

My COVID-19 Pandemic Picture Journal



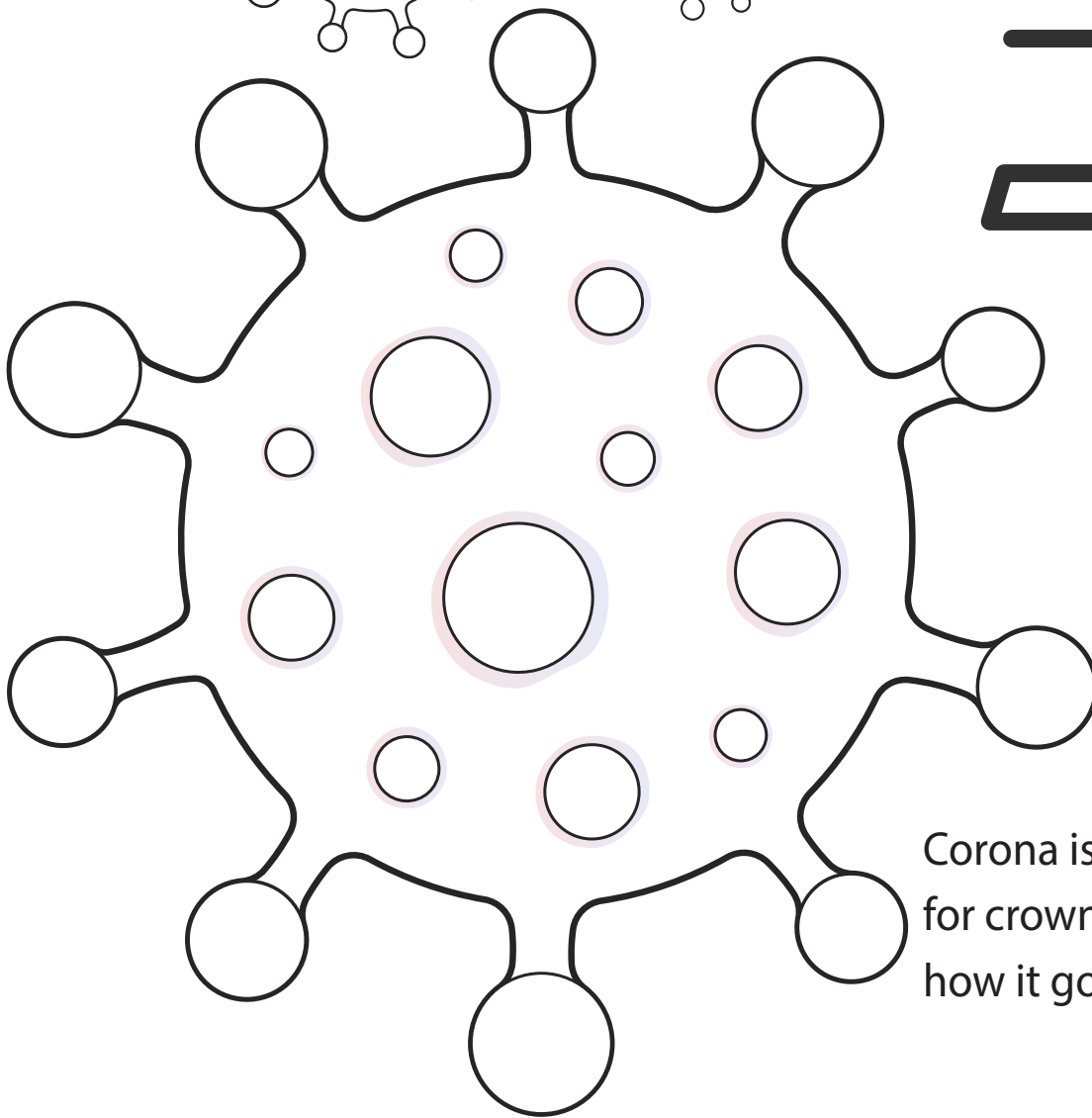
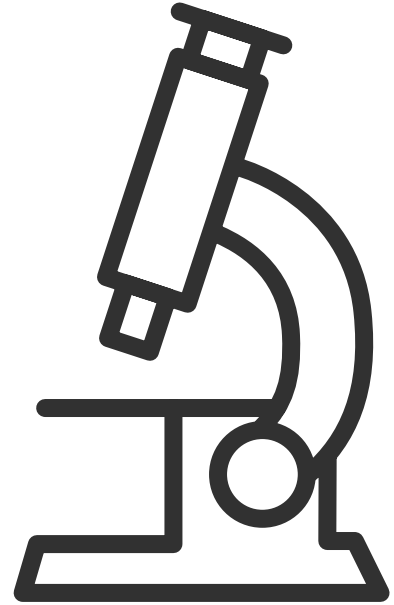
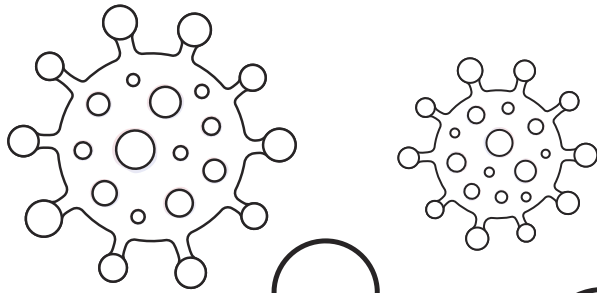
This is a picture of my family and I.

