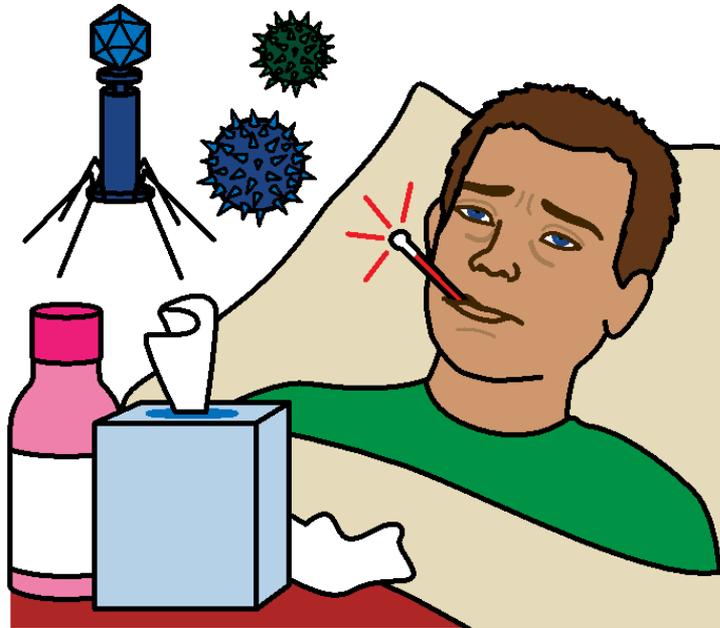


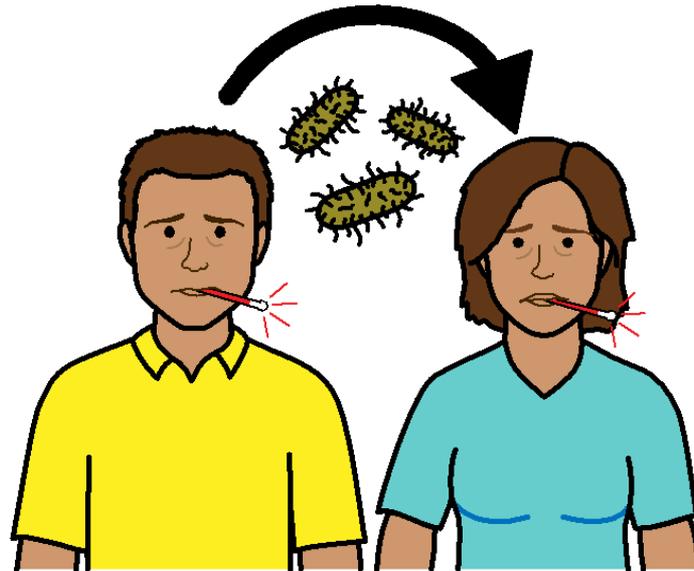
What's
COVID-19?



