



# My COVID-19 story

A social-story on how to talk  
to children about COVID-19

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Illustrations used from Boardmaker, as well as with  
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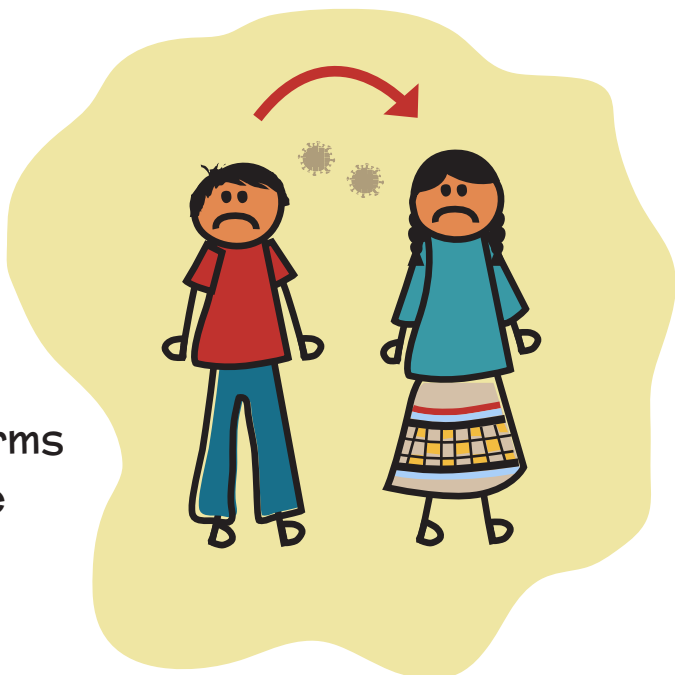
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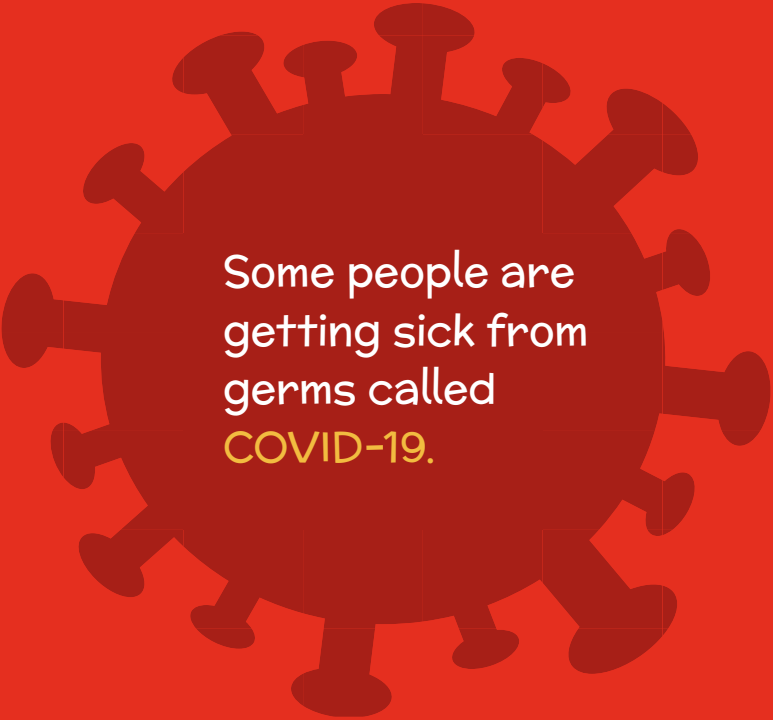
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Germs are tiny things that you can't see.

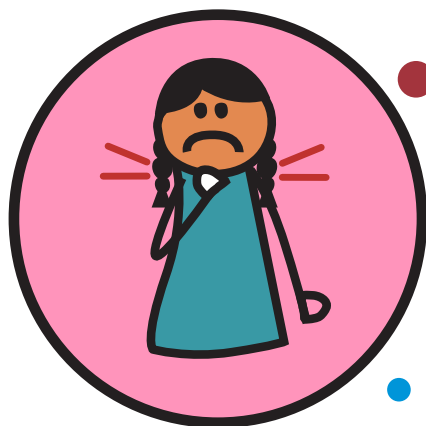
Some germs can make you sick.