By _____

April 2020

What is COVID-19?

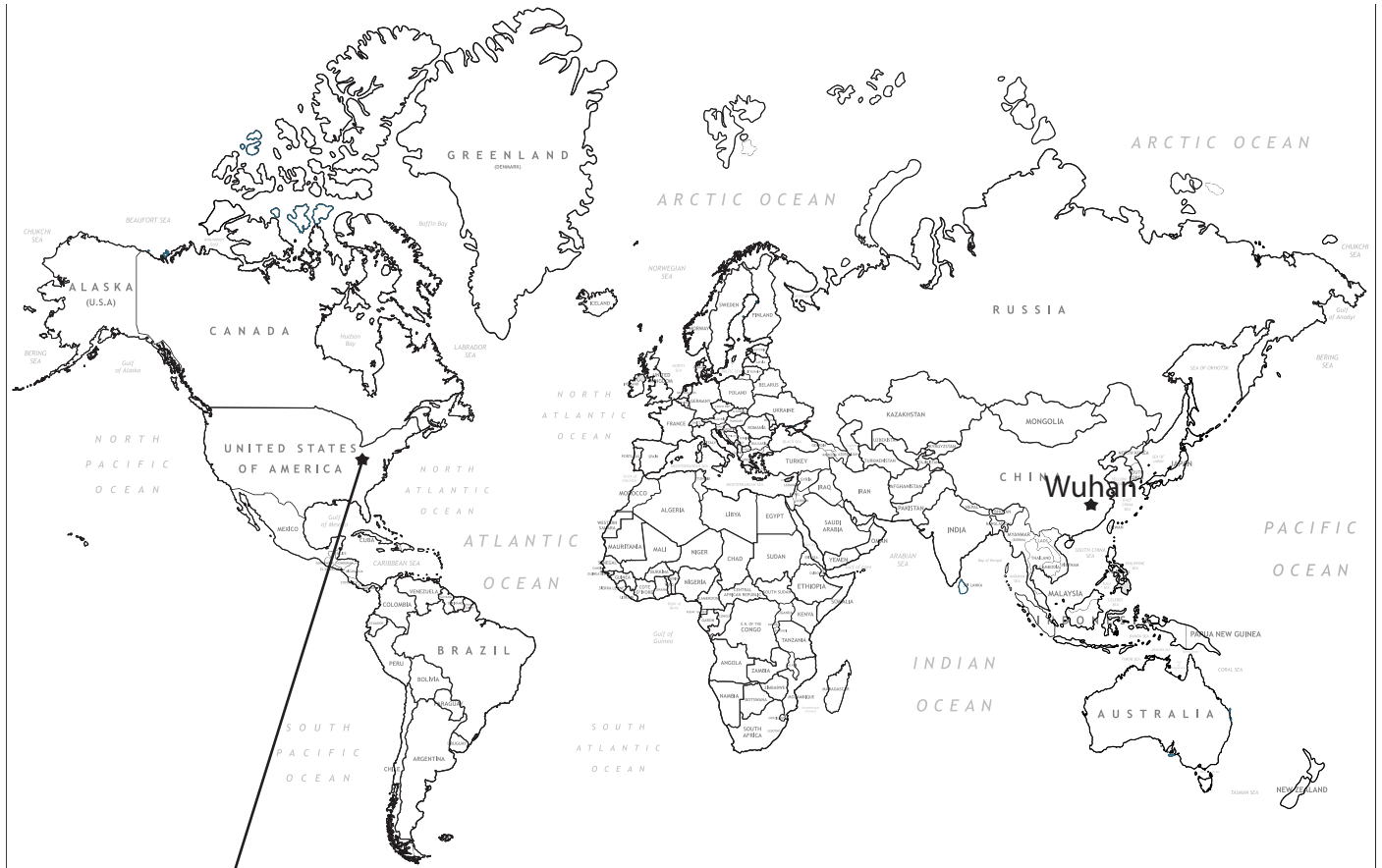
COVID-19 is a new type of coronavirus that began in December of 2019. Viruses are too small to see with the human eye, but under a microscope would look something like this.



Corona is the Latin word for crown. Can you see how it got its name?

Pandemic

A pandemic is an illness that spreads quickly and can affect a large number of people over a wide area throughout the world. The COVID-19 pandemic began in Wuhan, China.

