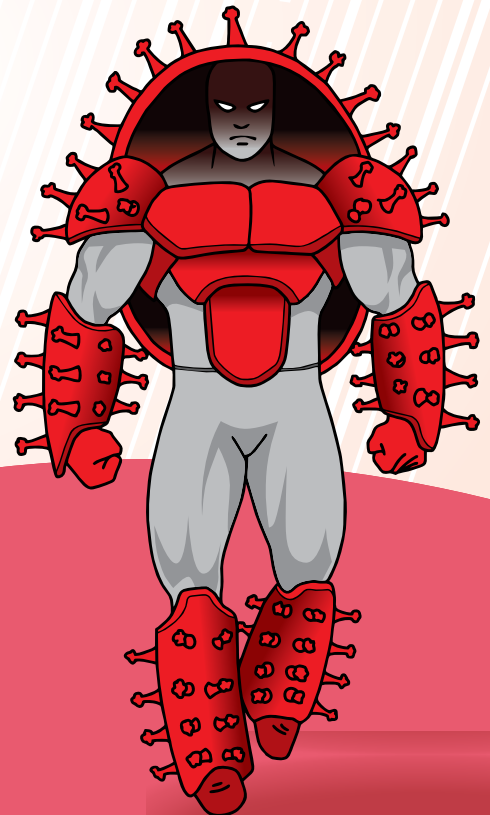


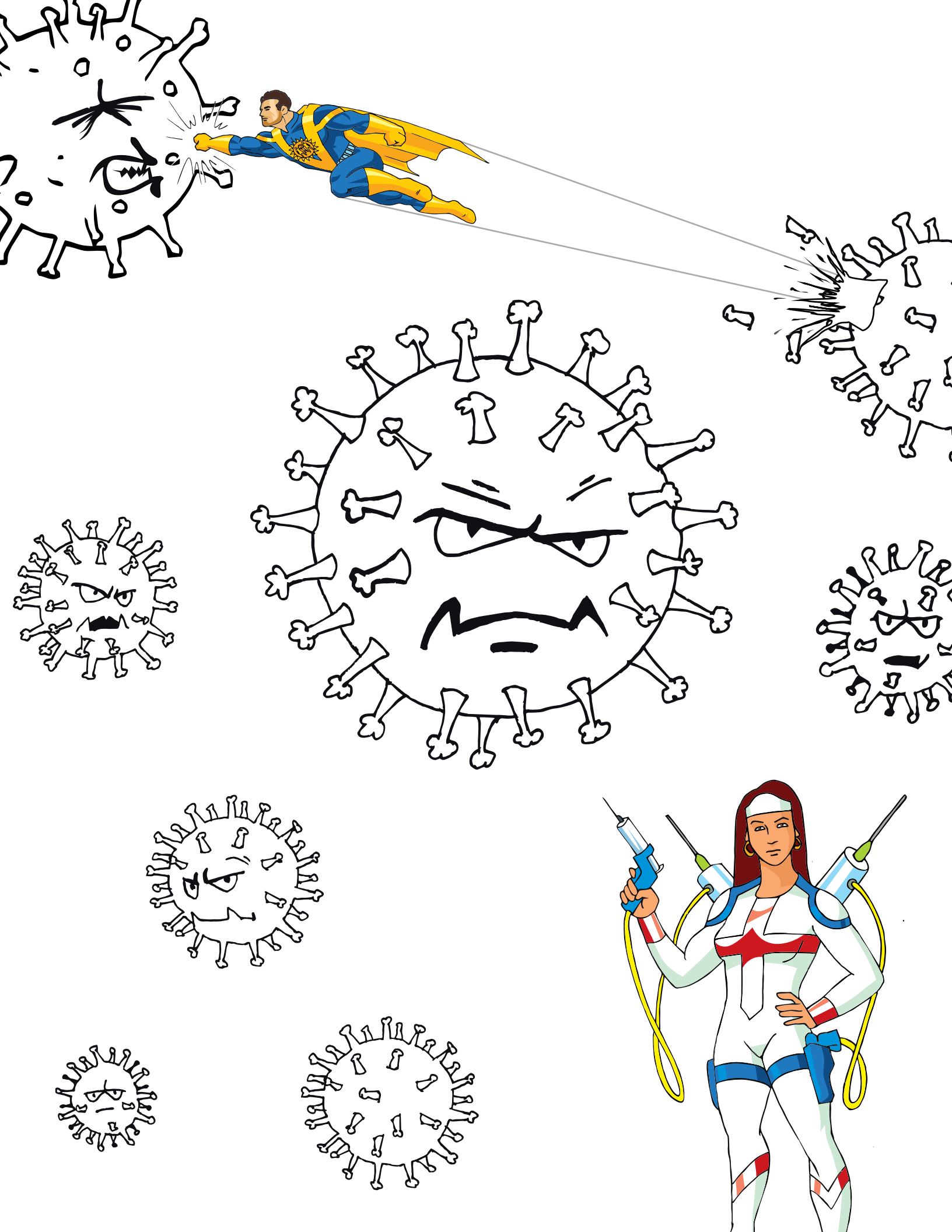
RNA

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

Antibodies

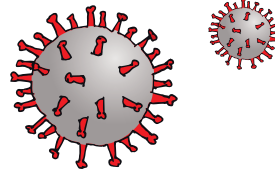
These are superheroes that fight COVID-19 until it is gone from our bodies





