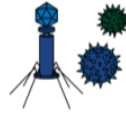
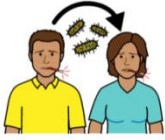
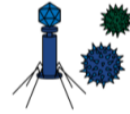
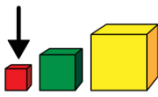


What is Coronavirus?



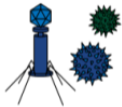
Coronavirus is a new type of virus.



A virus is very small, so we can't see it. We can only see this virus



with a microscope.



A virus can make people poorly. There are things we can do to help



us stay safe.



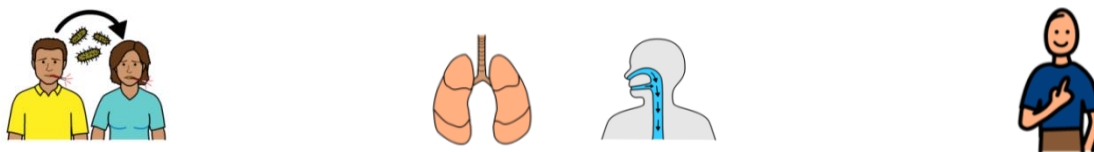
The coronavirus is spreading in lots of countries including the UK.



When lots of people get poorly with the same thing, this is called a pandemic.



Sometimes coronavirus is called COVID-19. They mean the same thing.



Coronavirus affects your lungs and airways. This means that you



might cough or find it more difficult to breathe than usual. You might



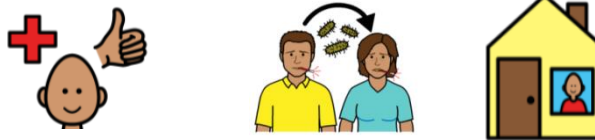
also feel hot, which is called a fever.



Coronavirus can pass very easily from person to person. This is



usually by coughs and sneezes.



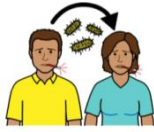
Most people get better from Coronavirus at home, but some people



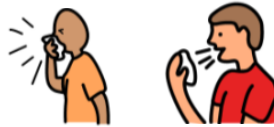
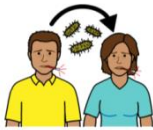
need to go to hospital to get better.



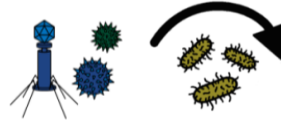
Help to stop Coronavirus



Coronavirus can spread easily from person to person.



Coronavirus spreads when we sneeze or cough.



There are things I can do to stop viruses spreading.



It is very important I cover my mouth and nose when I sneeze or



cough.



It is best to cover my mouth or nose with a tissue, but my sleeve is okay too.



It is very important that I wash my hands after coughing or sneezing



I should wash my hands often throughout the day, especially before



eating.



I should use soap and water to wash my hands. If I can't find soap,



then antibacterial gel is okay to use.



When I wash my hands I can count to 20, or sing "happy birthday"

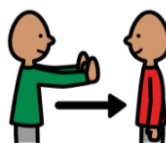
× 2



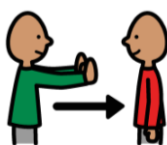
two times. This makes sure my hands are clean.



I must try not to touch my face or put my hands in my mouth.



I can also do something called “social distancing”.



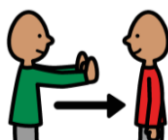
Social distancing means seeing less people. This won't be forever and



will be over soon.



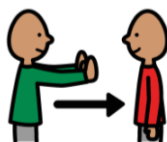
This is to stop me and other people from getting poorly.



When social distancing, I will stay at home most of the time.



I will only go out for important things like food or to exercise. I will



keep a distance between myself and other people and not hug/kiss/



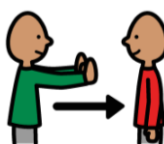
shake hands with others. I can still wave and say "hello".



I might not be able to go to school or see my friends. But I can keep



in touch with them over video or phone.



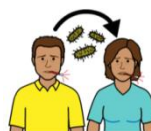
It is very important that I distance myself from older people, like



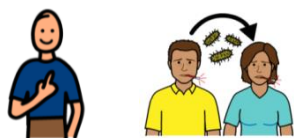
grandparents. This is because they can get poorly more easily.



I can stay healthy and happy at home, there are lots of fun things I can do.



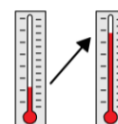
What if I get Coronavirus?



If I get Coronavirus I might have:



- A new cough that might not go away soon.



- A fever, this means that I might have a high temperature and



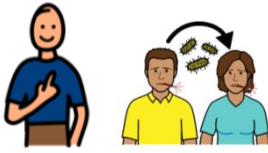
feel very hot to touch.



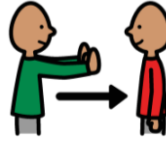
- I might find it a bit harder to breathe.



If I don't feel well, I need to tell an adult. They can help me.



If I get Coronavirus I will need to stay at home to get better. While I



get better at home I will need to stay away from other people.



If I can't get better at home, I might need to go to hospital to help



me get better.