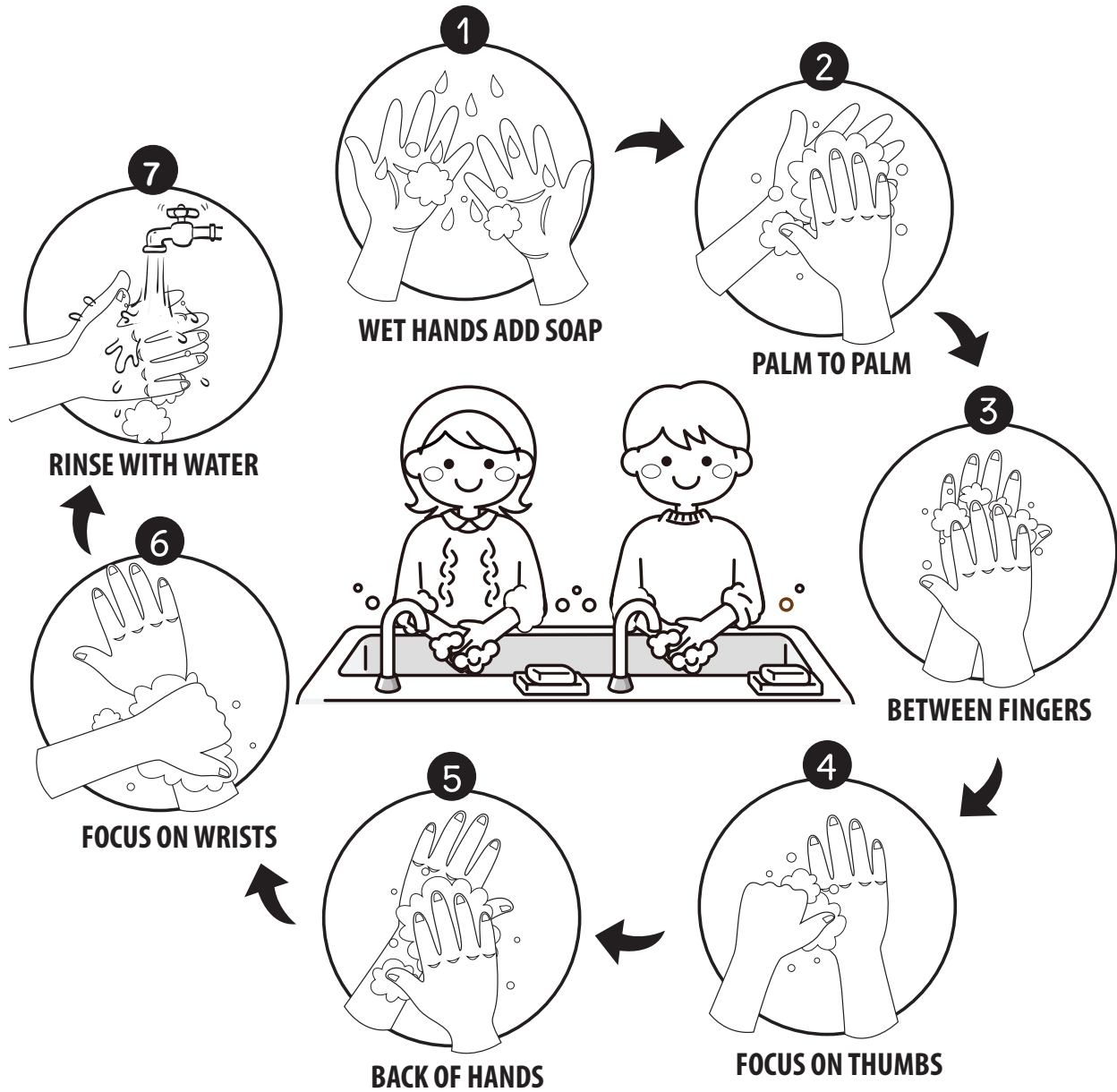


I live at _____
_____ with my

_____.

Hand Washing

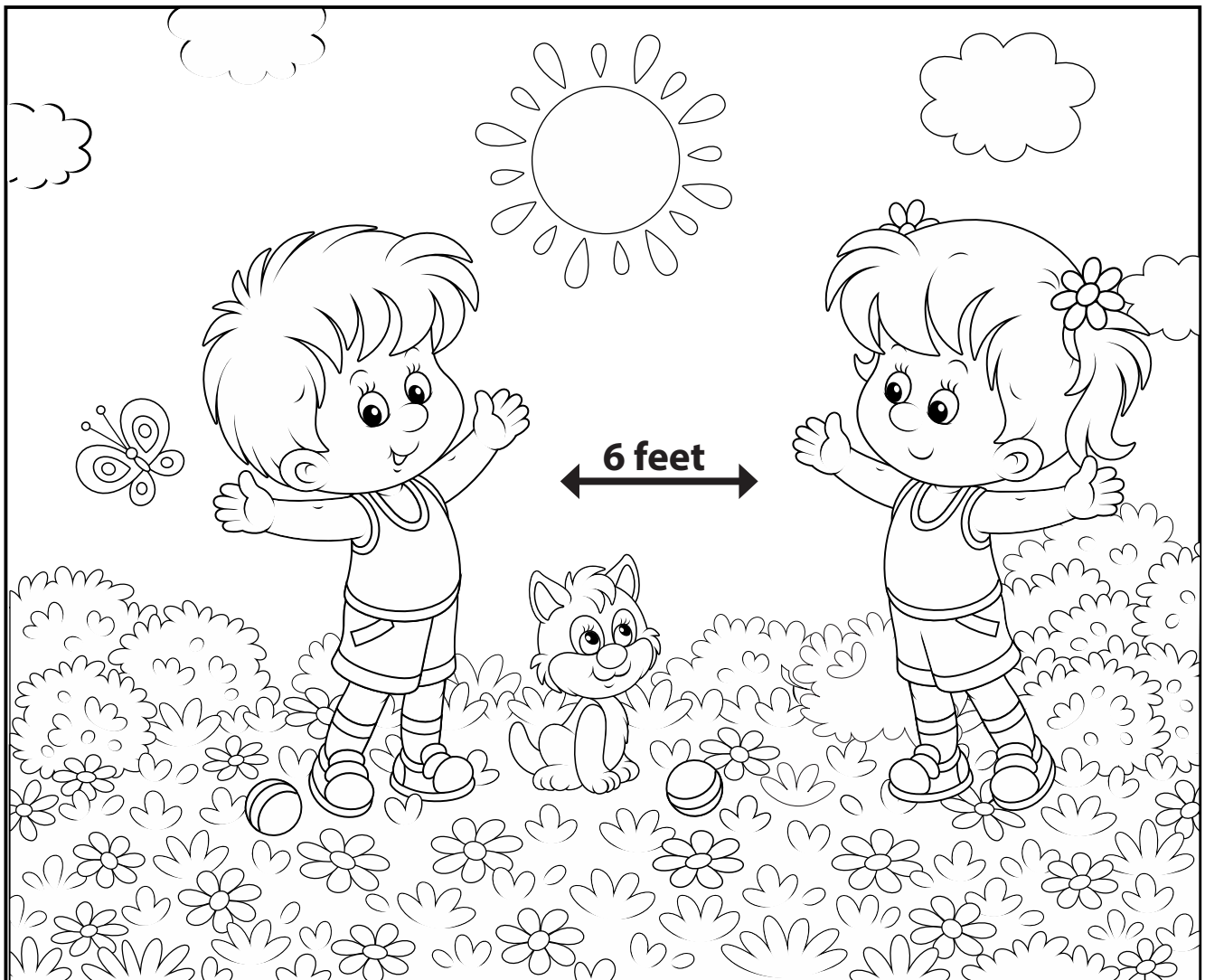
Everyone had to learn how to wash their hands really well for 20 seconds to help stop the spread of the coronavirus.



Some people sang a song for 20 seconds. While I washed my hands I ____

Social Distancing

To stop the spread of coronavirus, health and government officials recommend avoiding gathering in groups and maintaining a distance of at least 6 feet from other people. This reduces the chance of contact with those knowingly or unknowingly carrying the infection.



Write what you and your family did to get exercise and fresh air while social distancing. _____

Schools Close

To help prevent the spread of COVID-19 on March 12, our Governor ordered all school buildings in Ohio closed until April 3. On March 30, he extended the order for schools to stay closed until at least May 1.



I am in the _____ grade at _____.
name of your school

My teacher is _____.
name of your teacher

Mass Gatherings

Also on March 12, Governor DeWine announced that he was issuing an order prohibiting all mass gatherings of over 100 people in the state of Ohio in an attempt to curb coronavirus. This included sporting events, concerts, theaters, festivals, conferences in both indoor and outdoor spaces. Fortunately parks were still open for people to get fresh air and exercise.



My family normally went _____.

But with the Stay at home order we _____
_____ instead.

Stocking Up

To be prepared for the stay-at-home order that went into effect Monday March 23, 2020, everyone went to the grocery store to stock up. This caused shortages in several items including cleaning products, hand sanitizer and paper products, especially toilet paper. People didn't want to be caught without.



My family stocked up on _____
_____.

We had trouble finding _____
_____.

E-learning

On March 30, 2020 Kettering City Schools implemented E-learning to keep children from falling behind while the stay-at-home order is in effect.