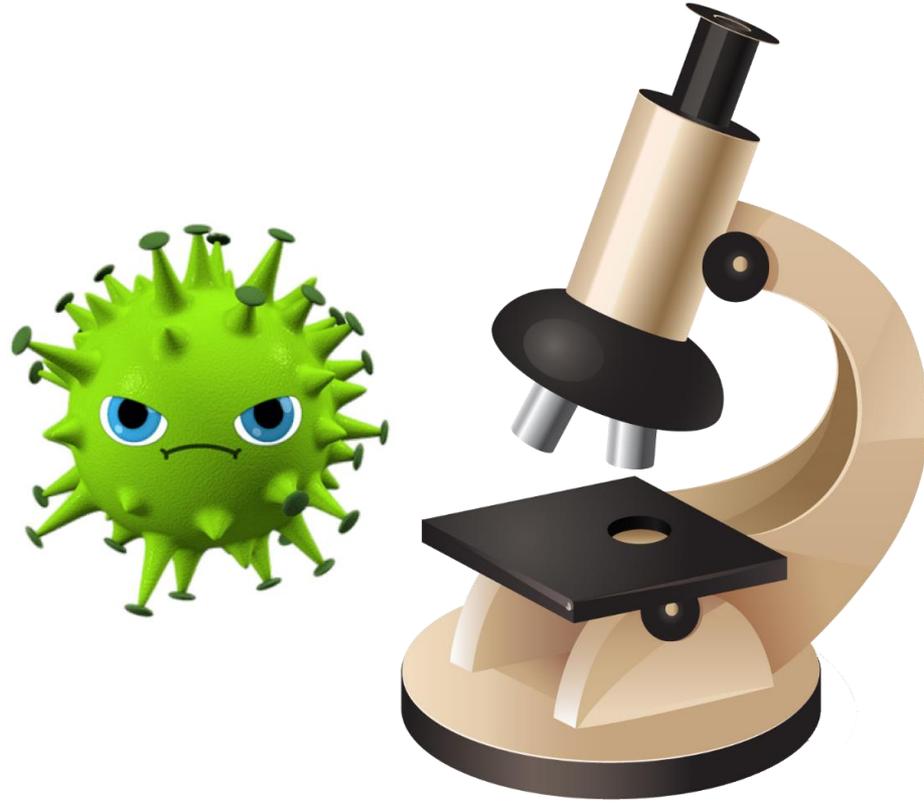


Sometimes people get sick.

Viruses are tiny germs that can make people sick.

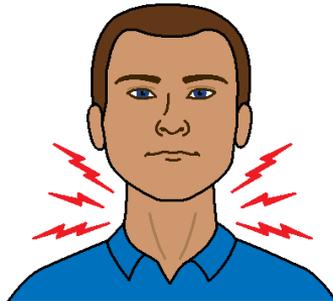
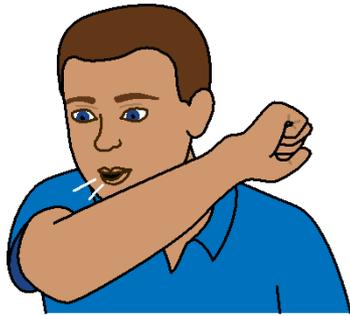


Viruses can be passed from one person to another by shaking hands, touching food, or through the air when a person coughs or sneezes.



The Coronavirus is a new type of virus.

People also call it **COVID-19**.

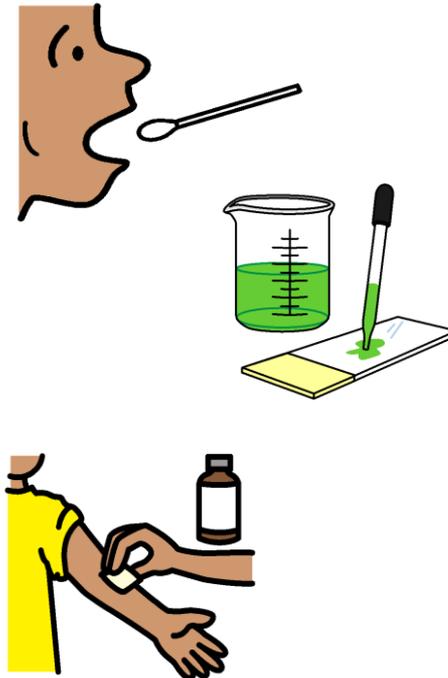
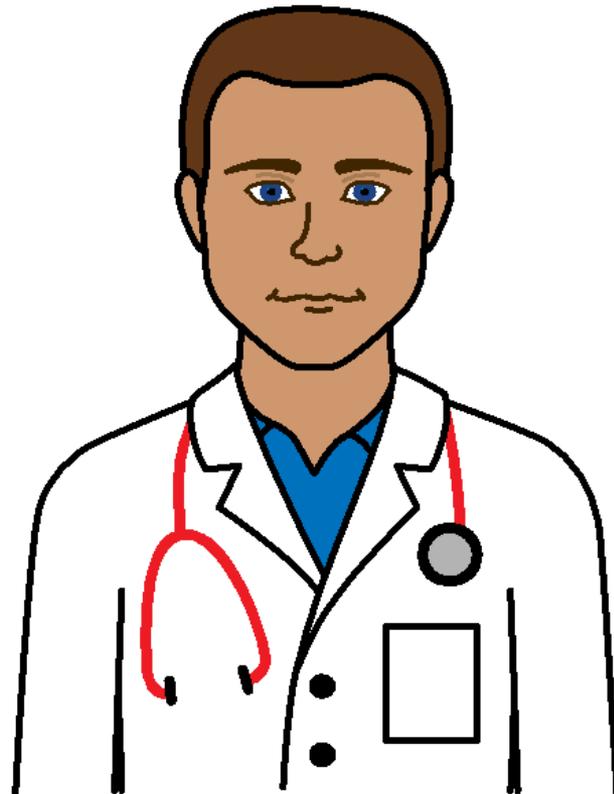