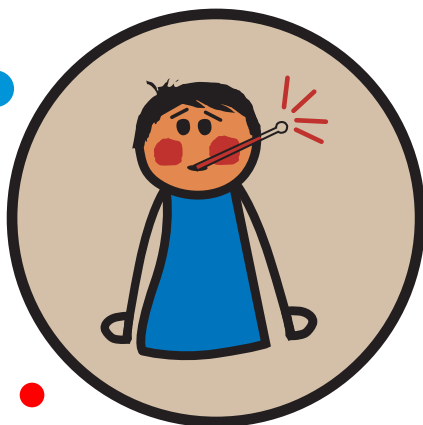


Some people are  
getting sick from  
germs called  
**COVID-19.**

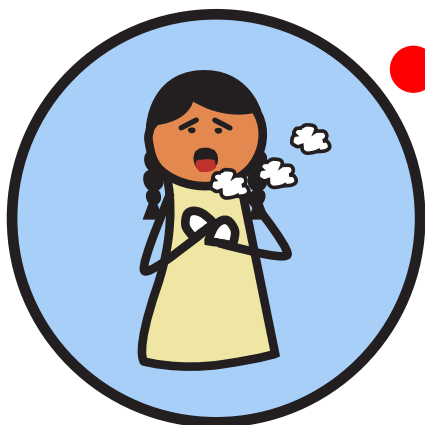
It can make  
you cough...



Have a sore  
throat...



Have a  
fever...



Or have  
trouble  
breathing.

Most people who  
get sick from  
COVID-19  
just stay  
home  
and get  
better.



Some though  
have to go  
to the clinic  
or leave the  
community  
to get help.

Some people  
have COVID-19  
but aren't  
sick.



So they stay  
and play only  
at home. They  
won't spread  
COVID-19 to  
others.



I know there are ways I  
can protect me and my  
family from COVID-19...



I sing Happy Birthday to myself while washing my hands with soap and warm water to make sure the germs wash off.



I can use hand sanitizer if I can't wash my hands.

I cough and sneeze into my sleeve.



I try not to touch my face.



Right now I play  
inside or outside  
with **JUST** the  
people I live with.



I don't want to spread germs to others, so I don't go visit my other family or friends.



Instead, I will draw pictures to give to them one day.

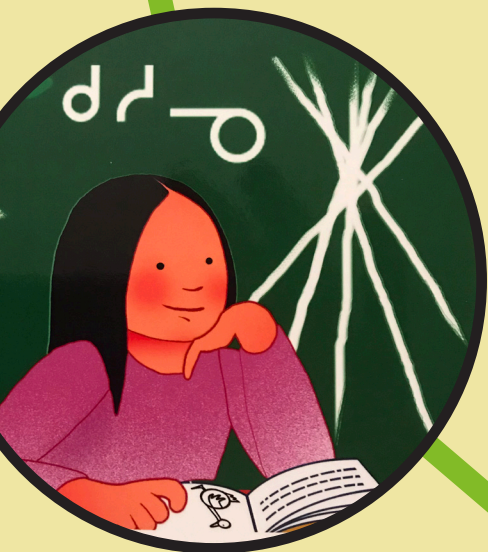




If I miss or  
want to see  
someone, I  
can always  
call or  
FaceTime  
them.

Right now lots of places  
are closed like school  
and daycare.





I can draw pictures  
and make crafts  
for my favourite  
teachers,  
educators or  
shadows.

I can draw pictures  
of me and my family.  
I can also help clean,  
cook and take care  
of my family.



My family and I can  
go for a drive around  
town and wave at  
our other family and  
neighbours.



Sometimes I'll  
get bored, sad  
or angry, and  
that is ok...my  
family has lots  
of emotions too.

To relax, we can go  
for a walk outside,  
go biking on our  
own, or make  
crafts.





Some people are going out to the bush because they feel safer being connected to the land.

They keep doing everything to make sure they don't spread COVID-19...like washing their hands with soap and warm water while eating traditional food and not being too close to each other.

We still have fun though while going fishing, hunting and snowshoeing through the bush.





Even if I just stay home, I'm careful and listen to my parents, and I know I can be safe at home too.



Someday soon,  
the virus will  
go away.

And I can go see  
the rest of my  
family and friends...

...and go back to  
school and daycare.





Maybe even go on a trip somewhere!



THE END

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