What I like most about being at home is _____

_____.

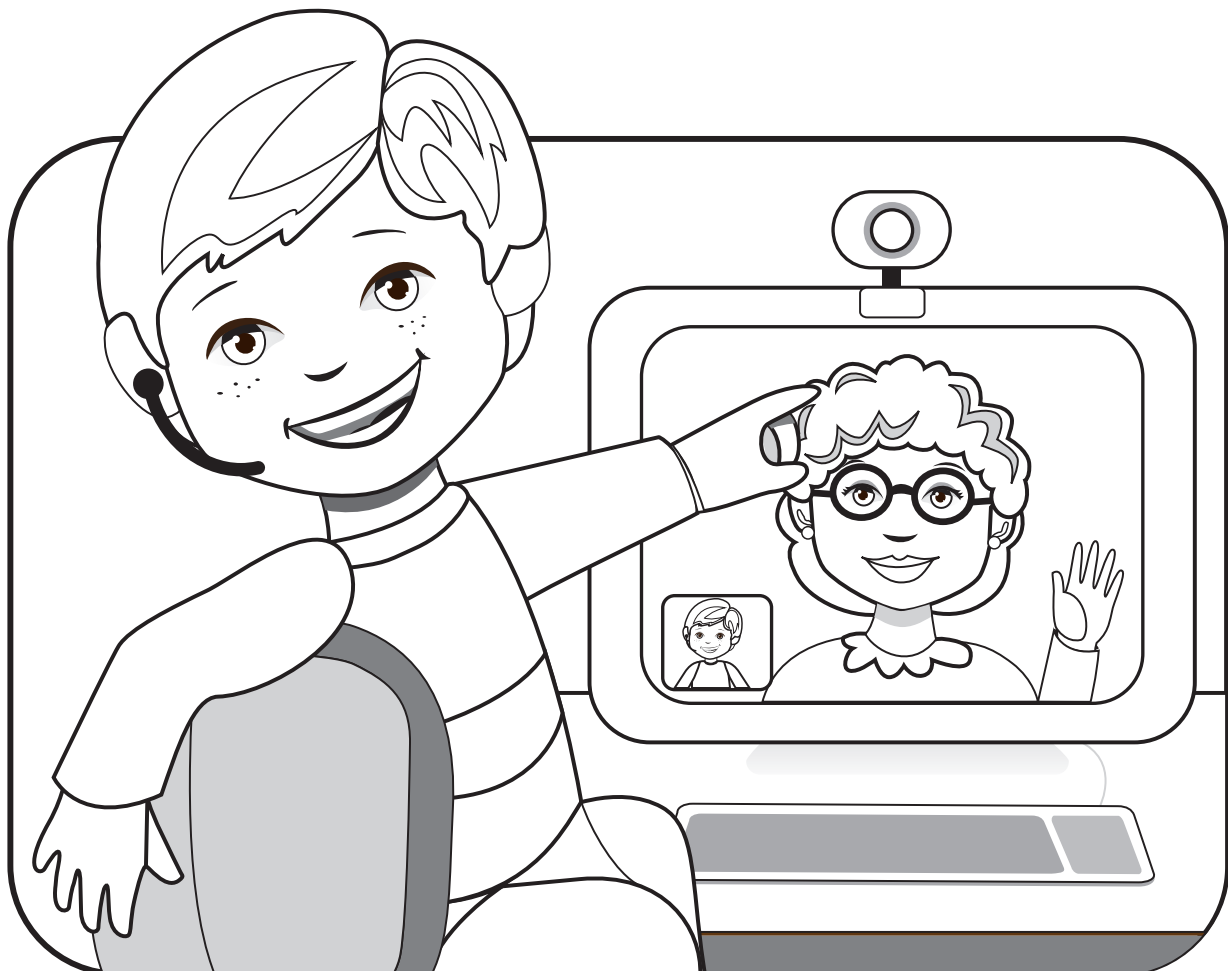
What I miss most about going to school is _____

_____.



Staying together with technology.

