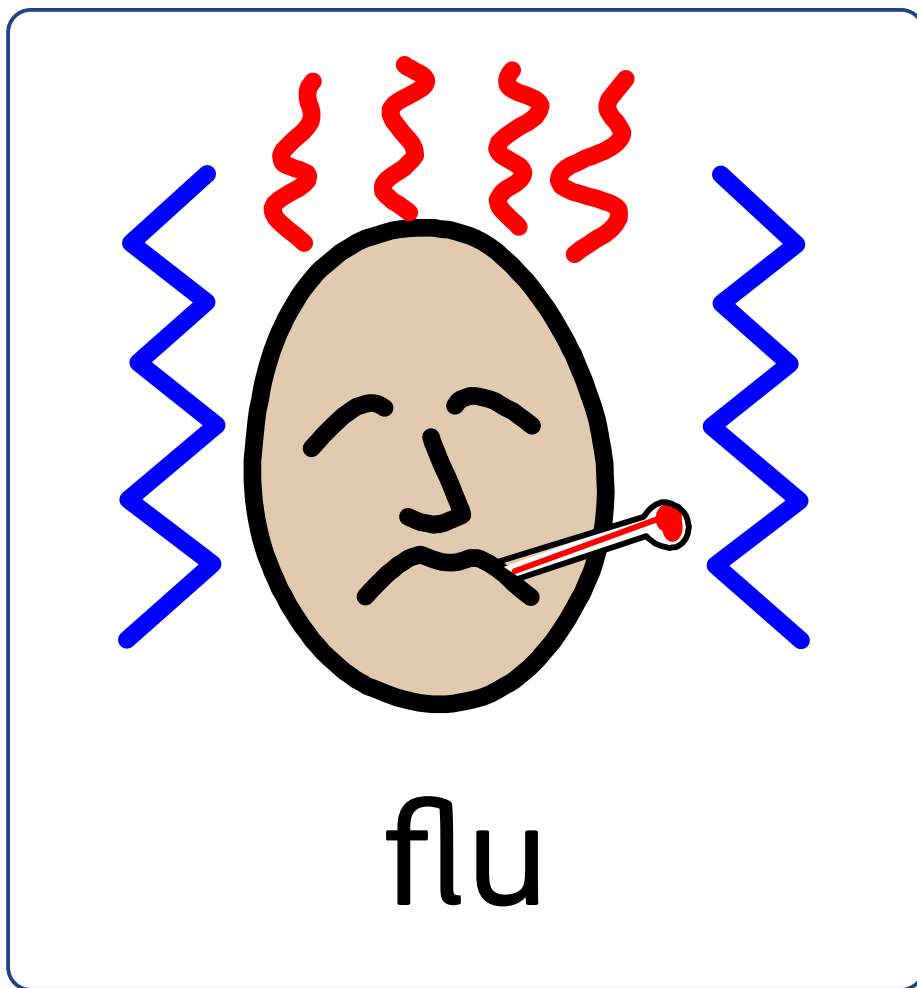


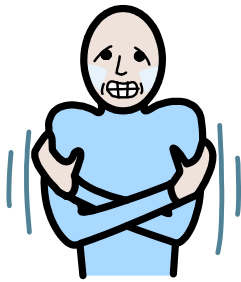
Coronavirus

Coronavirus can also be called 'Covid19'.



It's a new type of flu.

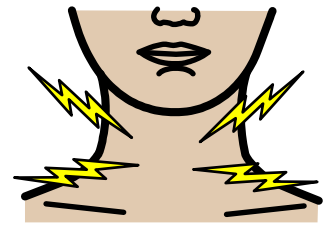
Symptoms of flu can include....



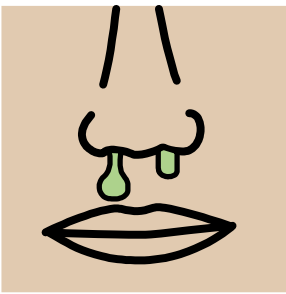
shiver



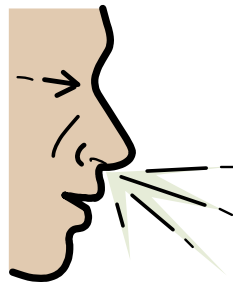
cough



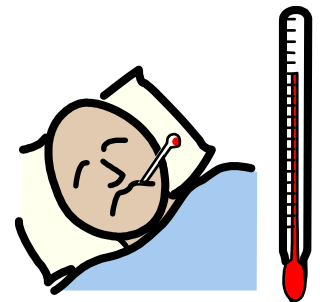
sore throat



runny nose



sneezing



temperature

...but it's OK, you will feel better again.

The best thing I can do to stay healthy is to keep my hands clean.

