

# CORONAVIRUS EXPLAINED



START HERE

So you've heard this word 'coronavirus' a lot. And life is a little different to normal. Like maybe you're not in school or visiting friends and family. Let's understand what's happening.

## WHAT IS CORONAVIRUS?

It causes a disease called COVID-19 and it has made quite a lot of people sick. Getting it can be quite like getting the flu.

### Common symptoms

A fever (maybe feeling very hot)

A cough

A little hard to breathe

People who are older or who have other illnesses are more likely to get sicker with coronavirus. That's why we are being really careful. We could carry the germs without feeling sick, so we are staying away from people to protect each other. If someone gets the virus they will have to stay away from other people for a while. And for the small number of people who get really sick, hospitals are there to help.



## LOOKING AFTER YOURSELF

When things are different, it's totally normal to feel a little worried or angry or sad. Tell a grown up how you're feeling. It almost always helps to share these things.

Staying active will help - you can play games, sing, read, learn, chat with friends and family online or write them a letter. You can even make cleaning and tidying fun!

And try to eat healthy food, too - it can help you feel better.



# WHAT YOU CAN DO

You can do these really important things to help.

List all the times you should wash your hands!



## SUPER-IMPORTANT WASH YOUR HANDS, A LOT

Wash for 20 seconds - pick a song to sing along with to make this fun. Always use soap and water, and remember under your nails and between your fingers...



## COVER YOUR MOUTH AND NOSE

Coronavirus spreads through little drops of fluid from your lungs



So cover your mouth and nose with tissue, or else your elbow, when you cough or sneeze

## TRY NOT TO TOUCH YOUR FACE



We know it's tricky, but try not to pick your nose, touch your mouth, or rub your eyes

That's because those are the place where germs enter our bodies

## TELL A GROWN UP

If you feel sick, like if you have a cough, or you feel really hot and tired for no reason, tell an adult



# AND REMEMBER...

There are loads of people working to look after you and get things back to normal again. Doctors, nurses, parents, teachers and experts around the world...

Coronavirus could affect anybody, so we need to be kind to everyone, even if it's from a distance. And most importantly, wash our hands!

