

The title is set against a background of several horizontal brushstrokes in shades of teal and light green. The strokes are layered and have a rough, painterly texture.

THE COVID-19 ACTIVITY BOOK

BY NINAH DIVINE

WITH INFORMATION FROM THE URBAN INDIAN HEALTH INSTITUTE
AND THE CENTERS FOR DISEASE CONTROL AND PREVENTION

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NINAH IS A MEDICAL STUDENT AT UNIVERSITY OF WISCONSIN SCHOOL OF MEDICINE AND PUBLIC HEALTH. SHE MADE THIS BOOK IN COLLABORATION WITH THE SCHOOL'S NATIVE AMERICAN CENTER FOR HEALTH PROFESSIONS. THIS BOOK IS DESIGNED TO EDUCATE THOSE AFFECTED BY COVID-19. A THREAT IS SCARIER WHEN IT IS NOT UNDERSTOOD. THIS BOOK WILL HELP YOU GET TO KNOW COVID-19 A LITTLE BIT BETTER.

WHAT IS COVID-19 ?

COVID-19 is a disease caused by a new coronavirus. There are many other coronaviruses that we know of and they cause common colds or more serious diseases. The name is an abbreviation for corona 'CO' virus 'VI' disease 'D' and 2019 for the year it was discovered. COVID-19 has caused people to get sick around the world because it is easily spread from person to person.



8 THINGS TO KNOW ABOUT COVID-19

1

Anyone can get sick from COVID-19. Young or old, urban or rural, any person can get sick.

2

It is mainly spread person to person. COVID-19 is spread person to person through respiratory droplets such as coughing or sneezing. Other ways such as airborne, where virus stays in the air after a person is gone, or the fecal-oral route may be possible but this is far less common.

3

Elders and those who have other diseases are more likely to get sick. There are many health conditions that make the immune system weak, such as diabetes or asthma, and people with these conditions are more likely to get COVID-19.

4

It is not anyone's fault. No person, group of people or animal is to blame. Fear and anxiety can lead to social stigma, for example, toward people who live in certain parts of the world, people who have traveled internationally, people who were in quarantine, or healthcare professionals. No one is to blame for COVID-19.

A large, stylized green number 5 with a slight 3D effect and a shadow.

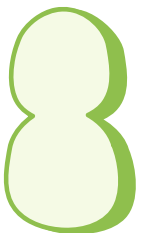
There are many ways to protect yourself and your family. Some of the best ways are staying away from others, washing your hands frequently, and only going into public when it is essential.

A large, stylized green number 6 with a slight 3D effect and a shadow.

COVID-19 is more easily transmitted than the flu. For every person with the flu, they are likely to spread it to 1 other person. Every person with COVID-19 is likely to infect 3 other people.

A large, stylized green number 7 with a slight 3D effect and a shadow.

The virus may be able to stay on surfaces for up to 24 hours. Disinfect your surfaces such as counters and door handles with alcohol disinfectant such as hydrogen peroxide.

A large, stylized green number 8 with a slight 3D effect and a shadow.

It can take 2 weeks or more to develop symptoms after being exposed to the virus. Some may have no symptoms at all.

HAND WASHING ROUND DANCE SONG

A ROUND DANCE IS A FRIENDSHIP DANCE. THIS SONG IS FROM WAB KINEW. TRY WASHING YOUR HANDS TO A ROUND DANCE SONG TO MAKE SURE YOU ARE WASHING THEM FOR AT LEAST 20 SECONDS.



hey oh hey yah



hey oh oh hey a hey



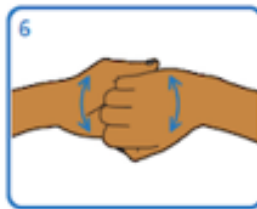
what a bright beautiful
night



to show you how I love
you



yaah way oh hey



look to the sky and see



how the sunlight shines
for your



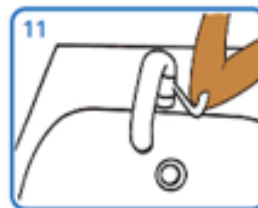
yaah way oh hey



oh how I miss our time
together



can't wait til you get
home



hey oh oh hey a hey



hey oh hi oh hey



hey oh hey yah



CREATE YOUR OWN HAND WASHING SONG BY
SCANNING THIS CODE ON YOUR SMART PHONE
CAMERA OR VISITING WASHYOURLYRICS.COM

5 QUESTIONS YOU WERE TOO AFRAID TO ASK ABOUT COVID-19

1

Can dogs or cats get COVID-19?

There have been a few reported cases of cats and dogs with COVID-19. The likelihood of spread between humans and house pets is low and likely not significant. If you are sick consider taking precautions to protect your animal including frequent hand washing and having the pet sleep at least 6 feet away.

2

Can COVID-19 be spread through the mail or on food packaging?

It may be possible to get COVID-19 by touching a surface or object, like a packaging container, that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not the main way the virus spreads. It is mainly spread person to person.

