

# COVID-19 DEFENDERS





## PARENTS:



**HOPE**  
is not cancelled!

The coronavirus pandemic has affected us all, perhaps few as dramatically as our children. The staff at Prairie Ridge Integrated Behavioral Healthcare have adopted this coloring book with the hope that it will be an instrument for discussion with your child(ren) as much as an art activity.

We urge you to sort out your own feelings before talking with young children. Kids pick up on the feelings and attitudes of the adults in their lives. Be calm and confident and your child will be more likely to follow your example.

The following information on talking to children has been provided by Henry T. Sachs III, MD, President and Chief Medical Officer at Bradley Behavioral Health Hospital for children.

- Start the conversation by asking your child(ren) what they've heard about COVID-19 at school or from friends. Calmly correct any misconceptions or false information. It may be helpful to provide age-appropriate explanations for words such as virus, isolation, quarantine, or contagious.
- Present factual information. Don't assume that kids, especially under age eight or nine, will really understand what it means. They need you to put the facts into perspective for them.
- Convey realistic confidence in their safety. Adults need to express more certainty with younger children and present the limitations of safety more realistically to older kids.
- Remind kids that everyone who coughs or has a fever does not have COVID-19 and that most people with the virus will have very mild symptoms.
- Let them know that many people are working to keep us all healthy and safe.
- Remind them of proper hygiene habits. The best preventions against a virus are proper handwashing and covering coughs and sneezes.

*"If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the roughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be ... Because during these times, hope will be the very thing that carries you through." - Nikki Banas / Walk the Earth*

# COVID-19 DEFENDERS

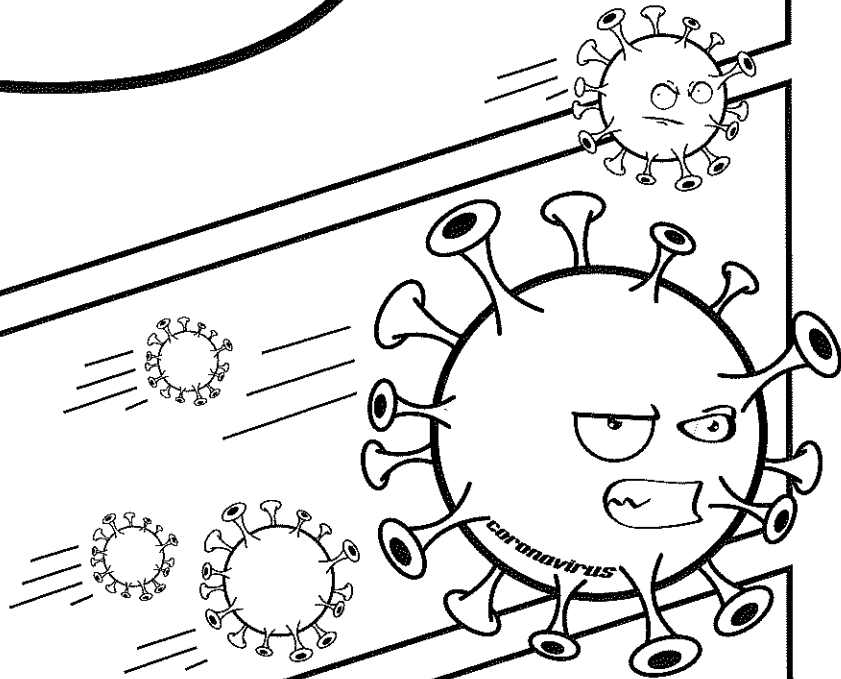


# What is COVID-19?

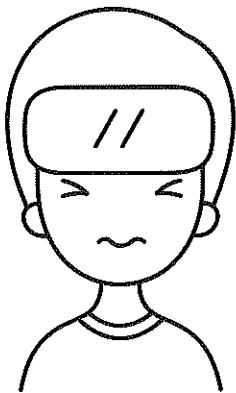


There is a new virus that is making people sick. The sickness caused by the virus is called COVID-19.

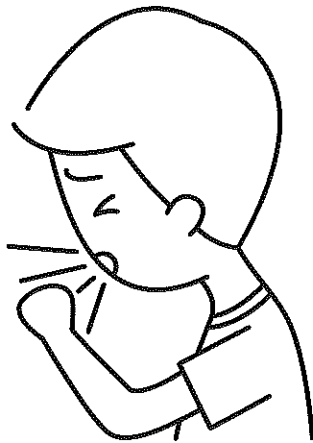
You've heard of people getting the flu. It's a little bit like that.