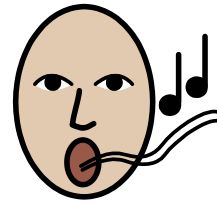


wash hands

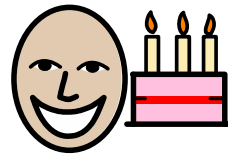
I keep my hands clean by washing my hands with soap and warm water.



wash hands



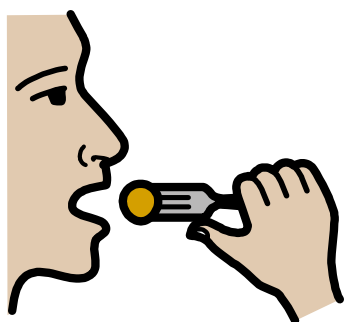
Sing



Happy Birthday

I wash my hands for at least 20 seconds, I can sing 'Happy Birthday' twice when I wash my hands, this will help me to know how long to wash for.

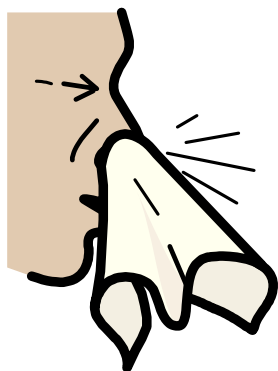
I should wash my hands...



before I eat



after I sneeze



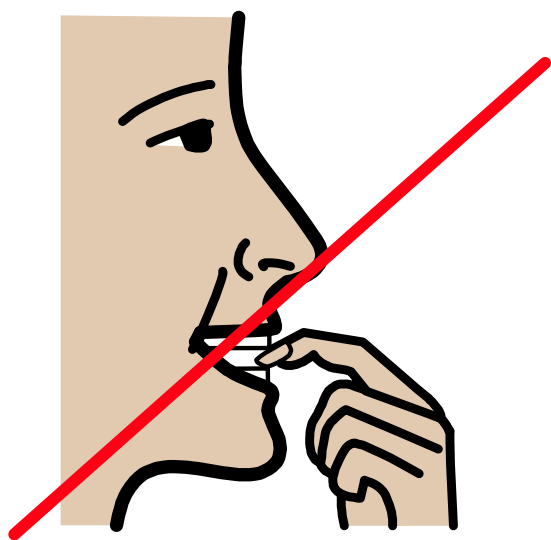
after I blow my nose



after I go to the toilet

...and throughout the day.

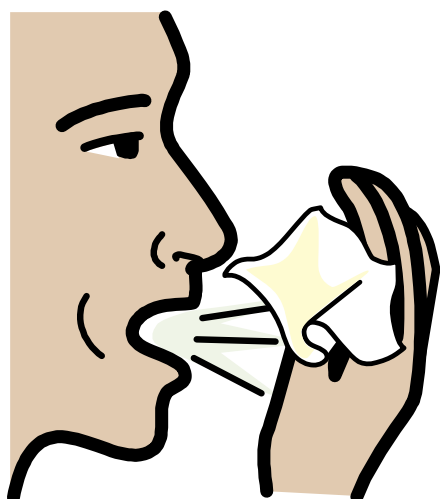
I can also stay safe and clean by..



