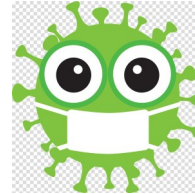




# Information about coronavirus?

## What is a virus?

A virus is a germ. They are very tiny and when they get inside your body they can make you feel sick. Viruses can cause colds, chickenpox, measles or flu.



## What is Coronavirus?

There's been lots of information in the news recently about Coronavirus and you might have heard your parents talking about it. Some people call it COVID-19.

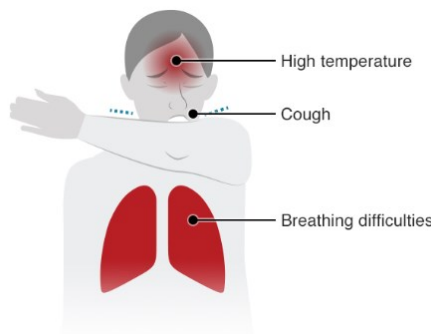
It's the reason you have to stay home from school.



Coronavirus is a new virus and people first had it in China. People travel for work, to see family and go on holidays so it is now in lots of countries around the world, including the UK.

Coronavirus is like flu and people who are ill with the flu may have:

- A cough
- A high temperature
- And find it hard to breathe



## New rules

People in the UK- and other parts of the world- are being asked to stay at home and only go out if they really really have to (if it is necessary).

There are new rules:

1. You can go to the shop to buy what you **need**
2. You can go out **once a day** to exercise
3. You have to **stay far away** from people who do not live with you

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Stay home



Protect the NHS



Save lives



Only shops selling important things like **food** and **medicine** are allowed to stay open- the rest have been told to shut.

Another big change is that **schools have closed!!**

Some students, whose parents are important in helping people, like doctors and nurses, or police officers, are still going to school.



We are not sure when schools will be open for everyone again but Boris Johnson (the Prime Minister) will let your parents and teachers know.



Staying far away from each other is called '**social distancing**'- this means we stand 2 metres away from people who do not live in our house. If you take 2 really big steps forward that will be 2 metres.

## If you feel unwell

People who have a high temperature and their forehead or back feel hot or have a cough that won't stop are being asked to stay at home and **self-isolate** for 7 to 14 days without leaving the house.



### Self-isolate:

Means you stay at home without leaving the house or seeing anyone new for 7 to 14 days until you feel better (self-isolation, self-isolating)

You should **not** go to the doctors if you think you have Coronavirus. You should stay at home and call 111 or look online.

You can find the service by clicking the link here: <https://111.nhs.uk/covid-19>



Some people who get the virus do need more medical help, and if you are really unwell you may go to the hospital.

This is to make sure you get the right treatment to help you get better.

## What are school doing?

Even though your school is closed they still want to make sure that you are learning new things.

They have put lots of work on the computer for you (like google classroom or show my homework), they might even be uploading videos of themselves to make it easier for you to understand the work.



## How can you help?

Cover your mouth and nose with a tissue when you sneeze and then throw the tissue away

If you don't have a tissue it is better to cough or sneeze into your sleeve

Try not to touch your eyes, nose or mouth with your hands



Wash your hands carefully with soap and water after you cough or sneeze, before you eat any food and when you get home. There's a really good video on the best way to wash your hands here <http://vimeo.com/134952598>

**"Wash your hands with soap and water"**

Stay home



Protect the  
NHS



Save lives



**We're all in  
this together**

Top 8 tips for speaking to your child about  
Coronavirus:

1. Ask open questions and listen
2. Be honest: explain the truth in a way they will understand
3. Show them how to protect themselves and their friends (e.g. hand washing)
4. Offer reassurance
5. Check if they're experiencing or spreading stigma
6. Look for the helpers: share stories of healthcare workers, young people and others who are helping to reduce the spread
7. Take care of yourself
8. Close conversations with care

## Useful websites

If you're feeling anxious about Coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Tips on how to explain Coronavirus to your child

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Social story on the Coronavirus pandemic

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<http://www>