It can cause a fever, cough and make it hard to breathe.



fever



cough



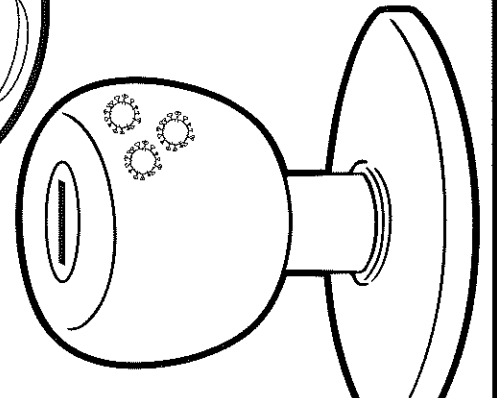
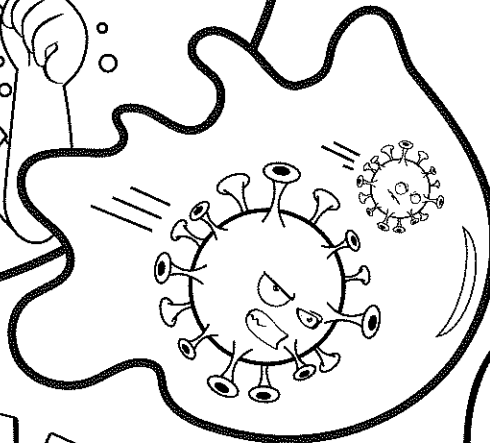
hard to breathe

# How does the virus spread?

The main way this sickness spreads is through little droplets that go into the air when someone coughs or sneezes.



People can get sick if they breathe in droplets from someone who has the virus or if they touch their eyes, nose or mouth after touching something the droplets have landed on.

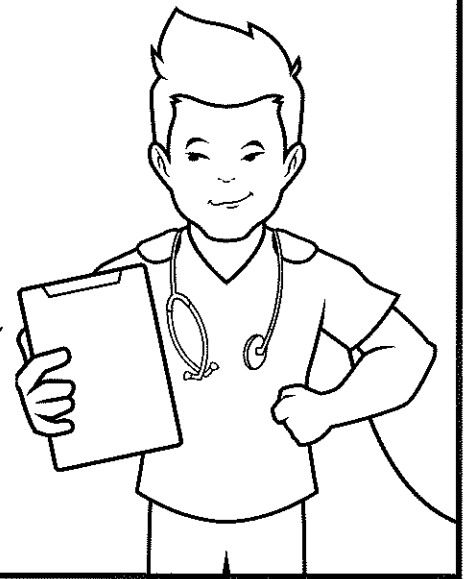


# SPLAT!

Staying home can help you and others stay healthy.

# How are you feeling during the COVID-19 pandemic?

This virus has changed our lives in many ways. It can be tough not going to school or seeing your friends. Draw a self portrait of how you are feeling. Look at the examples of emotions below.



Pandemic: When a sickness spreads over a whole country or the world.



Happy



Sad



Worried



Bored



Angry

Name: \_\_\_\_\_ is feeling \_\_\_\_\_ .

