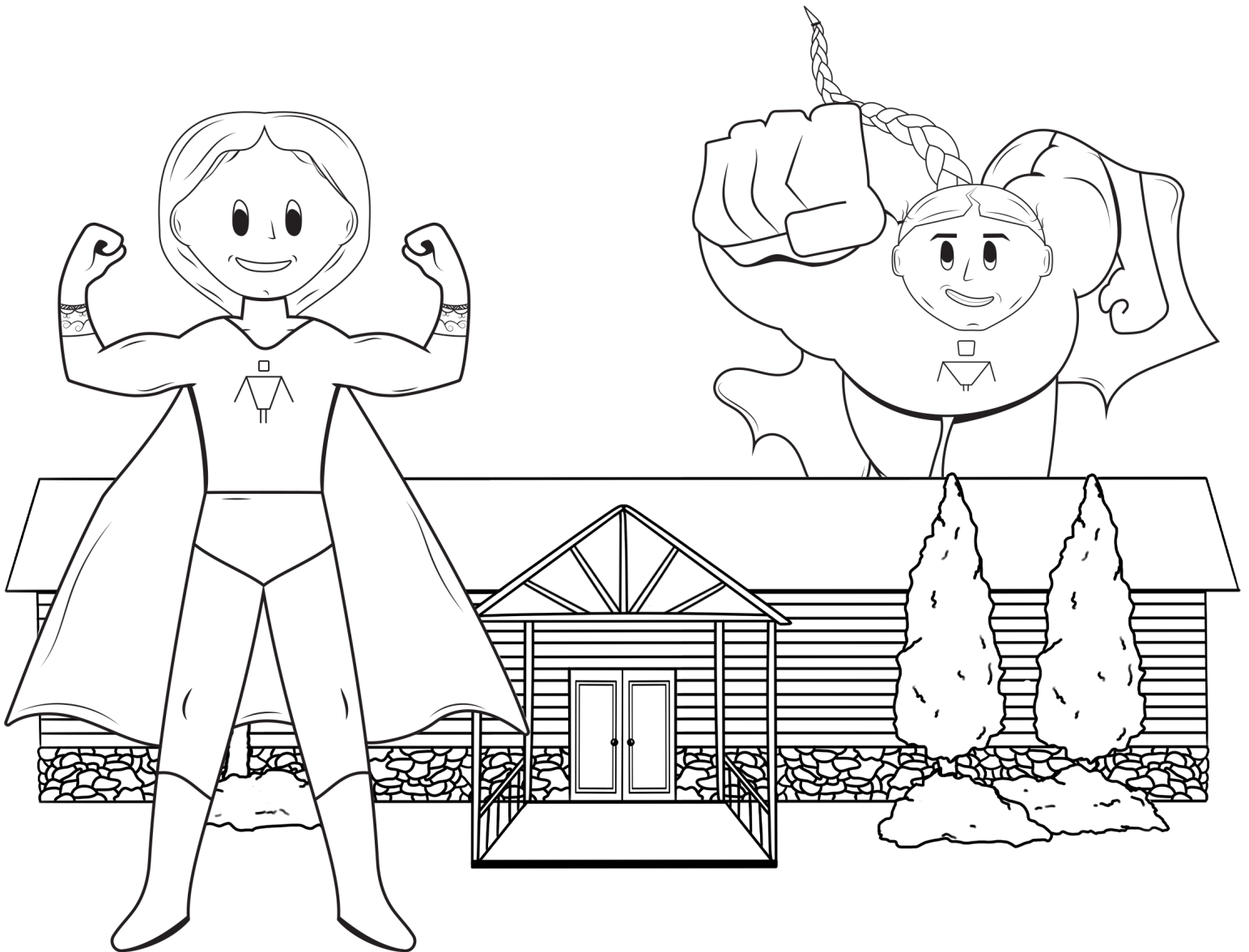


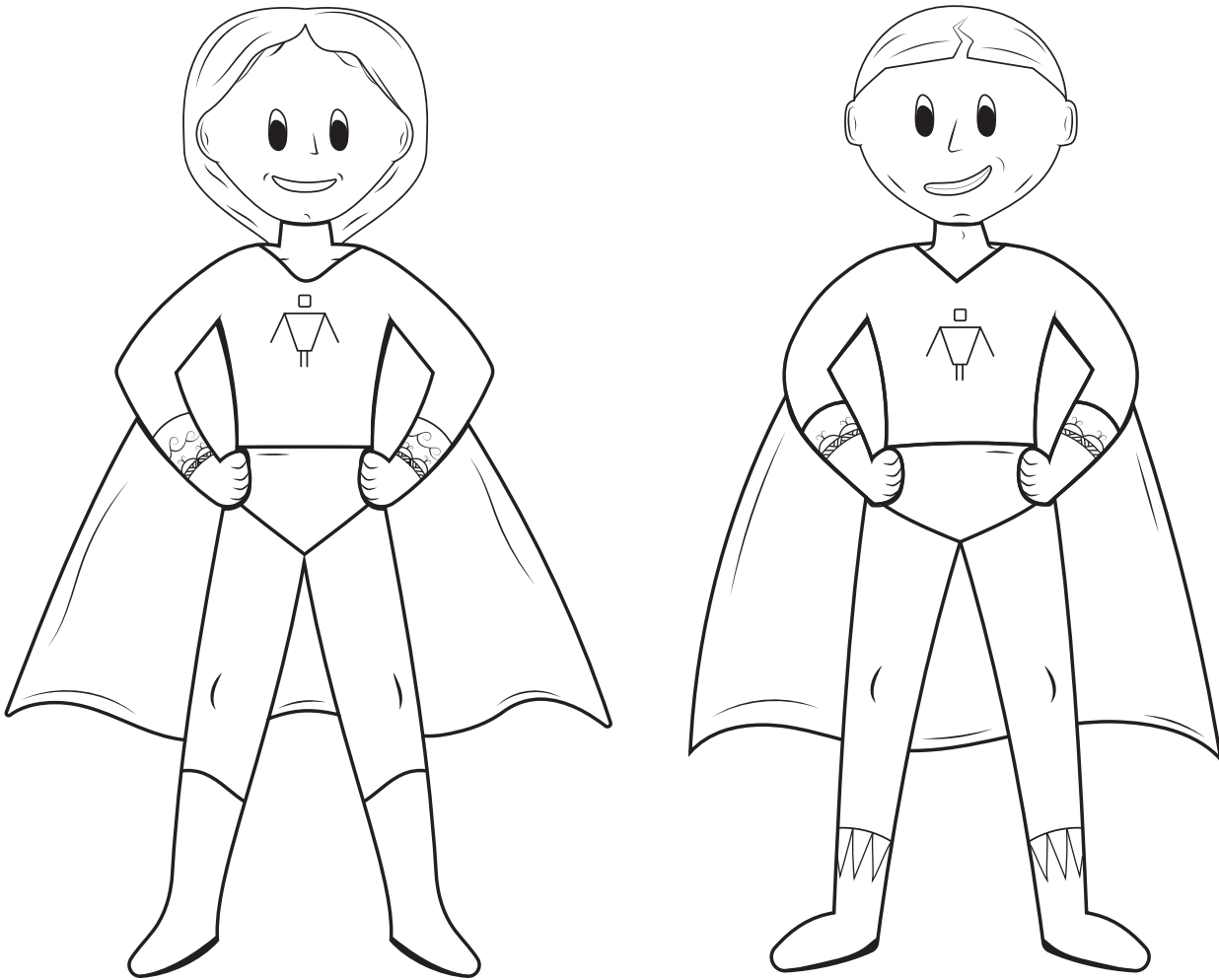
Onondaga Health Outreach Presents

COVID-19 Coloring Book



Introducing

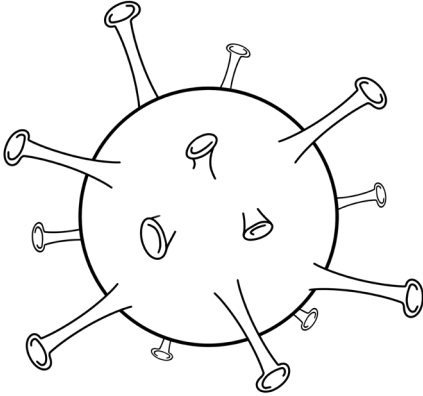
Tina & Bryant!



Nya:weñha Skä:ñoñh!