COVID-19 CAN SPREAD PERSON TO PERSON

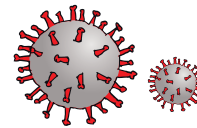
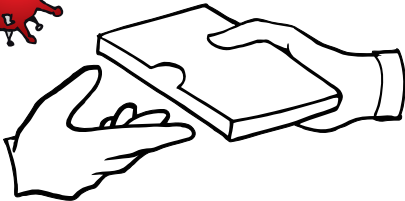
Draw a line to match each picture with the correct word.



Cough



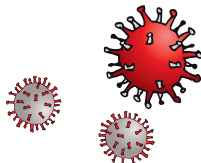
**Direct
Contact**



Sneeze

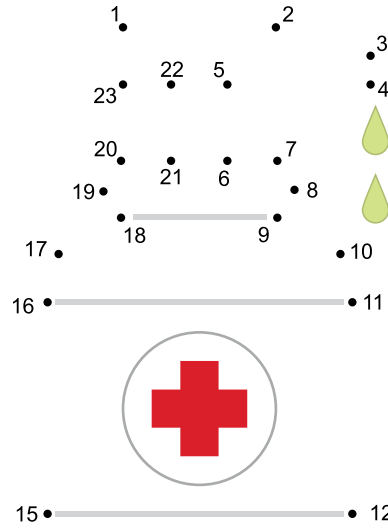


**Indirect
Contact**



WE NEED TO STOP THE SPREAD

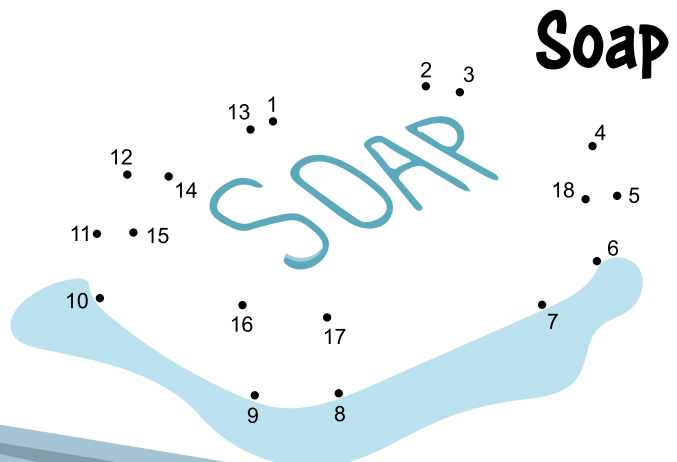
Connect the dots to build your weapons against COVID-19