## 4 things I can't wait to do when the COVID-19 pandemic is over:

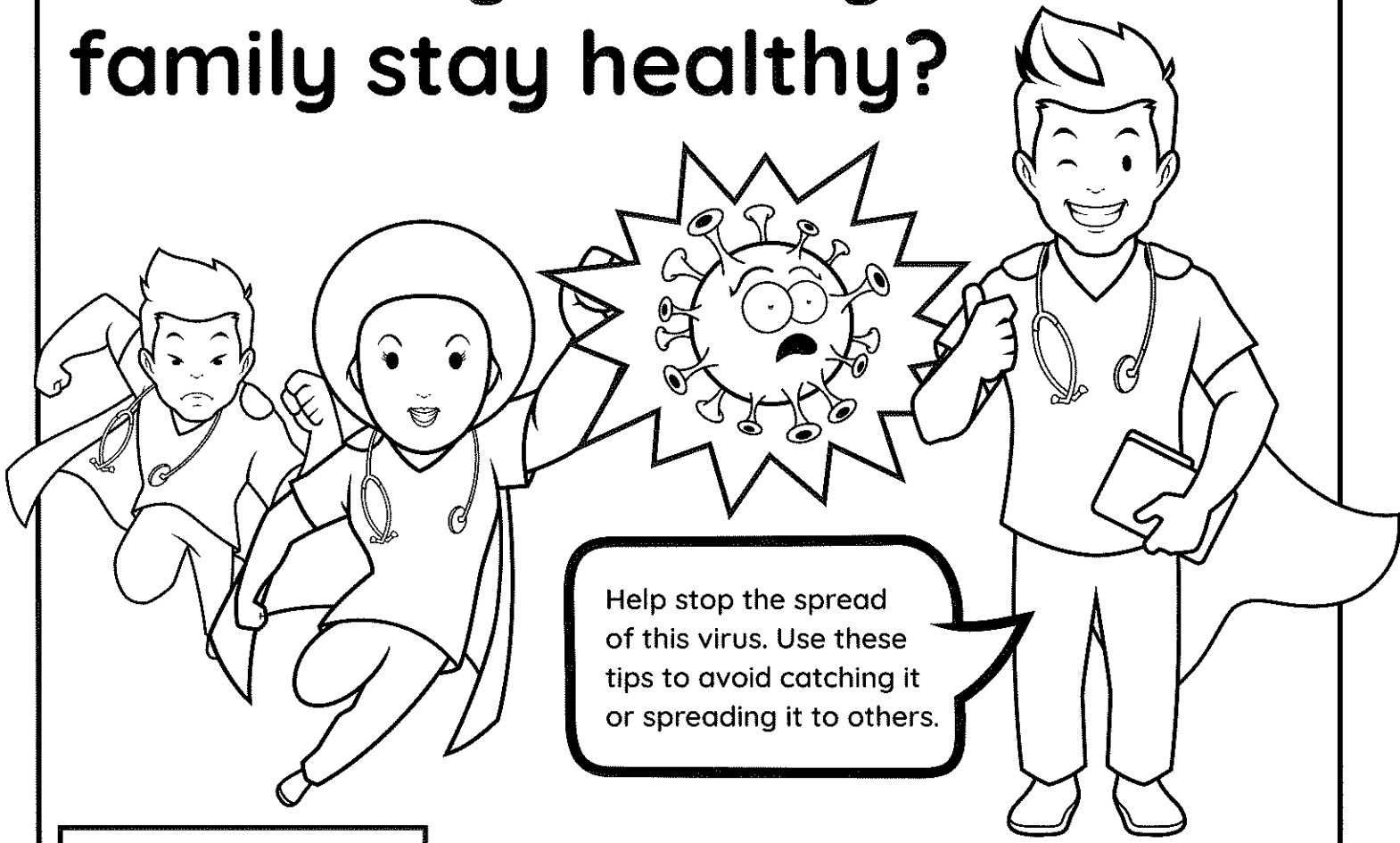
1. \_\_\_\_\_

2. \_\_\_\_\_

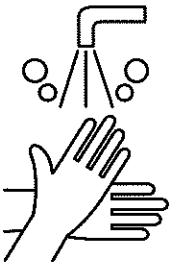
3. \_\_\_\_\_

4. \_\_\_\_\_

# How can you and your family stay healthy?



## Helpful tips



Wash hands for 20 seconds  
Sing Happy Birthday twice



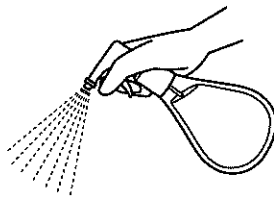
Wear a mask\* and avoid  
large groups



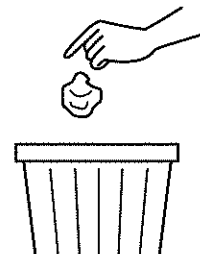
Cover coughs and sneezes



Stay home



Safely clean surfaces that  
are touched a lot



Throw used tissues in the trash

\*Children under 2 should not wear a mask.

# Stay connected at home

Social distancing (avoiding large crowds, not visiting friends and family) doesn't have to mean social isolation (feeling alone).

