ABGS ABGS OF CORONAVIRUS

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IS FOR "ARM." IN ORDER ORDER TO KEEP YOU AND YOUR FRIENDS SAFE, MAKE SURE TO STAY TWO ARM LENGTHS, OR SIX FEET APART.



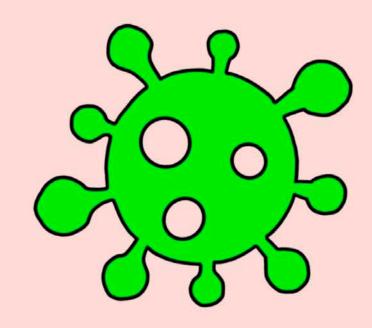


IS FOR "BREATHING." THE CORONAVIRUS GOES FROM ONE PERSON TO ANOTHER WHEN WE BREATHE OUT OR BREATHE IN.





IS FOR "CORONAVIRUS." THIS IS THE NAME FOR THE DISEASE THAT IS MAKING PEOPLE SICK. THE WORD "CORONA" MEANS "CROWN."

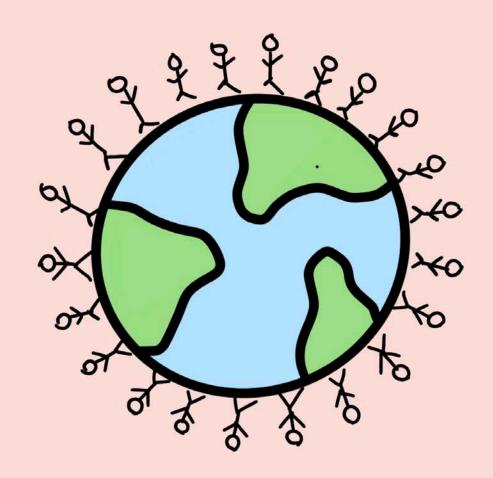




IS FOR "DISTANCING." SOCIAL DISTANCING IS WHEN YOU AVOID GOING TO CROWDED PLACES. THIS MEANS STAYING HOME FROM SCHOOL OR WORK, AND IT WILL HELP TO STOP THE CORONAVIRUS.



IS FOR "EVERYONE." IN ORDER FOR SOCIAL DISTANCING TO WORK, IT'S IMPORTANT FOR EVERYONE TO PARTICIPATE. IF YOU SEE SOMEONE WHO IS NOT SOCIAL DISTANCING, TELL THEM WHY IT'S IMPORTANT.





IS FOR "FRONT—LINE WORKERS." THERE ARE LOTS OF BRAVE PEOPLE SUCH AS DOCTORS, NURSES AND CASHIERS, WHO ARE DOING THEIR JOBS TO HELP PEOPLE. THEY ARE HEROES WHOM WE SHOULD CELEBRATE.



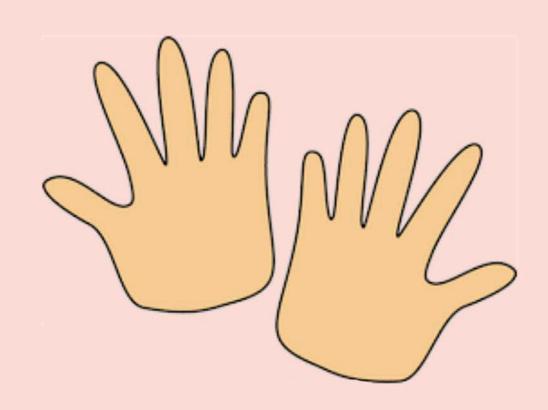


IS FOR "GOVERNOR." IN A TIME LIKE THIS, IT'S
IMPORTANT THAT WE HAVE GOOD PEOPLE LEADING
OUR COMMUNITIES. THE GOVERNOR OF CALIFORNIA,
GAVIN NEWSOM, IS WORKING TO KEEP US SAFE AND
HEALTHY.