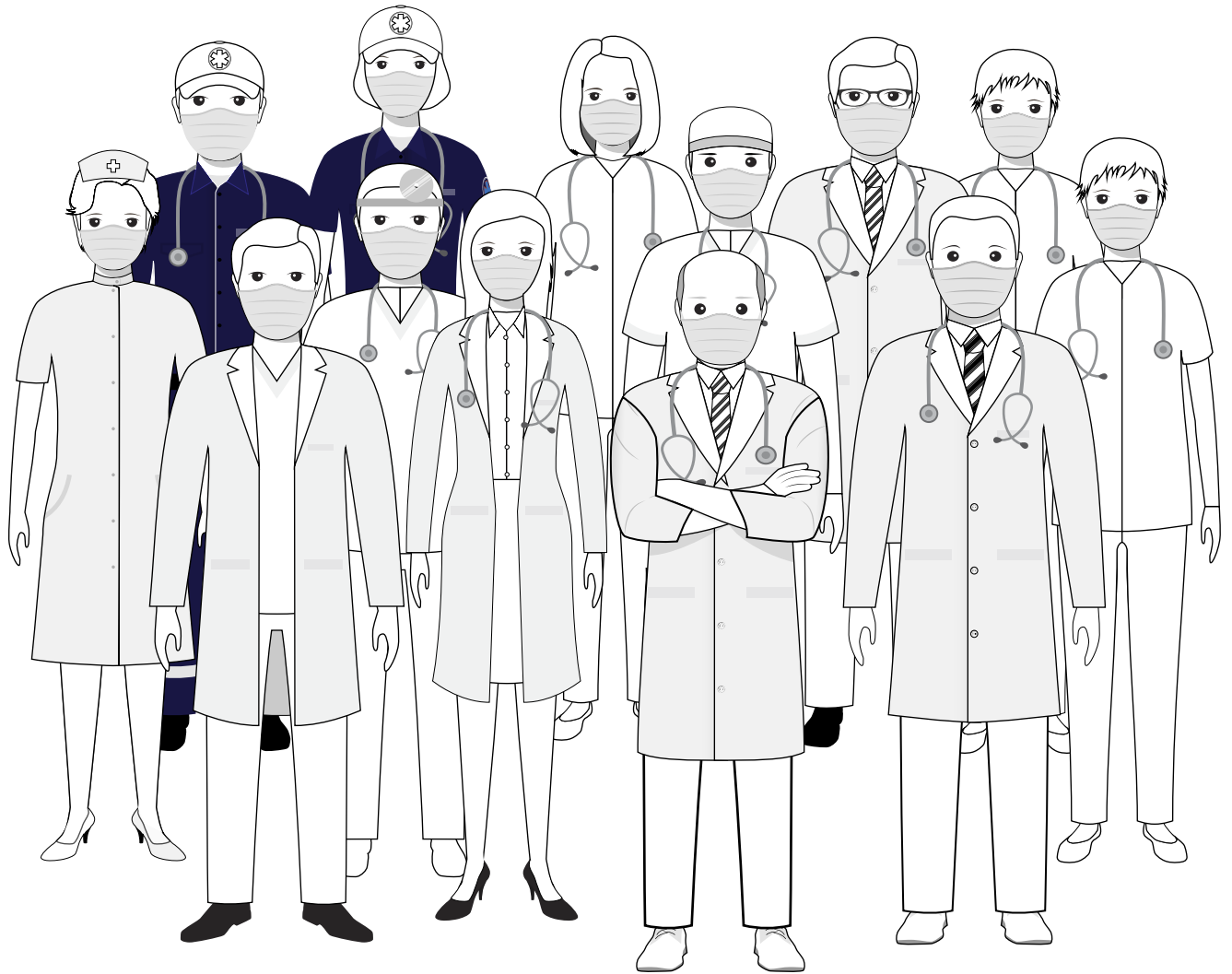
Technology helped many people work from home and helped students do E-schooling. There were video health appointments so that people with symptoms didn't go to the doctors office. Technology also helped families and friends keep in touch with social media and video visits.



I'm staying in touch with _____
while we're all at home because _____

Healthcare Heroes

Doctors, nurses, caregivers, and support personnel risked their own health while working on the front-lines of this pandemic for our safety and well-being. They are indeed our heroes.



I want to thank _____
for being a hero.

Hidden Heroes

Many people worked hard to make it possible for others to stay at home and slow the spread Covid-19. Find the hidden heroes in this word search.