**Hand
Sanitizer**



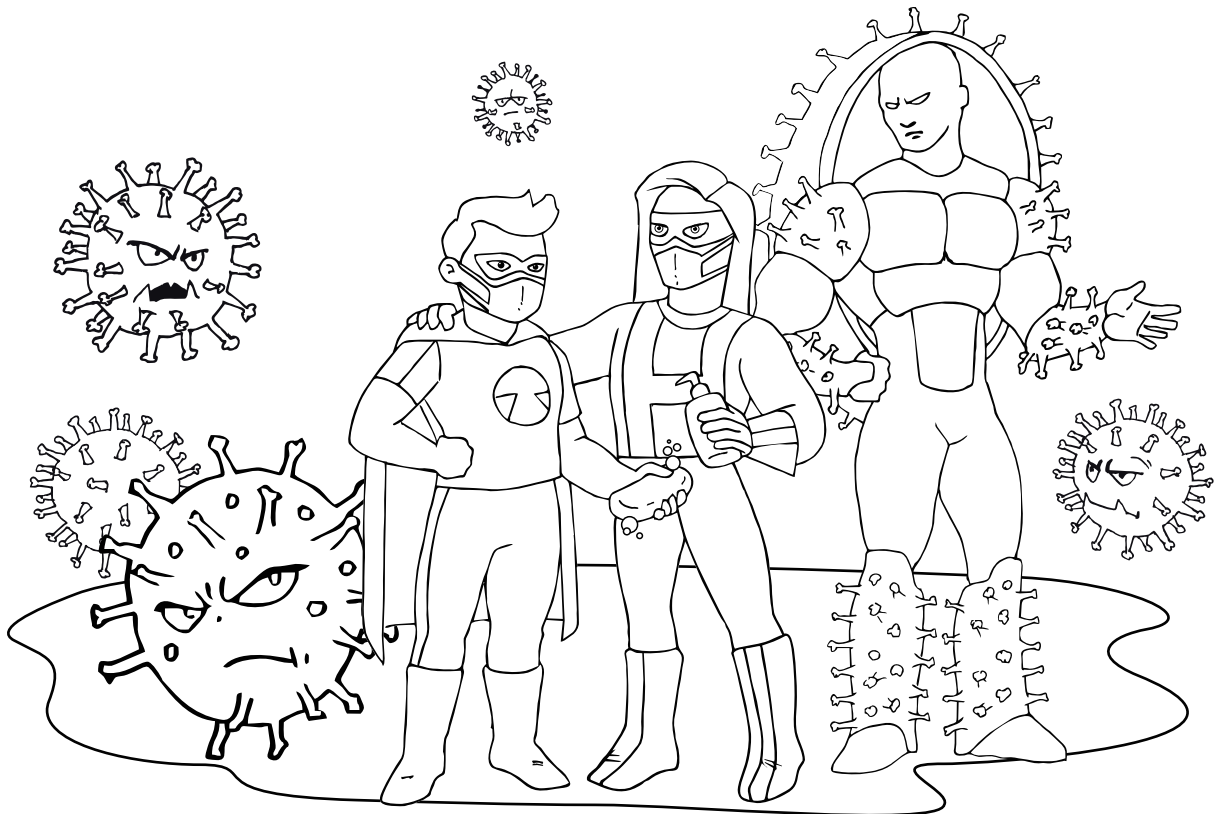
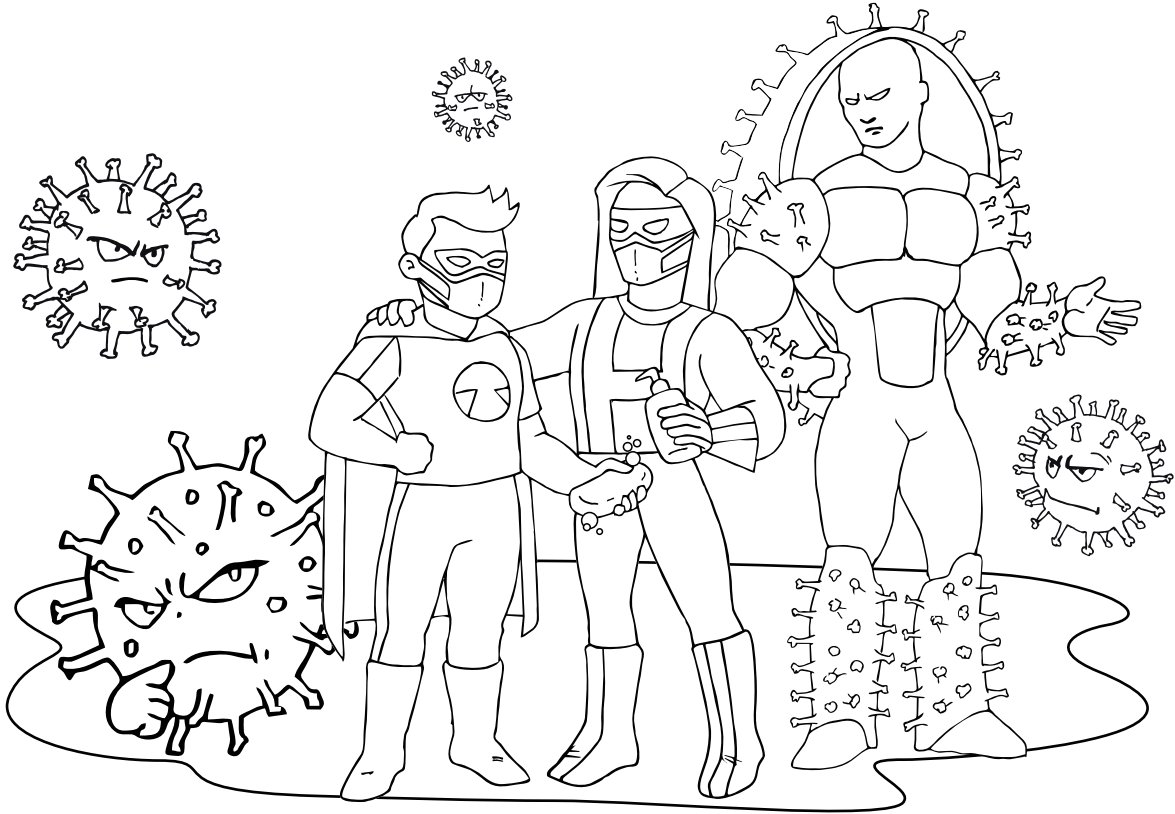
Mask



Soap

FIND THE DIFFERENCES

Can you spot the 9 differences in the pictures below?