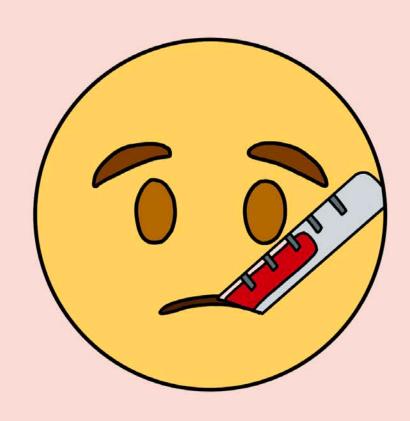




IS FOR "HANDS." ONE OF THE BEST WAYS TO STOP THE SPREAD OF CORONAVIRUS IS TO WASH YOUR HANDS. REMEMBER TO USE SOAP AND WATER AND SCRUB FOR TWENTY SECONDS!



IS FOR "ILLNESS." CORONAVIRUS IS AN ILLNESS, WHICH MEANS THAT IT MAKES PEOPLE FEEL SICK. SOME PEOPLE WITH CORONAVIRUS WILL HAVE A FEVER AND A COUGH, WHILE OTHERS MIGHT HAVE A TUMMY ACHE.

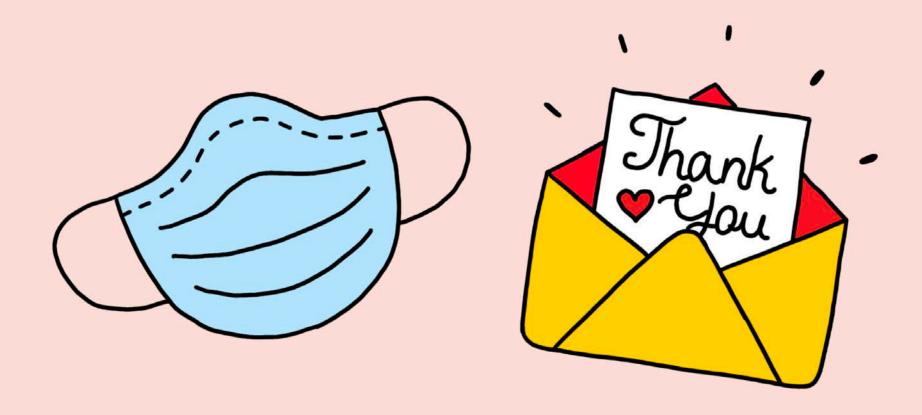


IS FOR "JUSTICE." JUSTICE MEANS THAT EVERYONE IS TREATED FAIRLY. ESPECIALLY DURING SCARY TIMES LIKE THIS, WE NEED TO TREAT EVERYONE WITH RESPECT, NO MATTER THEIR SKIN COLOR, THEIR LANGUAGE OR RELIGION.

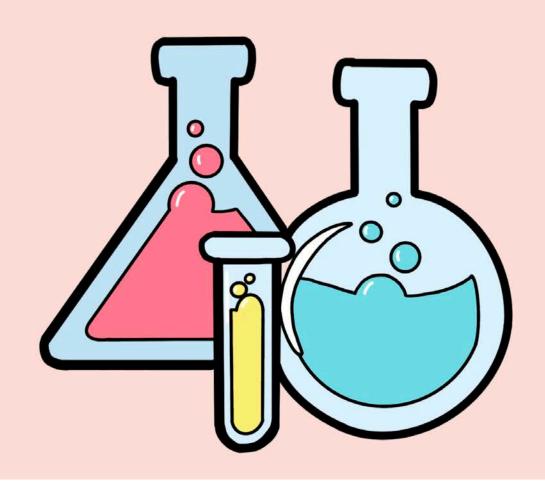


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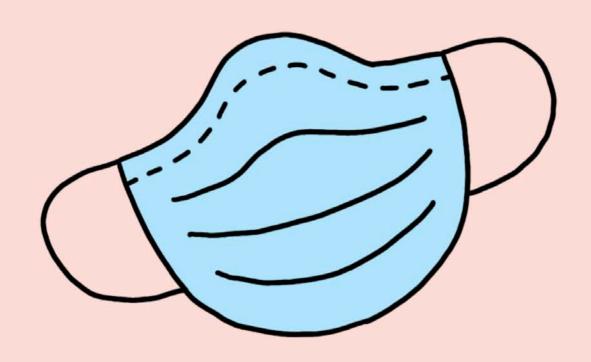
IS FOR "KINDNESS." IT IS ALSO IMPORTANT TO BE KIND AND HELP OTHERS DURING THIS TIME. EVEN IF YOU ARE A KID, YOU CAN HELP! FOR EXAMPLE, YOU CAN TRY MAKING MASKS FOR HOSPITALS, WRITING CARDS OR DONATING TO FOOD BANKS!