CAREGIVER
CLERGY
CUSTODIAN
DELIVERY DRIVER

GOVERNOR
GROCERY STORE WORKER
INFORMATION SYSTEMS
PARENT
PARKS WORKER

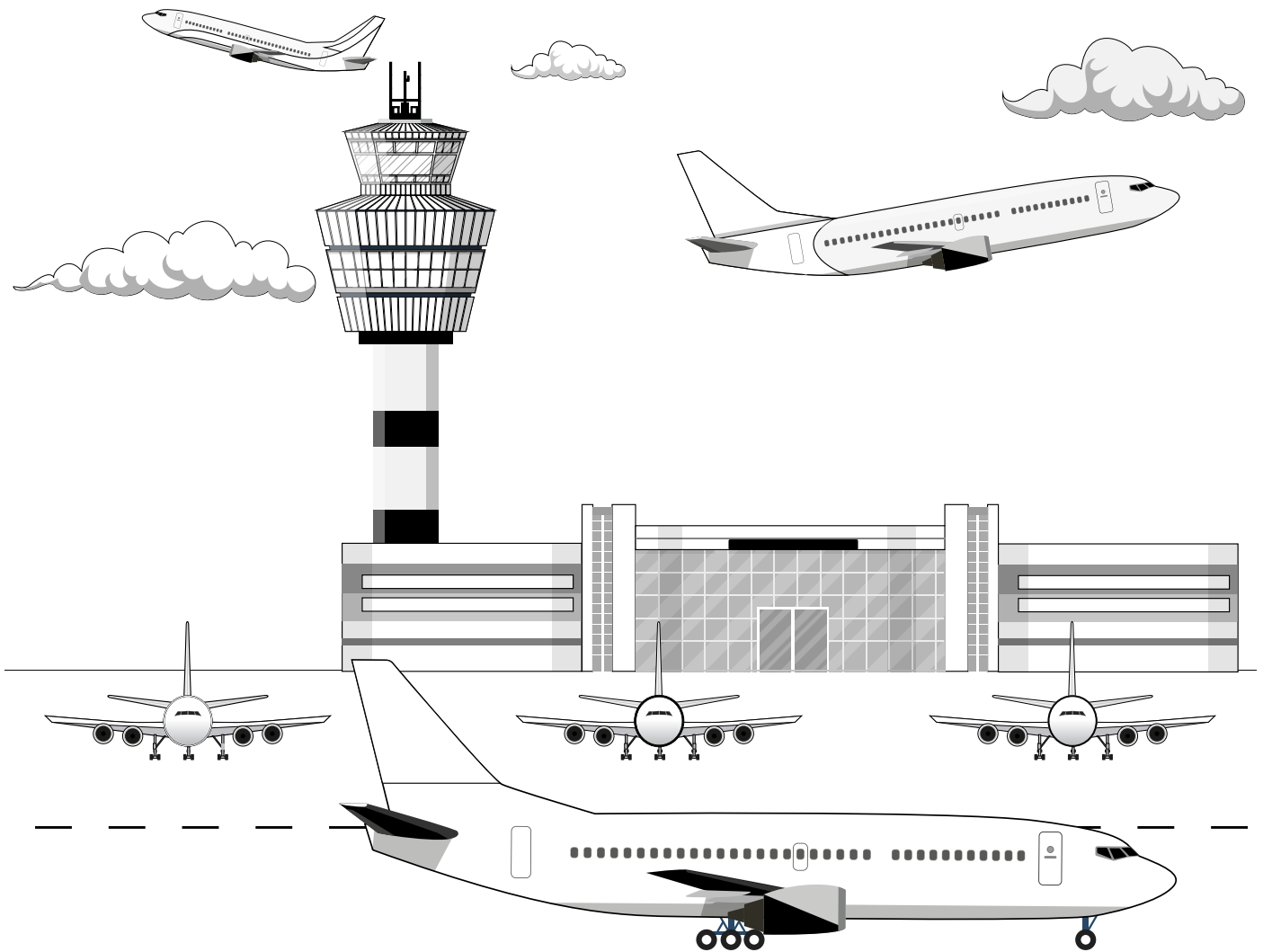
SANITATION ENGINEER
STREET WORKER
TEACHER
TRUCK DRIVER

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

Who are your hidden heroes? _____

Travel Ban

Many countries put in place travel bans to prevent the spread of the coronavirus. Because almost no one was traveling, airports were like airplane parking lots. However, airplanes were used to quickly transport medical equipment around the world to where it was most needed.



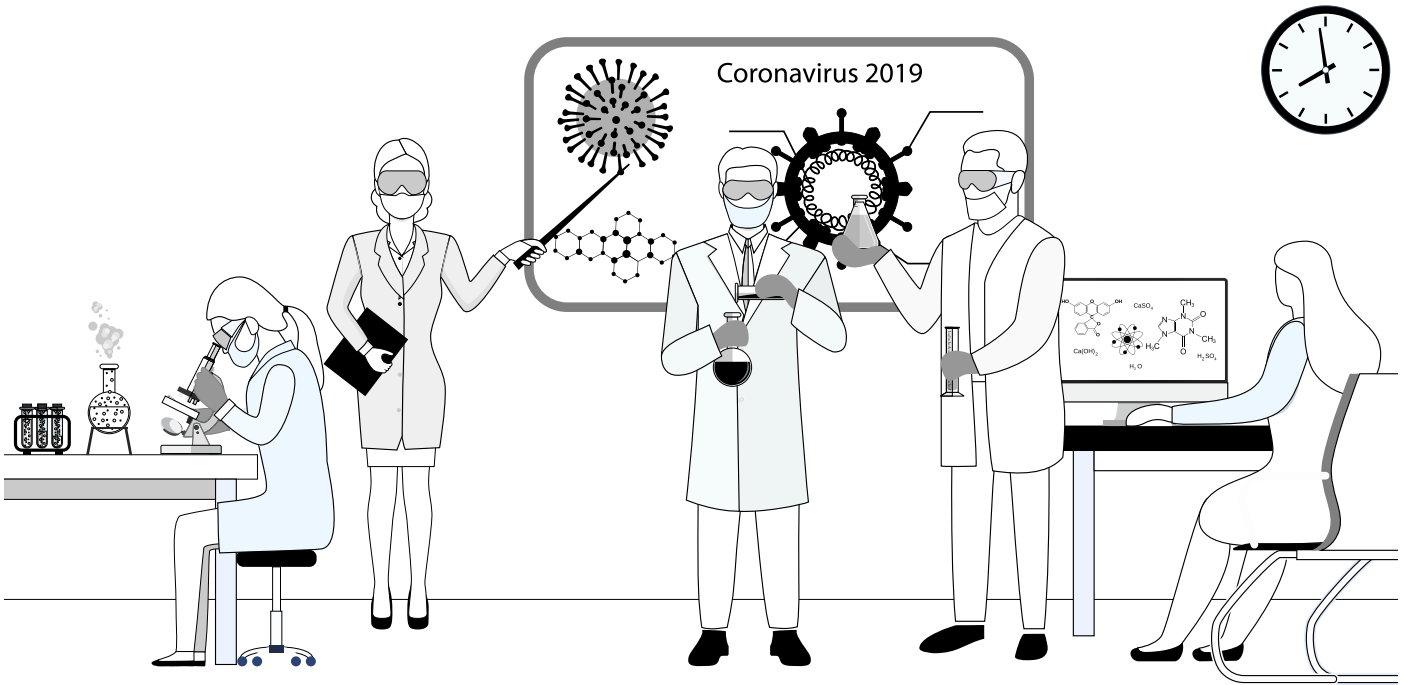
Normally my family would go _____.