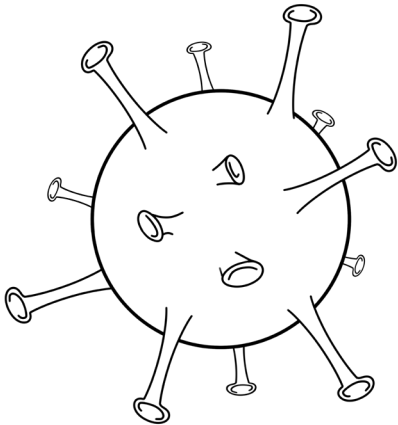
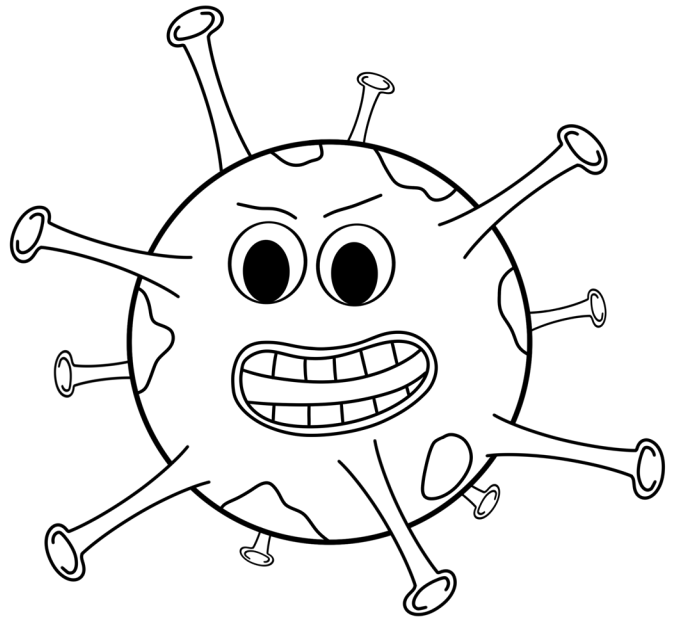
We're Tina and Bryant and we are here to help you protect yourself and others against COVID-19. Together, we'll explore fun ways to keep germs away and discover how to be superheroes in our own community. Let's color, learn, and stay healthy together!

What is COVID-19?



COVID-19, also called the Coronavirus, is a type of virus that can make you feel sick.

Getting COVID-19 can feel like having a cold or the flu. You might get a fever, feel tired, cough, or have trouble breathing.



If you feel like you're getting sick, be mindful and stay home to protect others.