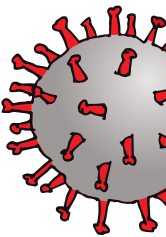


LOOK OUT FOR SYMPTOMS

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

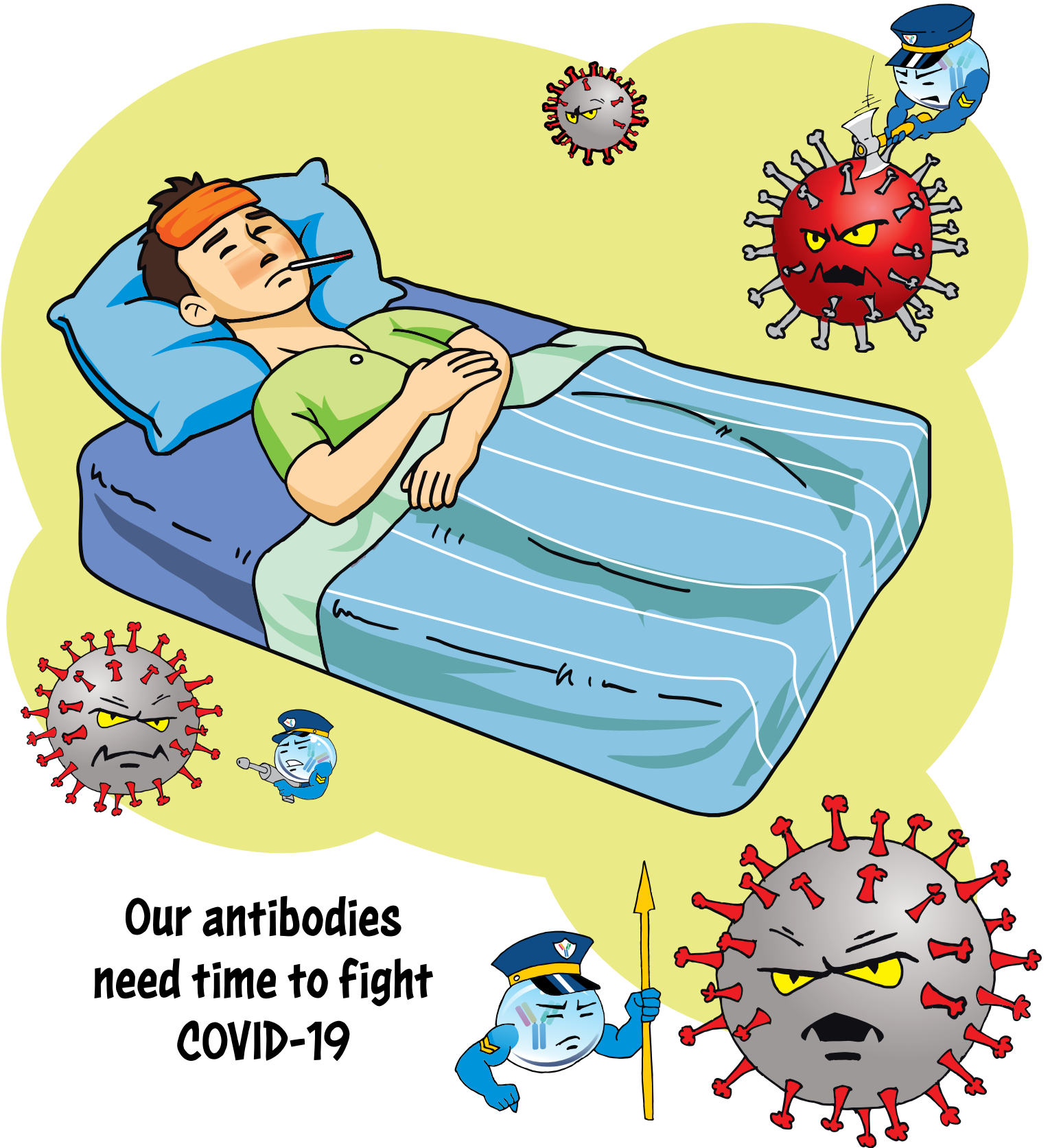
Vomiting

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



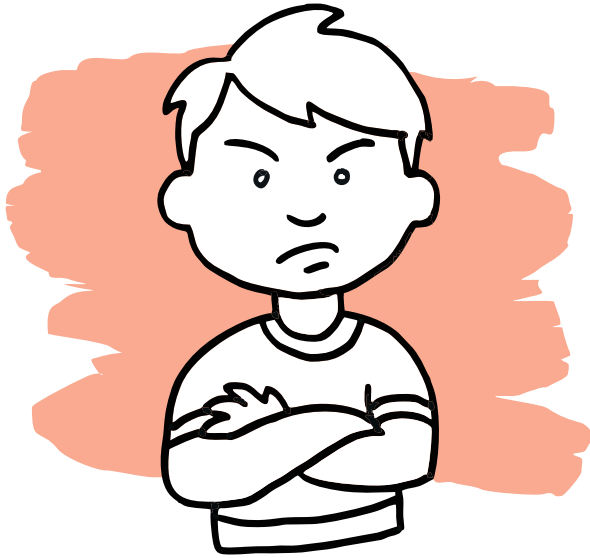
ANGRY



HAPPY



HOW IS OSCAR FEELING?



Oscar is not allowed to visit his friend.