This year we _____
_____ instead.

Science

Since the coronavirus began, scientists in United States, China, Europe and Australia have all set off at a sprint to produce a vaccine.

Vaccines harmlessly introduce viruses (or small parts of them) into a person's immune system. The body's defenses recognize these small parts as an invader and learn how to fight them. Then if the body is ever exposed to the virus, it already knows how to fight the infection.

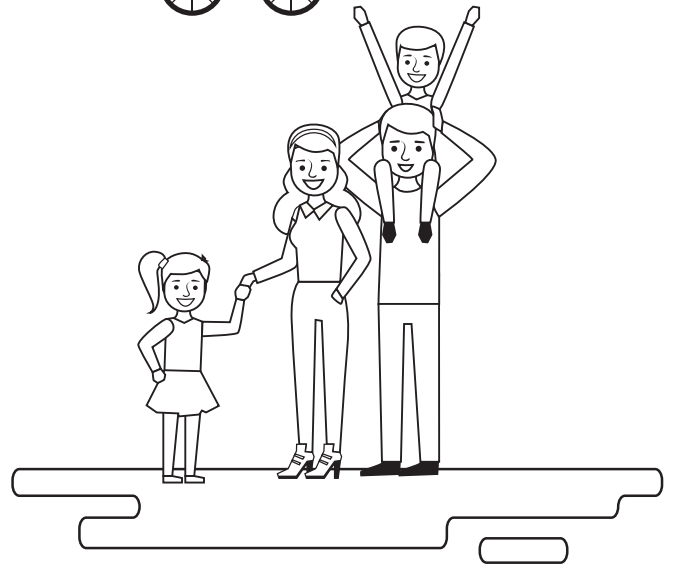
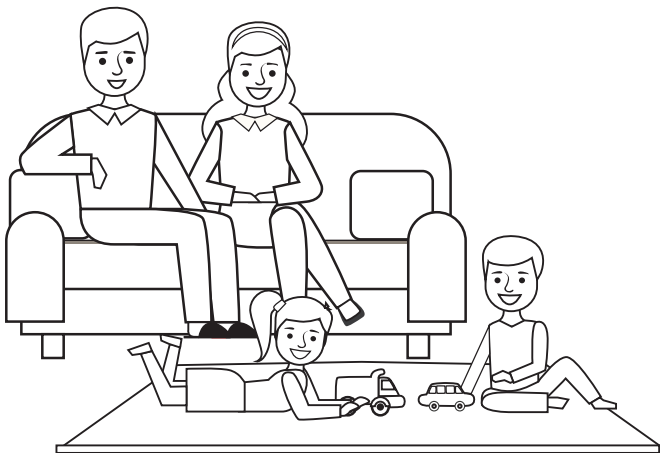
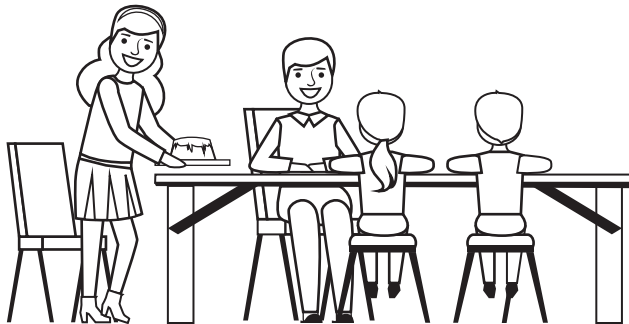


Things my family and I are doing to help prevent the spread of COVID-19

Family time

The stay at home order gave families the opportunity to spend a lot of quality time together.

It was important for families to come up with and maintain a routine during this time to make life feel a little more normal.



These are some of the things my family is doing together. _____

Part of our family routine is to _____

Something I've learned about my family since we've been at home together is