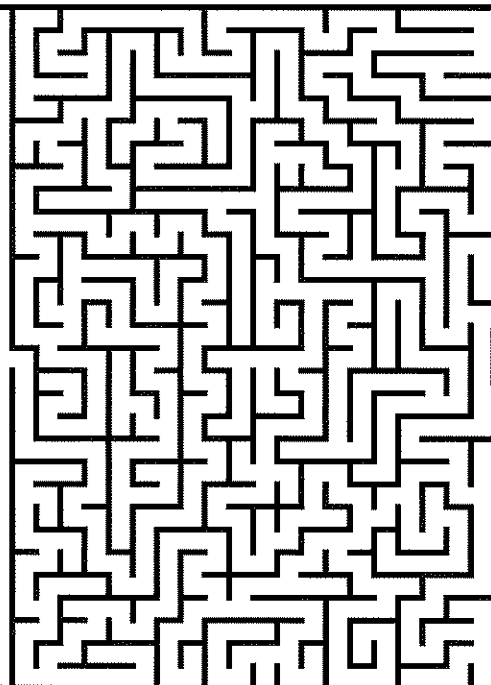
## Stay connected checklist

- FaceTime a friend
- Play outside with your puppy
- Write a letter to grandma
- Draw a picture for the hospital team
- Play a game with mom or dad
- Call your cousin
- Explore in your backyard

## Toilet paper pursuit

It's important for adults to limit trips to places like grocery stores and pharmacies. Kids should skip these outings, but you can still help!

Can you help mom find the toilet paper and fruit in this maze?



## Word search



F	H	E	A	L	T	H	Y
A	C	O	U	G	H	A	P
M	L	O	W	M	A	H	L
I	E	F	V	H	A	X	A
L	A	E	Q	I	E	S	Y
Y	N	V	D	Z	D	R	K
L	Y	E	S	A	O	I	O
S	P	R	I	N	G	E	9

### Word List

covid-19    spring    cough    clean    play  
healthy    family    fever    mask    hero



# Who is your superhero?

Think of someone who is helping you during this difficult time and draw them as a superhero. How are they saving the day?

My superhero is my \_\_\_\_\_ .



**HOPE IS NOT CANCELLED!** Prairie Ridge Integrated Behavioral Healthcare is ready to help anyone experiencing anxiety, stress or depression. Prairie Ridge has been providing services for children, adolescents, adult and families for over 50 years. Support is available in the form of both therapy and prescribing services.

Prairie Ridge's main campus is located in Mason City, with outreach offices in four north Iowa communities. We accept most insurance plans and Medicaid and have a sliding fee scale for individuals who need financial assistance.

## LOCATIONS

### MASON CITY:

Main Campus  
320 North Eisenhower Ave.  
Mason City IA 50401  
Phone: 641-424-2391  
Toll Free: 866-429-2391  
Fax: 641-424-0783

### ALGONA:

Outreach Office  
117 East Call Street  
Algona IA 50511  
Phone/Fax: 515-295-5158

### CHARLES CITY:

Outreach Office  
703 North Main, Suite #1  
Charles City IA 50616

### FOREST CITY:

Outreach Office  
138 North Clark Street  
Forest City IA 50436  
Phone: 641-585-2060  
Fax: 641-424-0783

### HAMPTON:

Outreach Office  
123 1st Avenue SW  
Hampton IA 50441  
Phone: 641-456-2365  
Fax: 641-456-2358

### AFTER HOURS CRISIS PHONE

1-866-429-2391





Prairie Ridge Integrated Behavioral Healthcare is a private, not-for-profit corporation providing quality substance abuse and mental health treatment along with prevention services to children, adolescents, adults and families throughout the Midwest. Since our founding in 1969, the foundation of our care is the dignity and respect for those we serve.

### **MISSION**

The Prairie Ridge mission is to prevent and reduce behavioral health symptoms and associated stigma.

### **VISION**

Prairie Ridge will be the preferred provider of integrated behavioral healthcare through holistic, patient-centered, feedback-informed prevention and treatment services.

### **WE VALUE**

- Treating all individuals with dignity & respect.
- Integrity, clarity, and precision in all our interactions.
- Continual improvement of all aspects of our organization.
- Accountability, positivity, and responsiveness to feedback.
- Resiliency of the individual.
- Building and improving strong alliances.



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