He is feeling:



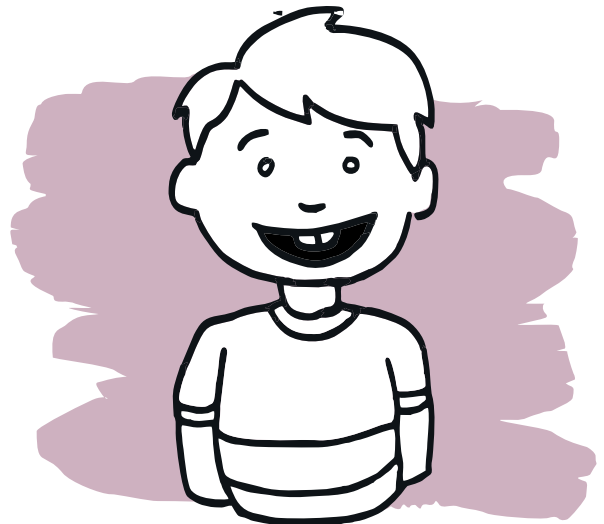
Oscar's teacher has COVID-19.

He is feeling:



Oscar's aunt is not feeling well.

He is feeling:



Oscar's school is finally open.

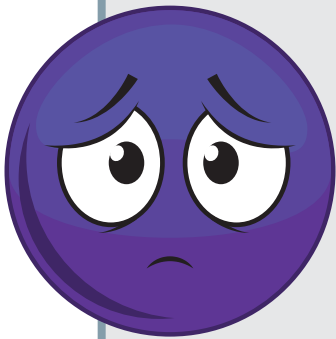
He is feeling:

HOW ARE YOU FEELING?

Circle how you feel:



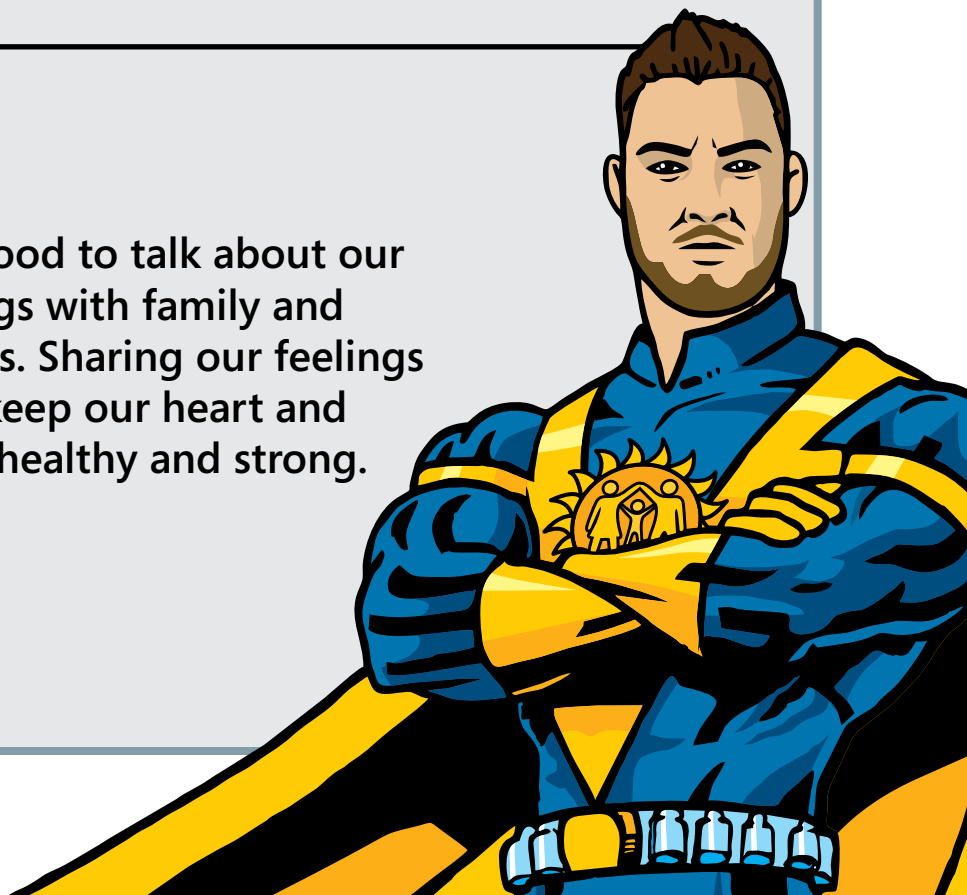
Draw how you feel:



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.





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

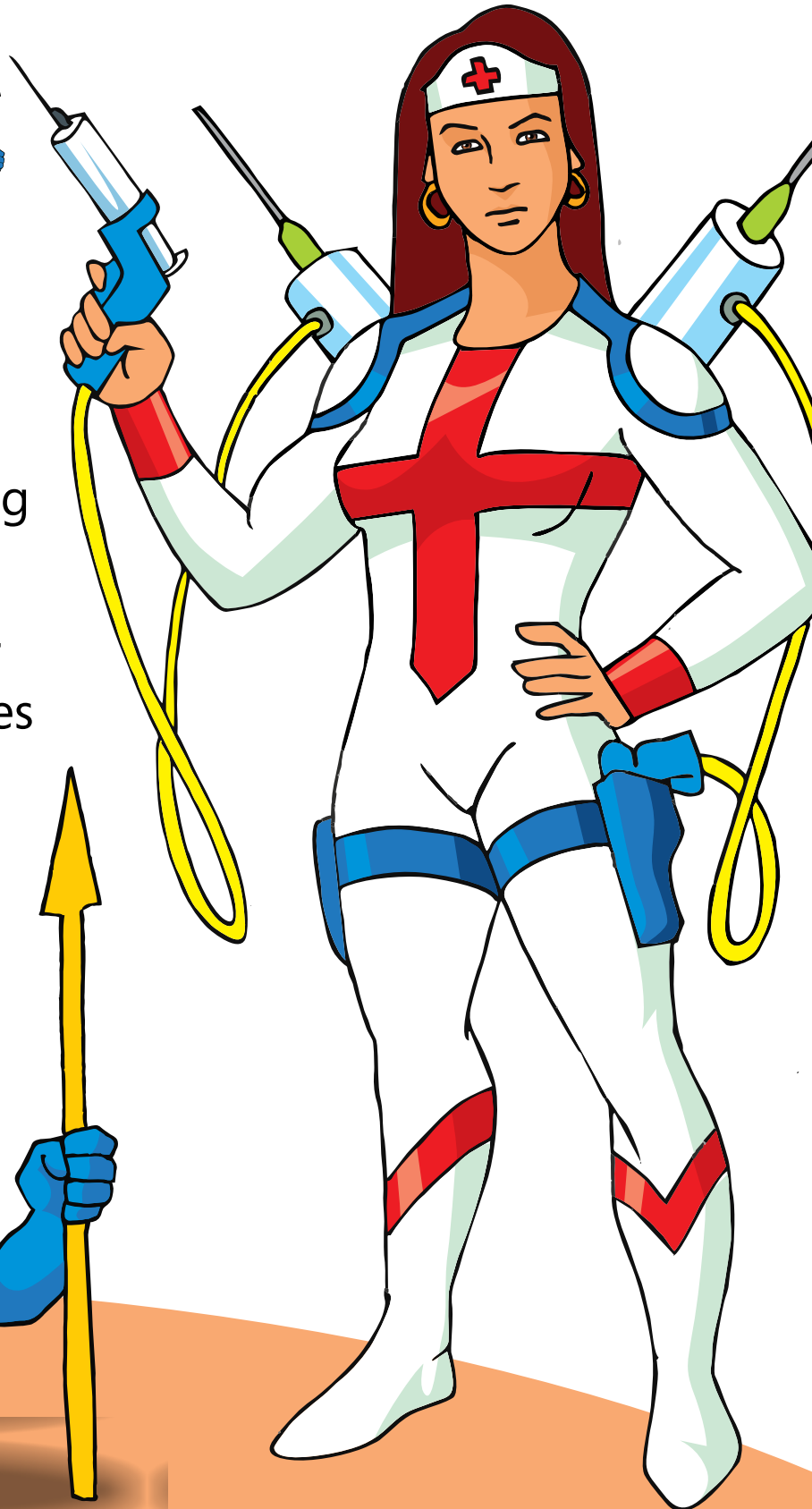