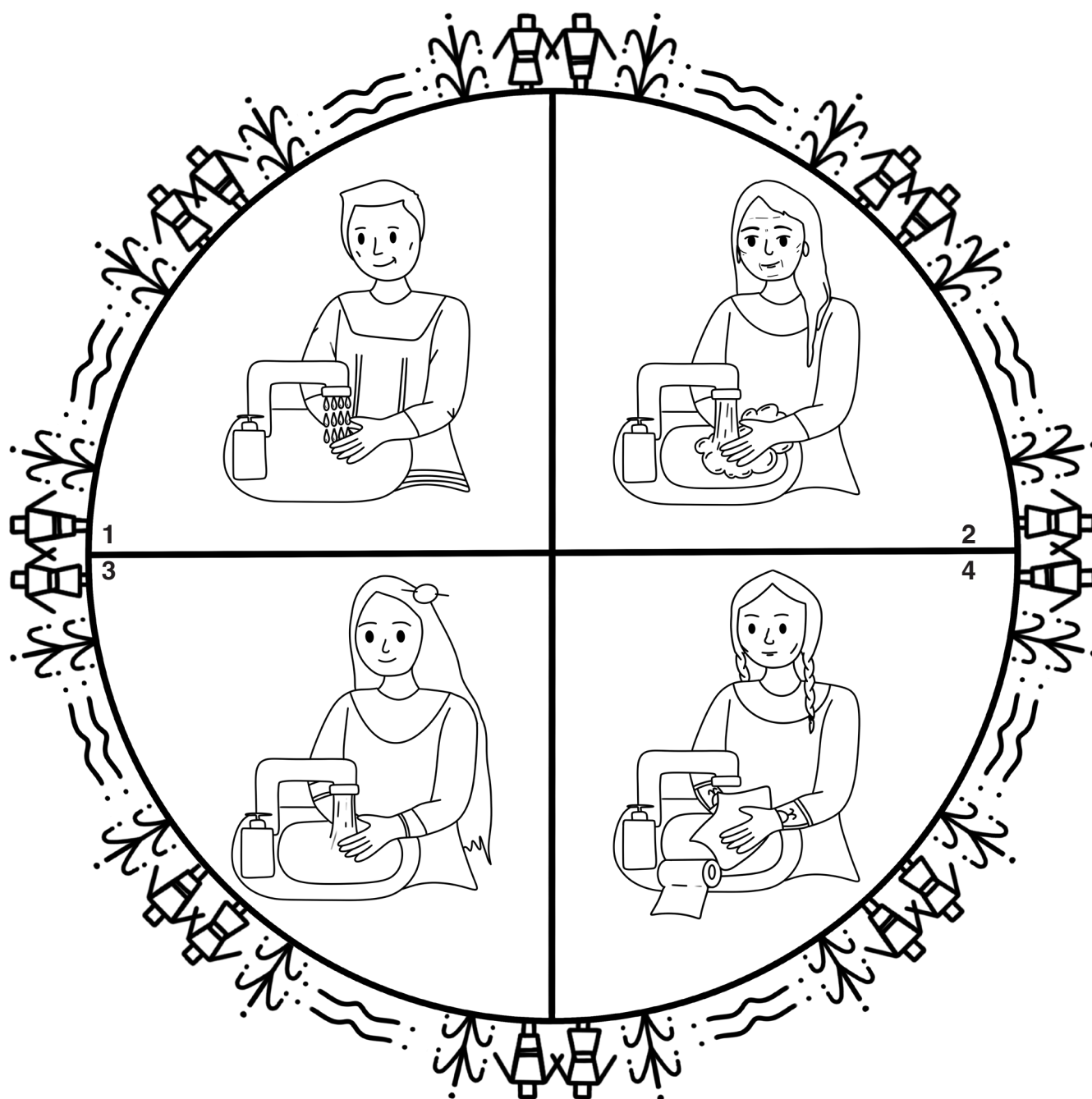
How to Protect Yo

Wash Your Hands

By washing your hands, you are able to help stop the spread of COVID-19.

Here are 4 easy steps you can follow yourself:

1. Under **warm water**, get your hands wet and soapy.
2. Rub your hands together, making sure to **scrub** your palms, the backs of your hands, in between your fingers, and even under your fingernails!
3. Make sure to **wash** for at least 20 seconds.
4. **Dry** your hands well with a towel.



yourself and others

Cover Your Coughs and Sneezes

Covering your coughs and sneezes helps to keep germs out of the air which protects others.



Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the **garbage**.



If you don't have a tissue, cough or sneeze into the crook of your elbow. **Not your hands.**

Always **wash** your hands with soap and warm water after. **Dry** your hands well with a towel.



Word Search

Look for the COVID-19 words hidden in the puzzle. The words can go across, up and down, or diagonally! Use the word list to help you. Circle or color each word when you find it. Have fun and see how many words you can spot!

T W K S Q Y T H V Q N U W N N
S F W A S H H A N D S L B U I
I P R O T E C T E S B Y K G T
C B D A Z V W G S Z L P G N I
K H A N D S A N I T I Z E R S
D I M D R J H I C J N C R S S
O L A C G Q N X O C C N O O U
C A S O J F U H M V O N G A E
T H K V D V R E M D S U S P J
O K Q I G T S A U F R A G E V
R Q Y D U O E L N A K Z T H F
G I K P T B D T I Z Z S M T S
V I R U S E J H T E J M D O V
B P V K T J K Y Y D D O G U P
Y M P S A F E T Y S N E E Z E