Mostly it makes people cough, feel tired and have a fever.

They can also have a sore throat and runny nose.

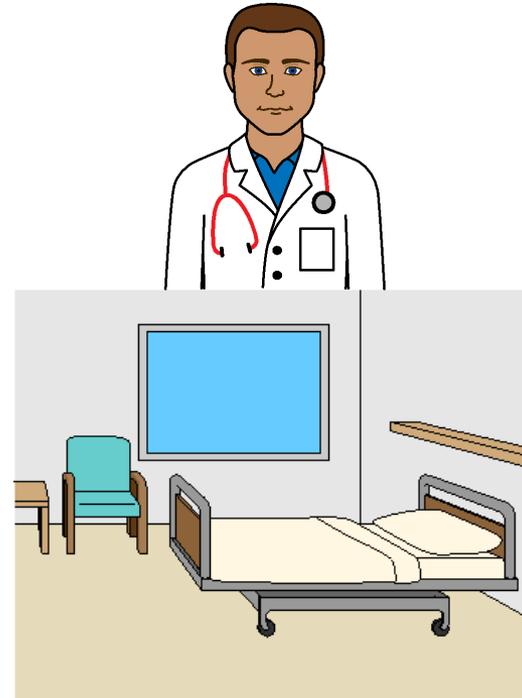


Some people are only sick for a short time,
while others need longer to get better.



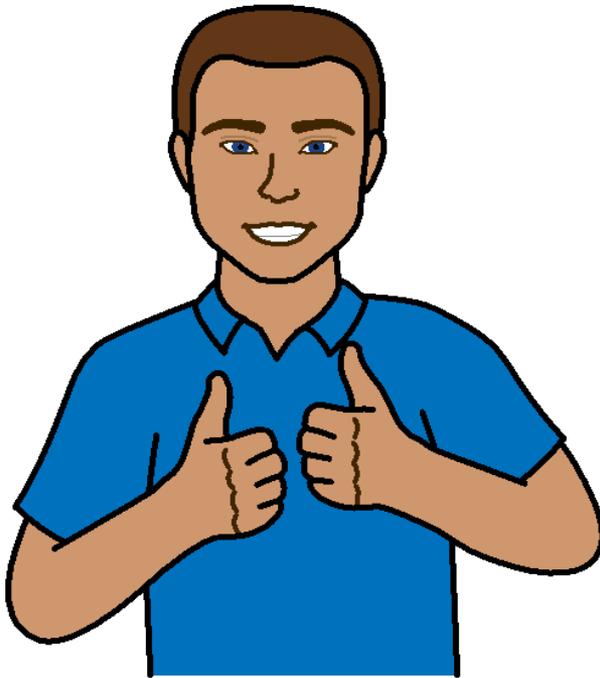
Not everyone who is sick will have COVID-19.

A doctor must check to make sure.



Most people who have COVID-19 will stay at home to get better.

A few people who have the virus may need to go to hospital
so a doctor can help them feel better.



I don't need to be scared.

Doctors and Scientists are working hard to find ways to treat this virus.
Everyone is working together to stay safe. I can also do things to help.