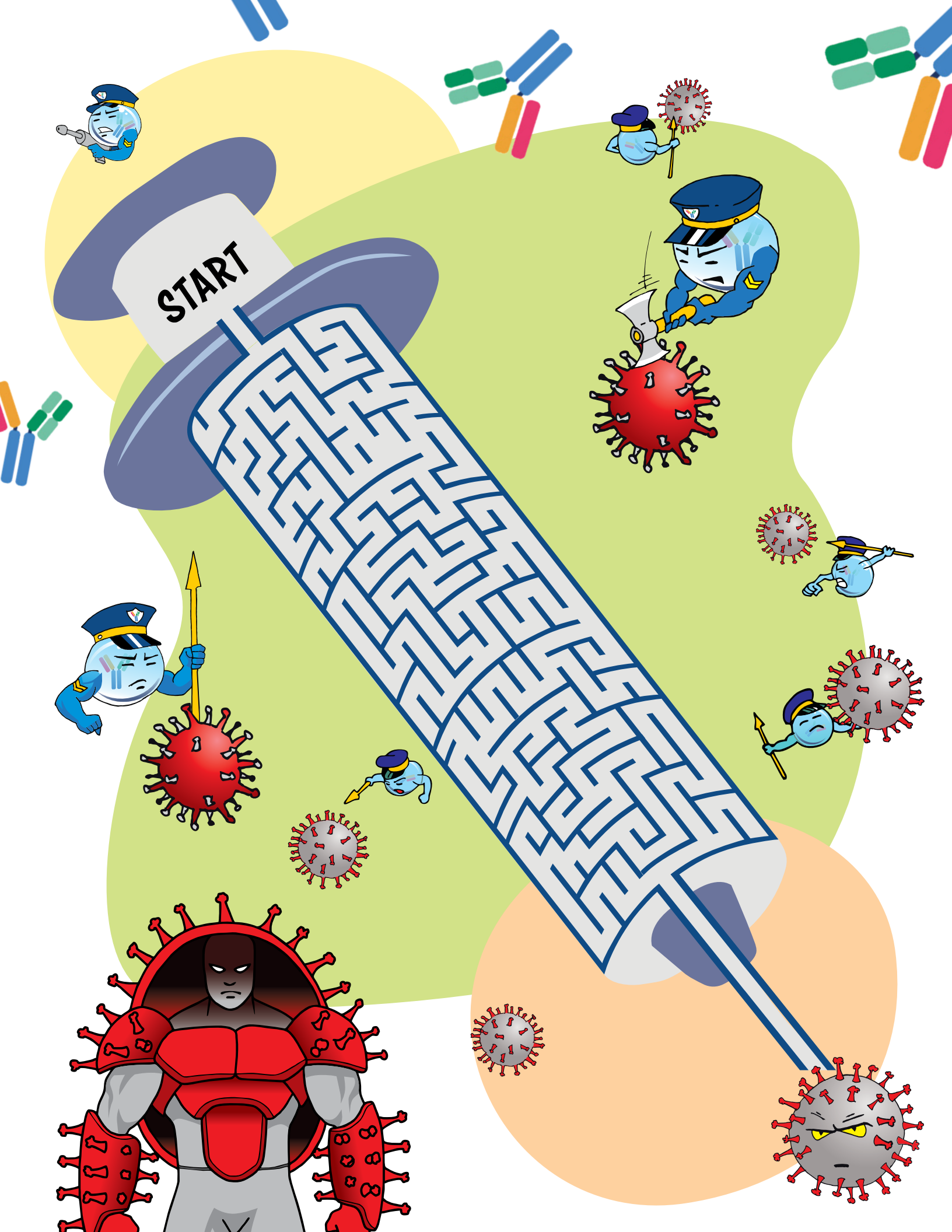
VACCINES ARE HERE TO HELP



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.







TIME TO POWER UP!