hand sanitizer

wash hands

healthy

virus

protect

community

tissue

sick

sneeze

doctor

covid

soap

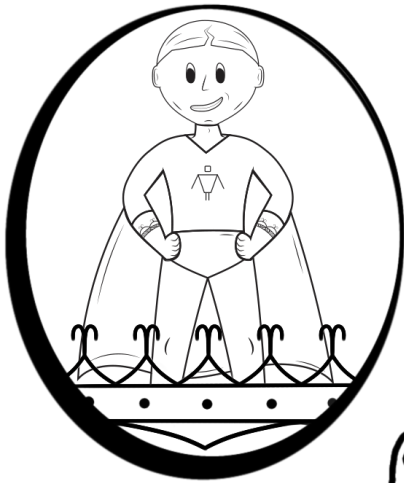
safety

nurse

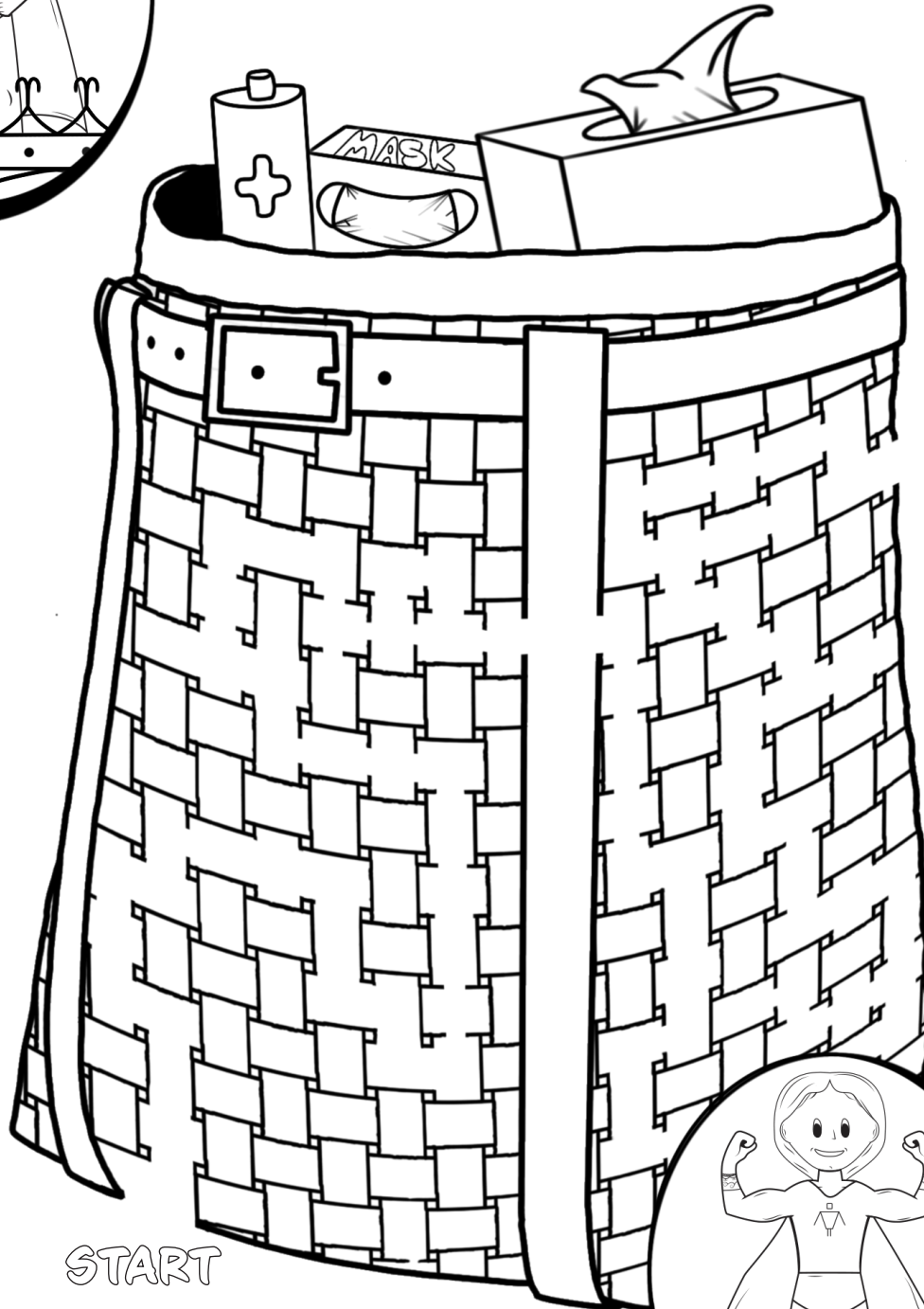
cough

mask

Maze

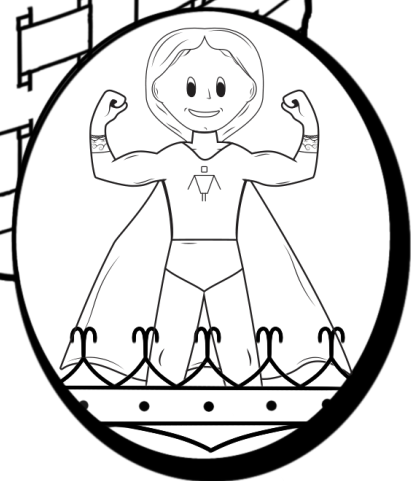


Find your way through the maze to the COVID-19 toolkit! The toolkit has important items like tissues, masks, and hand sanitizer. Use a pencil or your finger to trace your way from “Start” to “Finish.” Stay safe and have fun!



FINISH

START





By learning about COVID-19, you can better protect your family and community. Remember to wash your hands, cover your coughs and sneezes, be mindful of others, and stay home if you feel sick!

Nyawewñha!