3

When can people go places again?

It is unknown how long COVID-19 will cause disruption of daily life. Each state has control over when businesses open up. Following state guidelines will help you and others stay safe.

4

What should I do if I think I might be sick?

If you are sick stay home, get rest and drink lots of fluids. Call medical providers in your area before going to a hospital or clinic. Wash your hands often.

5

Where can I go if I have more questions?

Visit trustworthy websites such as CDC and UIHI. Some are listed in the resources page at the end of this book.

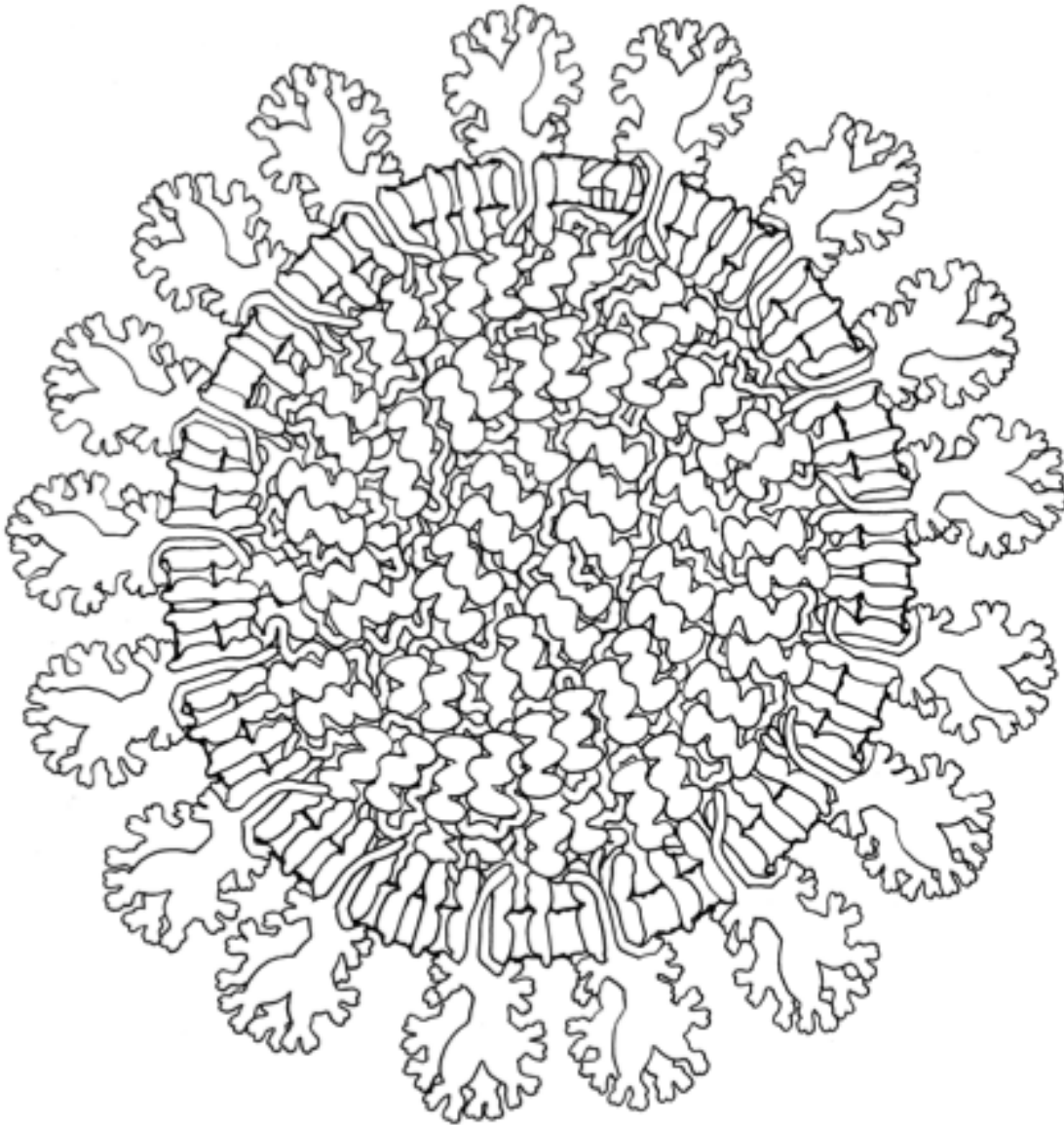


I will answer any question you have.



Most people who have gotten COVID-19 have not gotten very sick.

