

DOCTORS'
TIPS
INSIDE

PRINTABLE PAGES INSIDE!

We're going to be **O.K.**!



Tips & Advice by
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Illustrated by
Ashleigh Corrin Webb

Staying safe, healthy, and optimistic during the COVID-19 pandemic

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We're going to be **OK!**

Illustrated by Ashleigh Corrin Webb

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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.**"

WHAT'S 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.



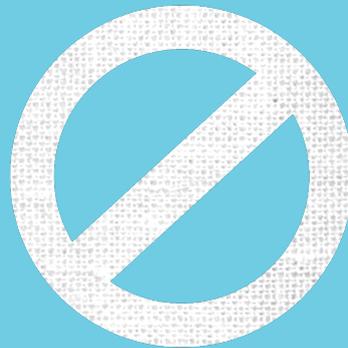
Stand at least 6 feet away from other people when you're out in public.



Leave your shoes at the door.



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



Help keep your home clean.



STAY HEALTHY

Eat healthy snacks.



Exercise every day.



Run, skip, jump rope, bounce, or ride your bike!

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.

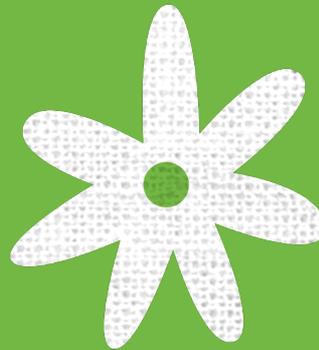
It's not my fault.

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

Get plenty of rest every night.



Take walks outside with an adult.



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



PRINT ME!

HELP OTHERS

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

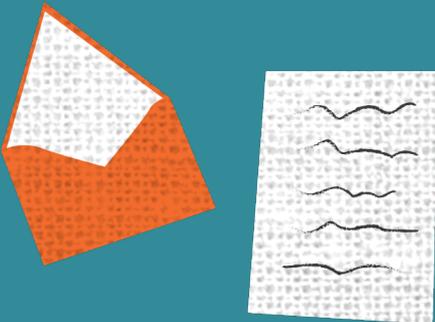


If a neighbor becomes sick, cook them food to help them out until they feel better.

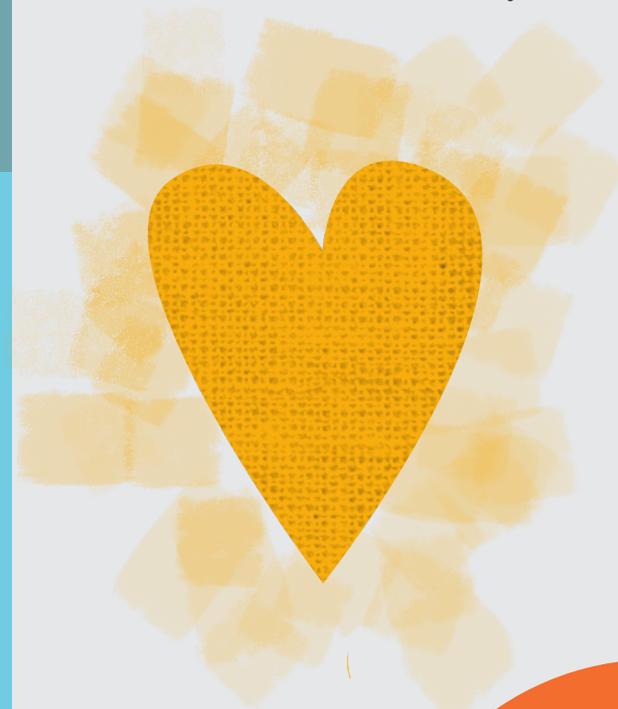
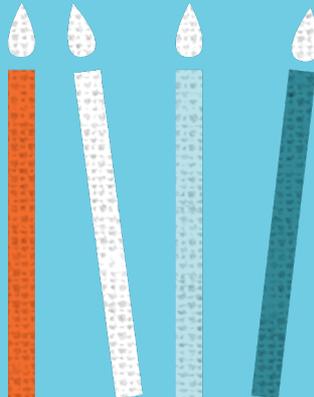


Find creative ways to use your **TIME** and **TALENTS** to help brighten someone's day.

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



Find unique ways to celebrate friends on their birthdays.



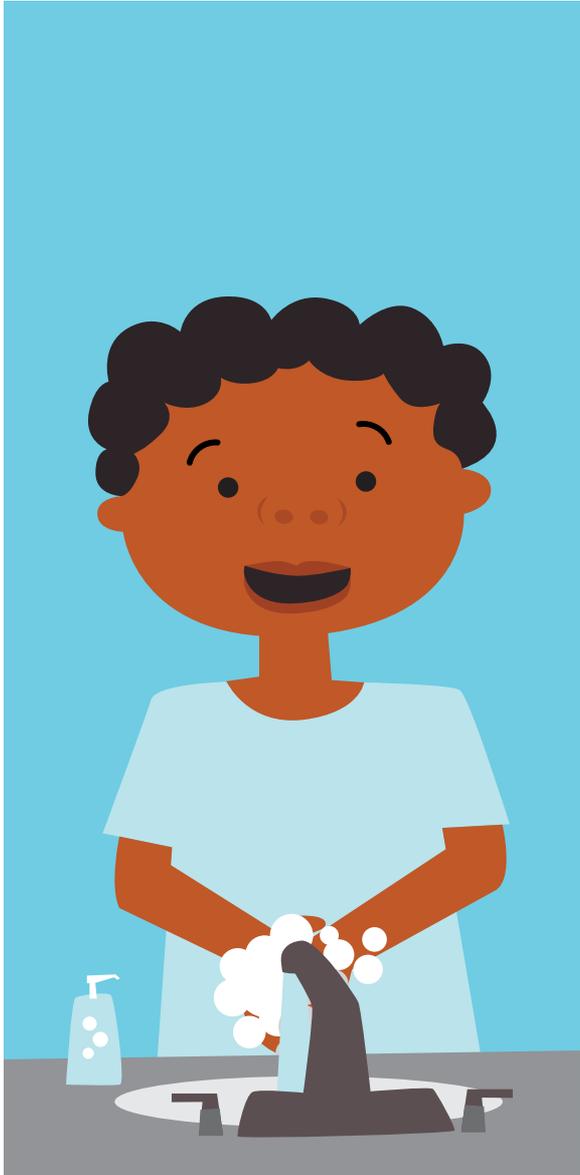
Doctors, scientists, politicians, teachers, and many other essential workers are working like SUPERHEROES to keep us healthy, safe, and secure.



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!



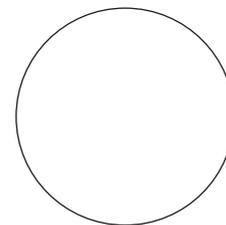
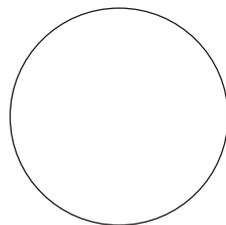
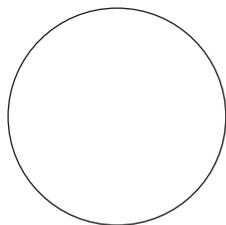
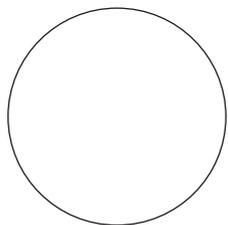
I know that no matter what happens, we're in this together!

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.





FREE RESOURCES

White House, CDC, and FEMA

<https://www.coronavirus.gov/>

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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.

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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.

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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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