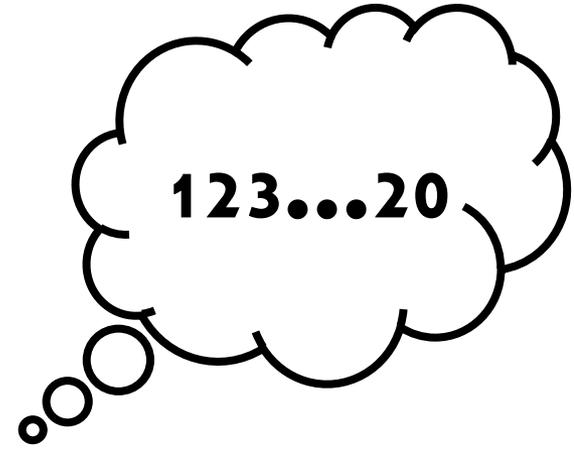
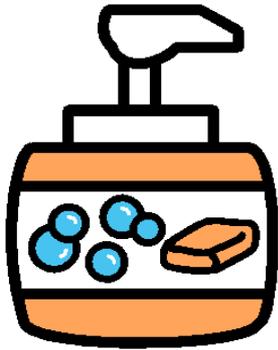


I can wash my hands often!

I take my time and rub the soap between my fingers and all over my hands before I wash it off.

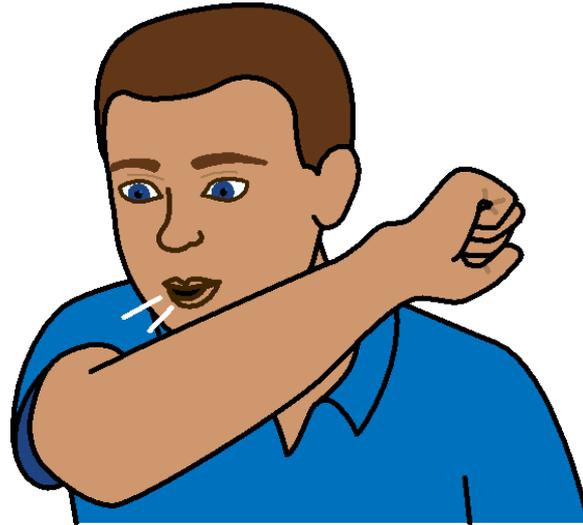
When I wash my hands I can sing 'Happy Birthday' two times or count to 20.

This will be long enough.



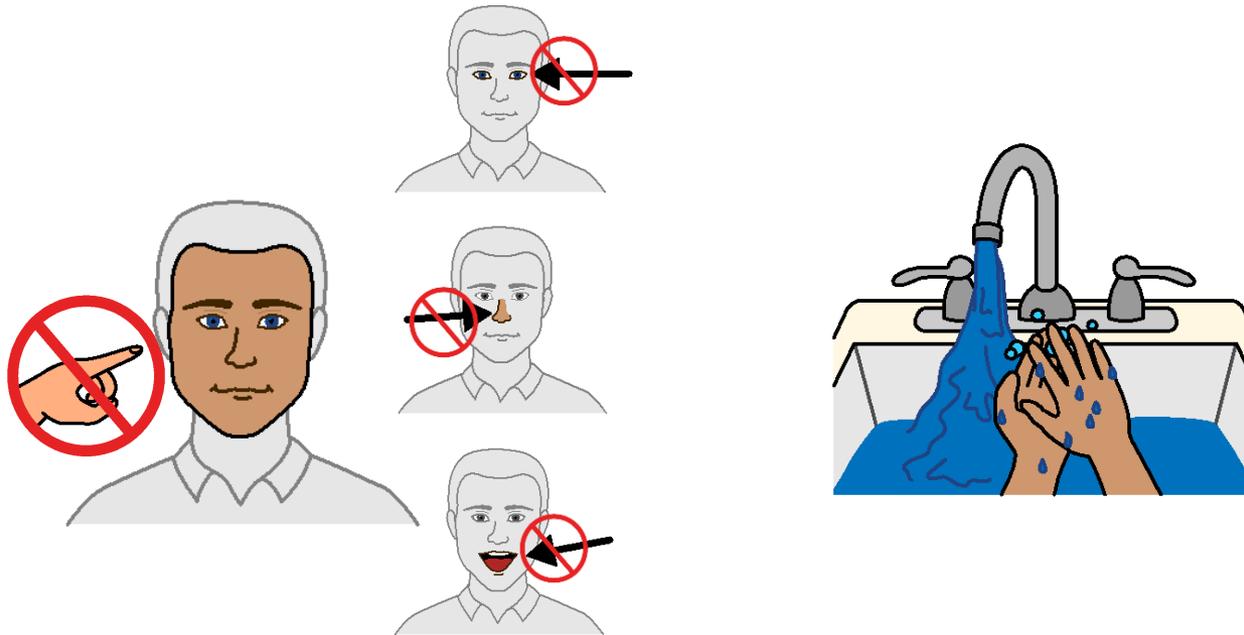
I can use hand sanitiser!