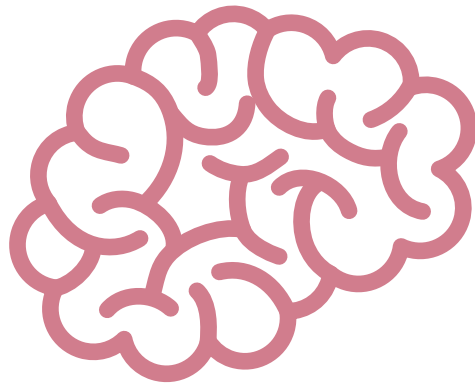
COLOR IN THE CORONAVIRUS



The virus has multiple parts. The Spike protein is the outside part of the virus that allows it to interact with lung cells. Inside is the RNA which is the genetic material of COVID-19 that is replicated to make more virus copies.

THE SYMPTOM GAME

DECIDE WHICH OF THESE ARE SYMPTOMS OF COVID-19. FOR EACH CORRECT ANSWER FIND OUT WHY COVID-19 CAUSES IT TO HAPPEN IN THE BODY. FIND ANSWERS ON THE NEXT PAGE.



1. FEVER
2. BLUE TOES
3. TROUBLE BREATHING
4. DIARRHEA
5. TROUBLE REMEMBERING
6. COUGH
7. SEPTIC SHOCK
8. RASH
9. NO SYMPTOMS

1. FEVER - CORRECT

When your immune system discovers the virus it sends out signals to the rest of your body, including your brain. The brain makes changes such as increasing body temperature.

2. BLUE TOES - MAYBE

It is currently unknown if discolored toes are a symptom of COVID-19. There could be many other reasons for this to happen.

3. TROUBLE BREATHING - CORRECT

COVID-19 attacks the lungs and destroy cells. This leads to fluid in the lungs which makes it hard for oxygen to pass through them and making it hard to breathe.

4. DIARRHEA - INCORRECT

5. TROUBLE REMEMBERING - INCORRECT

6. COUGH - CORRECT

Coughing is how your body tries to clear the fluid in the lungs.

7. SEPTIC SHOCK -CORRECT

As your immune system responds the virus, it sends many signals that affect organs like the heart, liver and kidneys. In some cases these organs do not get enough blood flow causing septic shock.

8. RASH- INCORRECT

9. NO SYMPTOMS - CORRECT

Some people with the virus may have no symptoms at all.

DESIGN YOUR OWN FACE MASK

WHEN YOU WEAR A FACE MASK, IT SHOULD FIT AROUND YOUR NOSE AND MOUTH. YOU SHOULD NOT TOUCH THE OUTSIDE OF THE MASK ONCE IT HAS BEEN WORN.



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4 TIPS FOR BATTLING COVID-19 BLUES

It is easy to feel down about not being able to see friends or family and staying inside most of the time. You may have feelings of fear, anxiety, or depression. Here are some ideas to try and lift your spirits. While staying physically healthy is important, being mentally healthy is also important.

1

EXPRESS YOURSELF

Try something creative like sewing, beading, drawing, drumming, or singing.

2

CALL A RELATIVE

Grandma, grandpa, aunt, and uncle might be feeling down or lonely just like you.

3

GET ACTIVE

Jump rope, walk, or dance. Being active is good for your heart and your mind.

4

TRY SOMETHING NEW

Cook or bake a new recipe or open a new book.



Anyone can get sick from this no matter where they are from.



It's ok if you were feeling scared or upset about what you heard.

TEST YOUR KNOWLEDGE OF COVID-19

LETS SEE WHAT YOU LEARNED.

1. WHAT PART OF THE BODY IS MOST
AFFECTED BY COVID-19?

- A. SKIN
- B. LUNGS
- C. STOMACH
- D. LIVER

2. WHERE IS THE BEST PLACE TO GET UP TO
DATE INFORMATION ABOUT COVID-19?

- A. FACEBOOK
- B. TWITTER
- C. CENTERS FOR DISEASE CONTROL AND
PREVENTION

3. WHO CAN GET COVID-19?

- A. ELDERS
- B. CHILDREN
- C. HEALTHY ADULTS
- D. ALL OF THE ABOVE

4. THE CORRECT WAY TO WEAR A FACE MASK IS...

- A. ONLY OVER YOUR MOUTH
- B. AROUND YOUR NECK
- C. OVER YOUR NOSE AND MOUTH

5. HOW LONG SHOULD YOU WASH YOUR HANDS TO REDUCE THE SPREAD OF INFECTION?

- A. 20 SECONDS
- B. 10 SECONDS
- C. 1 MINUTE

6. THE PRIMARY WAY COVID-19 IS SPREAD IS...

- A. FECAL-ORAL ROUTE
- B. PERSON TO PERSON
- C. FROM EATING CONTAMINATED FOOD

ANSWERS: 1.B 2.C 3.D 4.C 5.A 6.B



Like our ancestors did,
we will take care of each other.



I love you.

RESOURCES

Centers for Disease Control and Prevention
[cdc.gov](https://www.cdc.gov)

Urban Indian Health Institute
[uihi.org](https://www.uihi.org)

Wisconsin Department of Health Services
dhs.wisconsin.gov

UW Health COVID-19 Information Hotline
(608) 720-5300