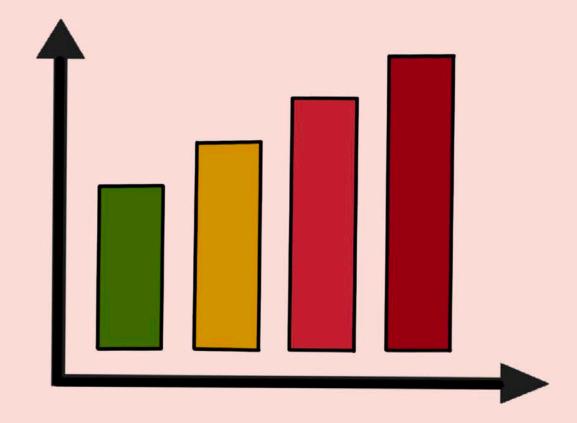
IS FOR "LAB." SCIENTISTS WORK IN A LAB, WHERE THEY STUDY THE CORONAVIRUS AND TRY TO FIGURE OUT HOW TO CURE IT. LIKE FRONT—LINE WORKERS, SCIENTISTS ARE HEROES!



IS FOR "MASKS." IF YOU GO OUTSIDE, IT IS VERY IMPORTANT TO WEAR A MASK. MASKS KEEP US FROM SPREADING OR CATCHING GERMS.



IS FOR "NUMBERS." NUMBERS CAN HELP US UNDERSTAND THINGS BETTER. FOR EXAMPLE, THERE ARE OVER 13 MILLION PEOPLE WHO HAVE GOTTEN CORONAVIRUS. THAT'S A LOT OF PEOPLE.



IS FOR "ONLINE." ONLINE MEANS ON THE INTERNET OR ON THE COMPUTER. IN ORDER TO BE SAFE, YOUR PARENTS MIGHT BE WORKING ONLINE.



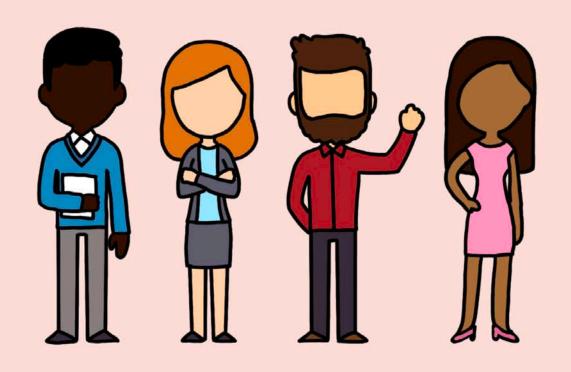


IS FOR "PANDEMIC." A PANDEMIC IS WHEN A DISEASE SPREADS ACROSS AN ENTIRE COUNTRY OR EVEN THE WHOLE WORLD. THE CORONAVIRUS HAS CAUSED A PANDEMIC.





IS FOR "QUARANTINE." MANY YEARS AGO, QUARANTINE LASTED FOR EXACTLY FORTY DAYS.





IS FOR "REPORTERS." REPORTERS ARE WRITERS WHO WORK FOR NEWSPAPERS, LIKE THE NEW YORK TIMES. REPORTERS KEEP US INFORMED ABOUT THE CORONAVIRUS.



IS FOR "SANITIZER." USING HAND SANITIZER IS ALSO A GOOD WAY TO PREVENT THE SPREAD OF GERMS. IT CAN DESTROY THE CORONAVIRUS.