I can put one pump into my hands, rub them together and then count to 20 while it dries.



I can cover my coughs and sneezes with my elbow!

I can cough or sneeze into my elbow to stop
any spit or snot from landing on someone else by accident!

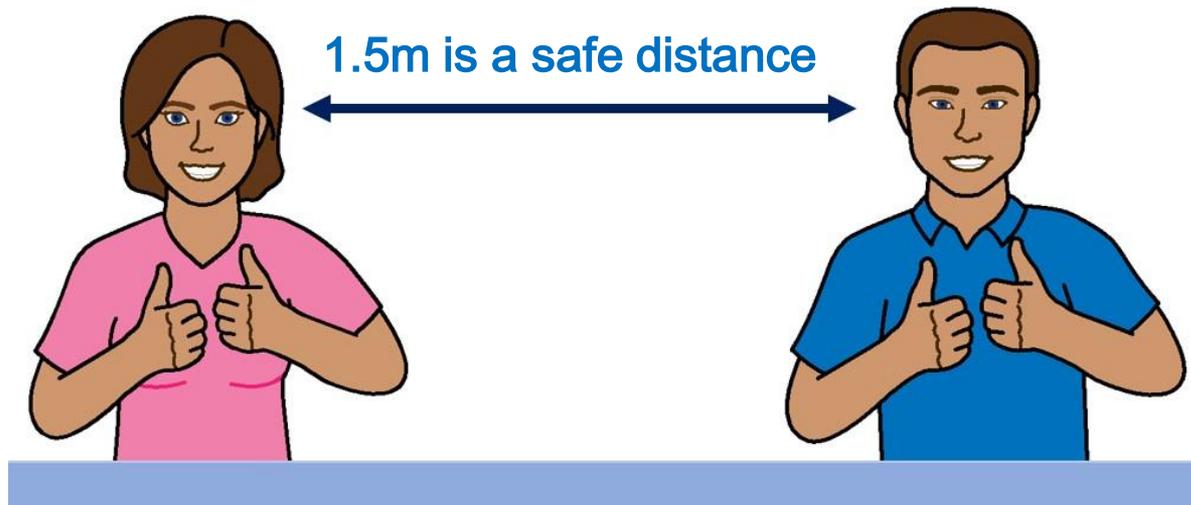


I can keep my hands away from my face!

I can try to remember not touch my eyes, nose or mouth.

This will make it harder for the virus to get into my body

If I do touch my face, I can wash my hands and my face.

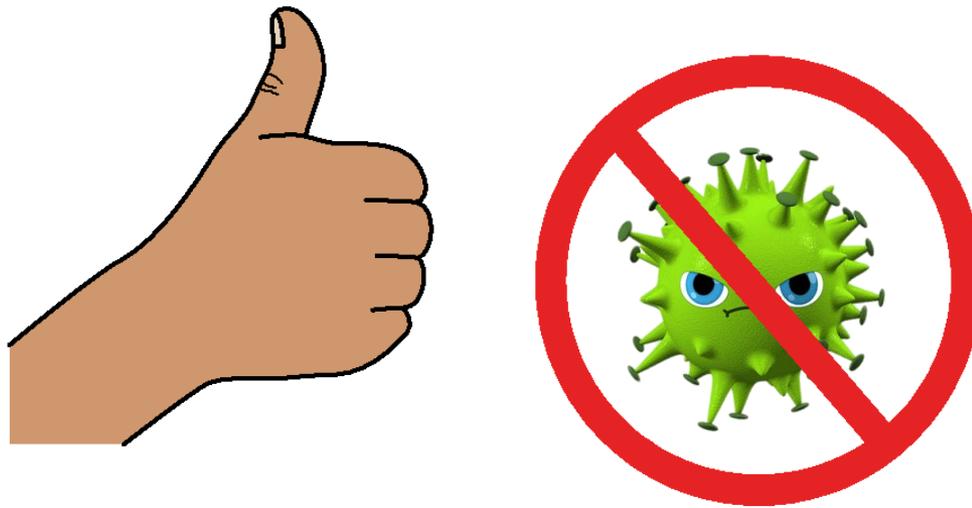


I can practice 'Social Distancing' when in public!