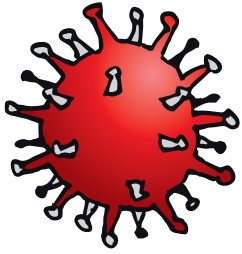


LET'S HELP OTHERS



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





TEST YOUR KNOWLEDGE



Word Bank

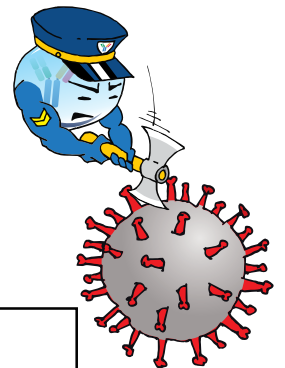
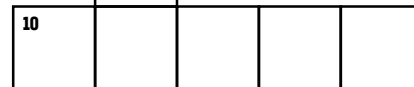
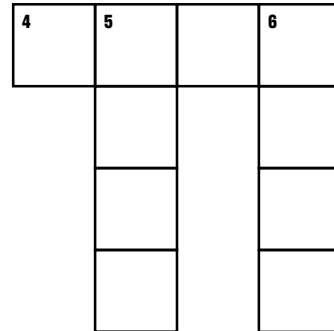
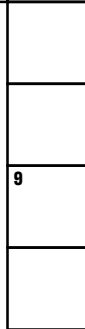
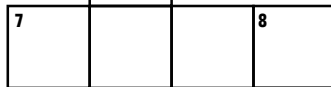
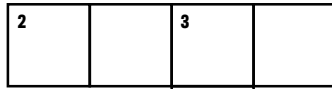
Mask	Mouth	Antibodies
Free	Fever	Card
Safe	Tired	Vaccine
Germ		

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.

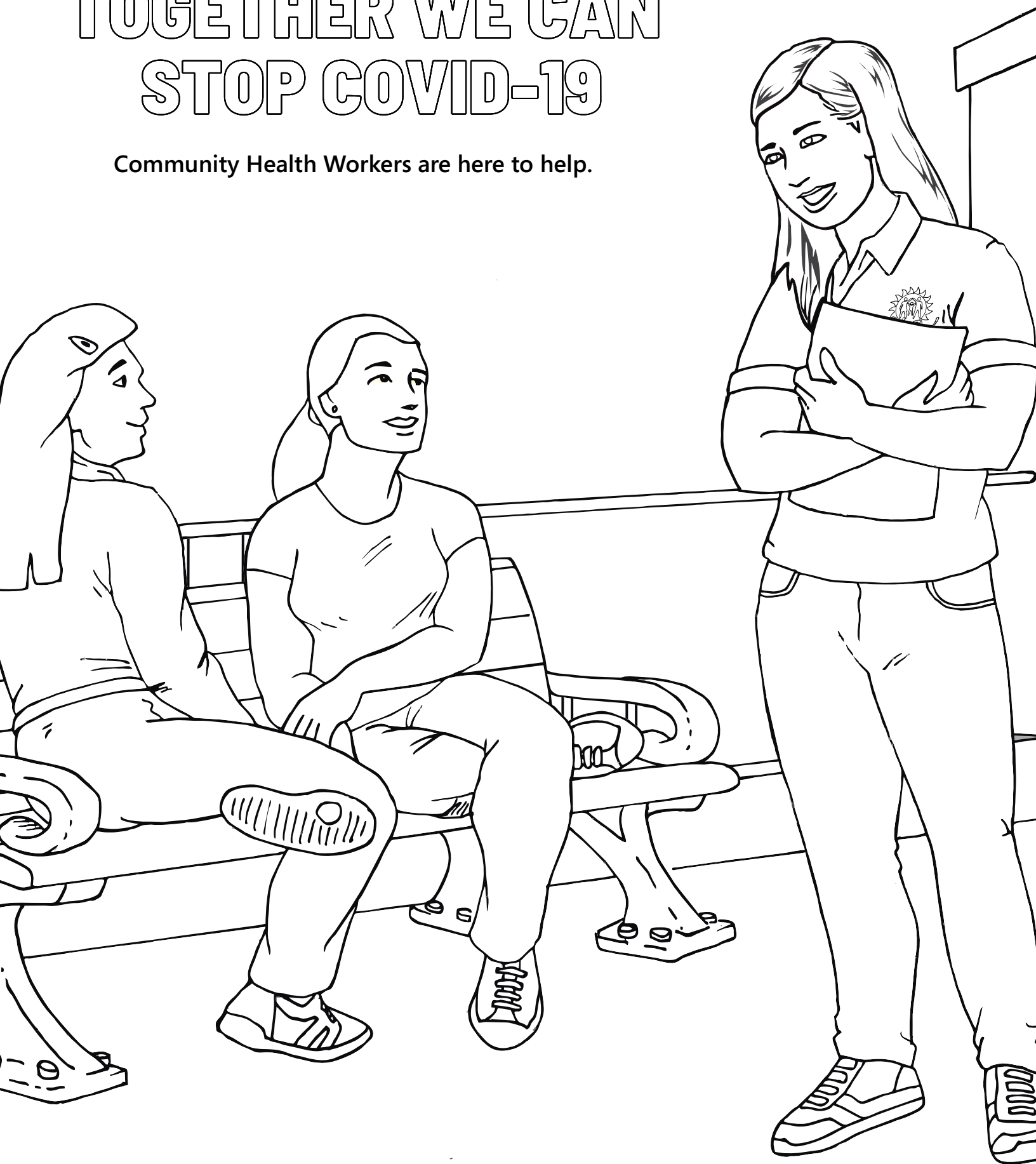
Across

- 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.



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.**



@ELSOLNEC