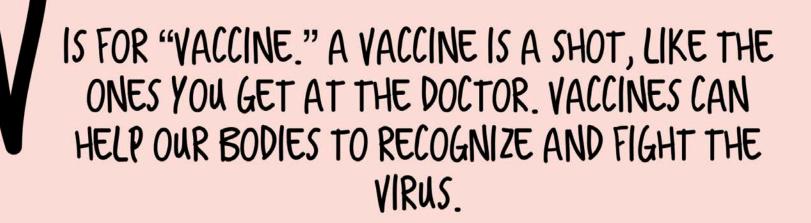


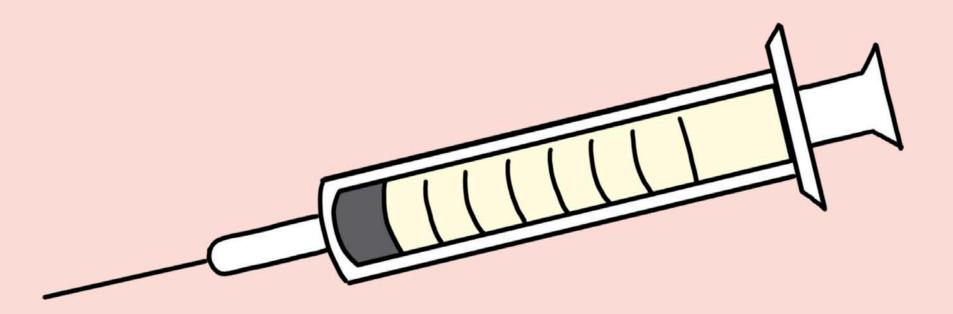
IS FOR "TESTING." IF YOU FEEL SICK, IT'S IMPORTANT TO GET TESTED FOR CORONAVIRUS. THIS WILL HELP TO STOP THE SPREAD OF THE DISEASE.



IS FOR "UNHAPPY." SINCE WE ARE AT HOME AND CAN'T SEE OUR FRIENDS, WE CAN SOMETIMES FEEL UNHAPPY. IT'S OKAY TO FEEL SAD OR WORRIED, AND OUR PARENTS AND TEACHERS CAN HELP US WITH THESE FEELINGS.





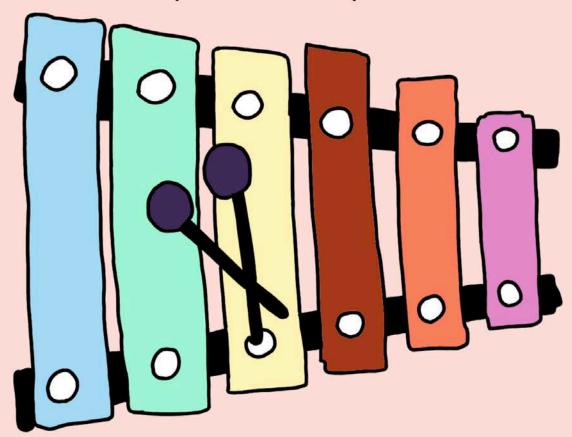




IS FOR "WORLD." CORONAVIRUS IS AFFECTING PEOPLE ALL AROUND THE WORLD.



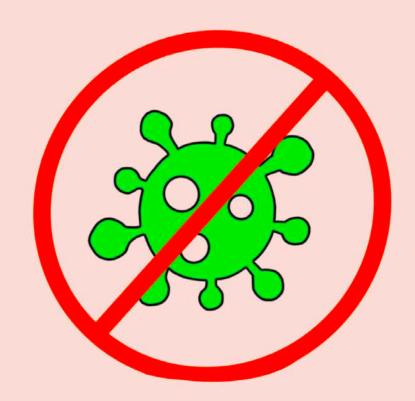
IS FOR "XYLOPHONE." A XYLOPHONE IS AN INSTRUMENT THAT IS FUN TO PLAY. WHILE YOU ARE STUCK AT HOME, YOU CAN LEARN SOMETHING NEW! FOR EXAMPLE, YOU CAN LEARN TO PLAY AN INSTRUMENT, RIDE A BIKE, OR GROW A GARDEN.



IS FOR "YOU." BELIEVE IT OR NOT, IT'S UP TO YOU TO STOP THIS PANDEMIC, WHICH REMINDS US...



IS FOR "ZERO." SOMEDAY WE HOPE THAT THERE WILL
BE ZERO CASES OF CORONAVIRUS. UNTIL THEN, YOU
CAN DO A LOT TO HELP! MAKE SURE TO WASH YOUR
HANDS AND WEAR A MASK! AND DON'T FORGET TO
THANK ALL OF THE BRAYE PEOPLE WHO ARE WORKING
HARD TO KEEP OUR WORLD SAFE AND HEALTHY!



STAY SAFE, STAY HEALTHY & THE END!

ABOUT THE AUTHORS



Sophia Nesamoney is a rising sophomore at Stanford University. She has a strong passion for creative writing and is interested in pursuing human biology.



Sean Nesamoney is a rising sophomore at Menlo Highschool. Sean enjoys programming and digital design. When away from computers, Sean enjoys singing and music production.