Social Distancing means putting some space (or distance) between me and others.

I can try to avoid physical greetings like handshakes, hugs and kisses.

This makes it harder for the COVID-19 virus to spread from person to person.



If I do these things, I will be helping to stop **COVID-19**

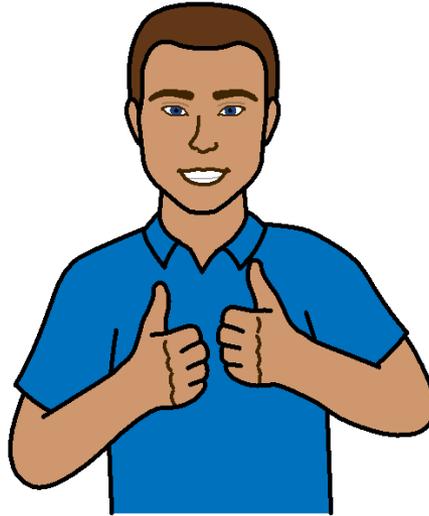
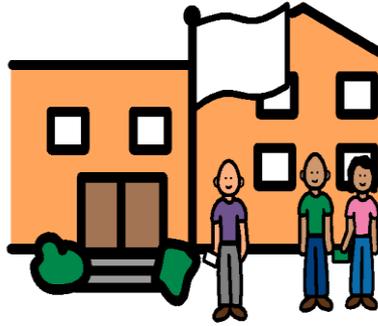


To stop spreading the virus, some places might have to close.
Some places have already closed. Many public events have already been cancelled.



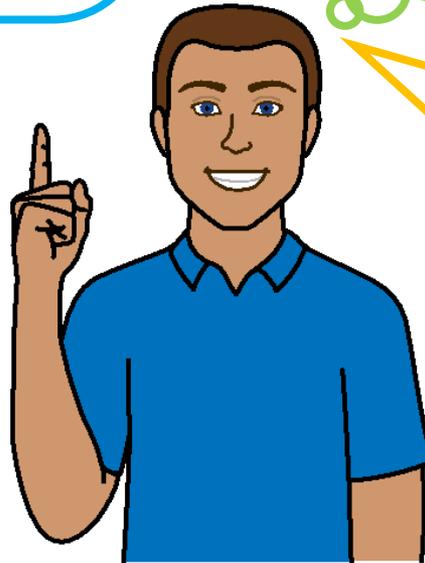
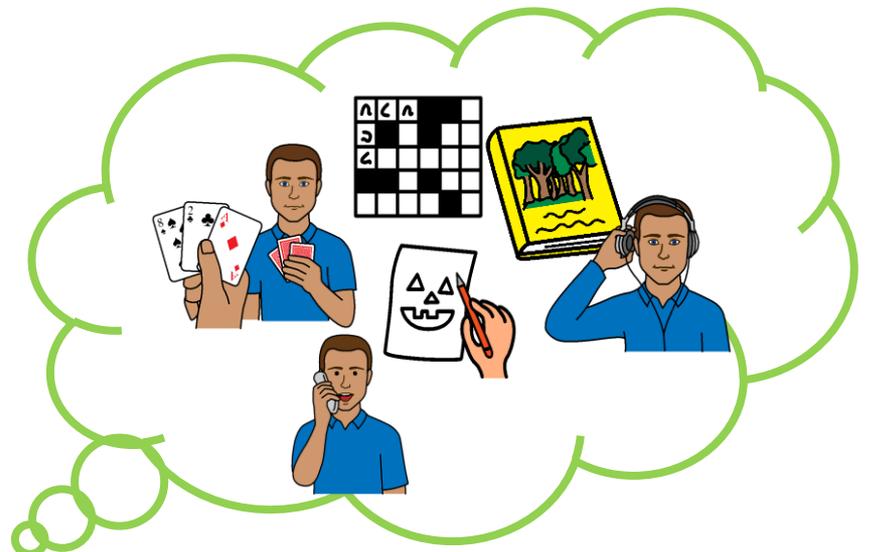
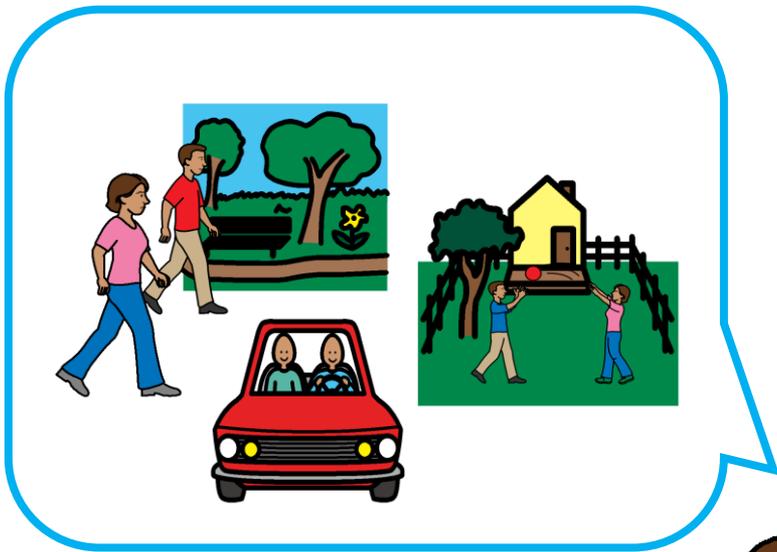
Shops, schools, restaurants, cinemas, gyms and leisure centers are public places.

Closing some of the public places will make it harder for the COVID-19 virus to pass from one person to another. This will help to keep people safe.



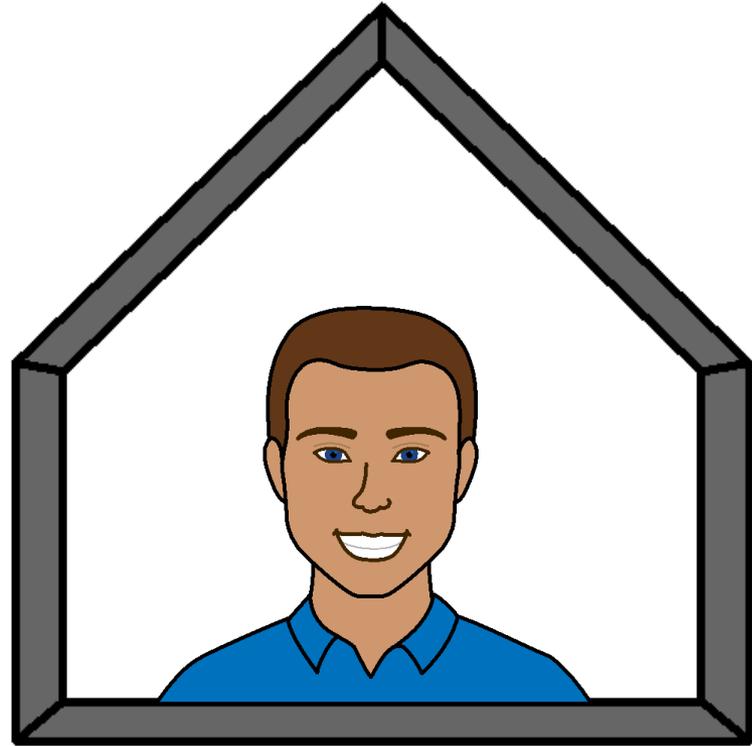
I don't need to worry.

When the virus is under control, the public places will open again.



If a public place I like to go to is closed, I can do other things.

I can work with my parents or support worker to find other things I can do instead.



Some of these changes might make me feel worried, upset or stressed out!

It's okay to feel like this.

The people that care about me, like my family and support staff, will help me.

The End