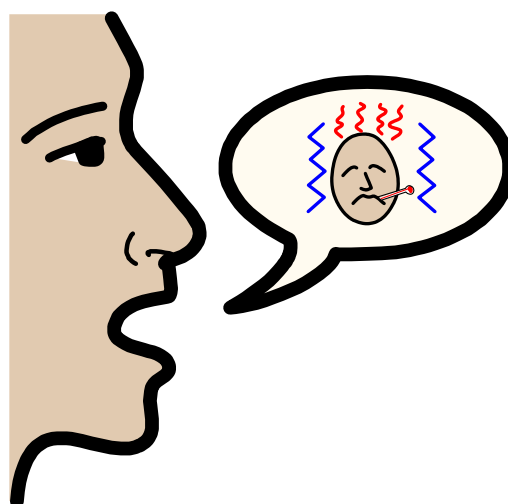
not biting my nails



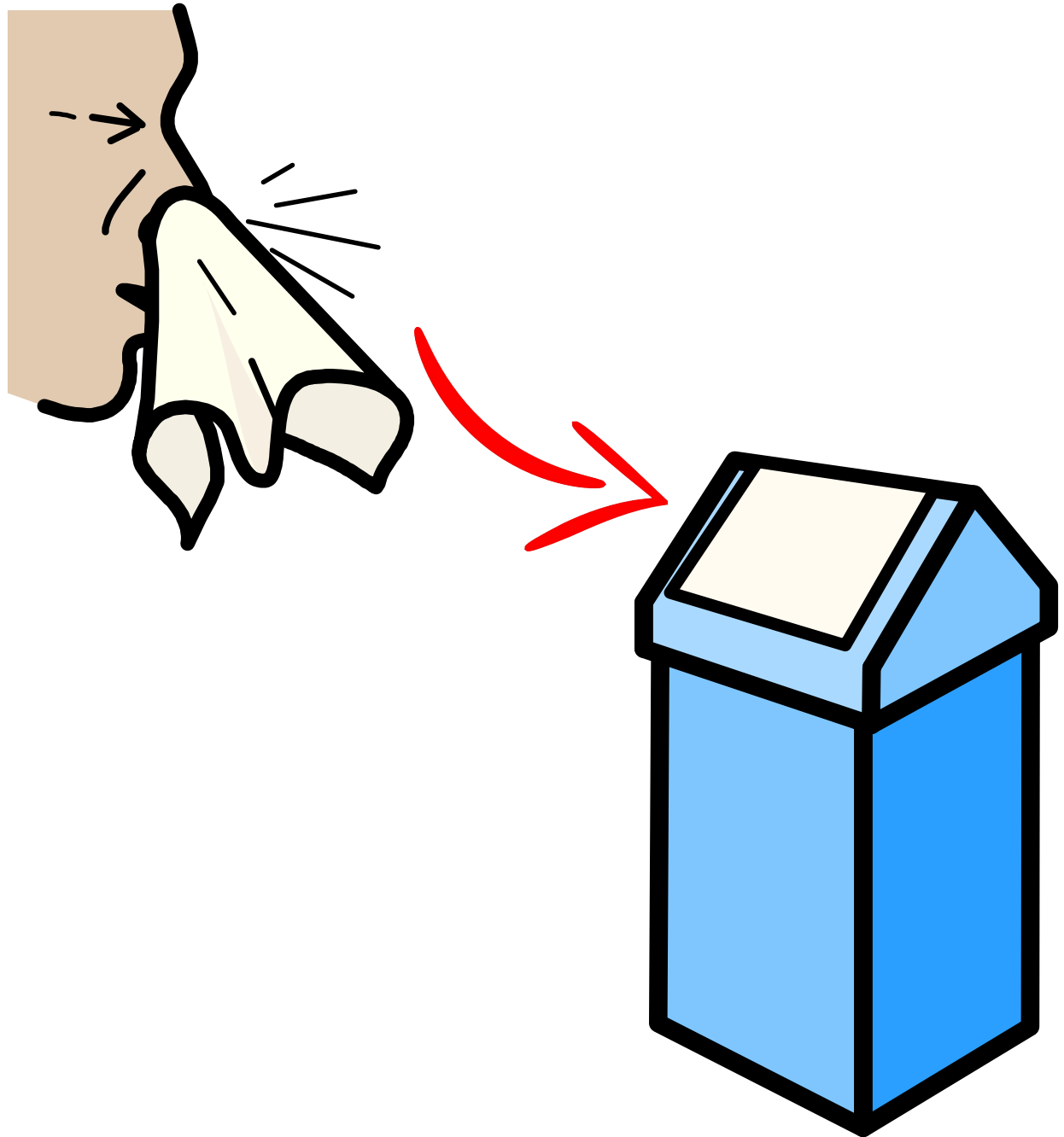
not putting my hands in my mouth



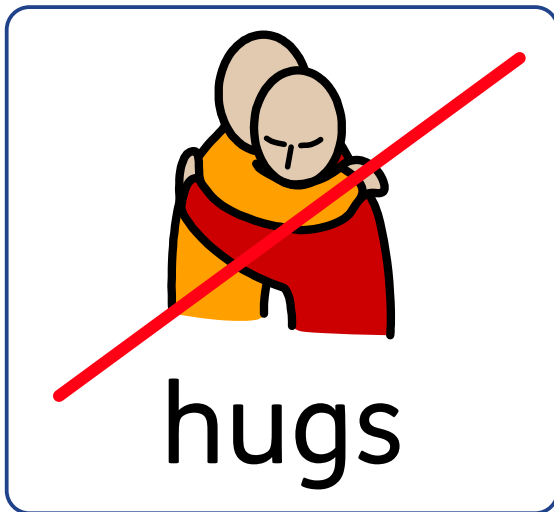
covering mouth when coughing or sneezing



tell an adult if I feel unwell



If I need to sneeze or cough it's best to do it into a tissue then throw the tissue in the bin.



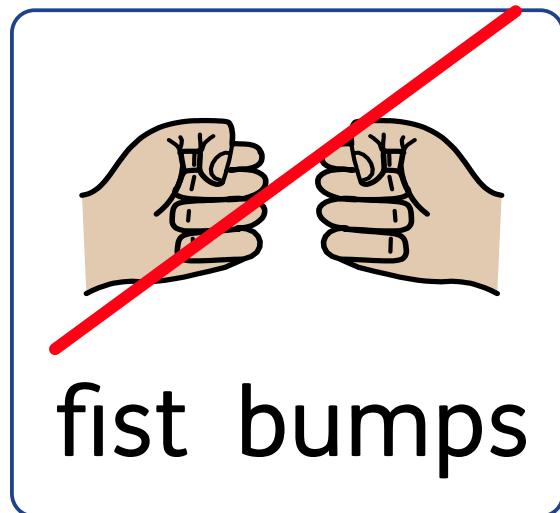
hugs



high fives



hand shakes

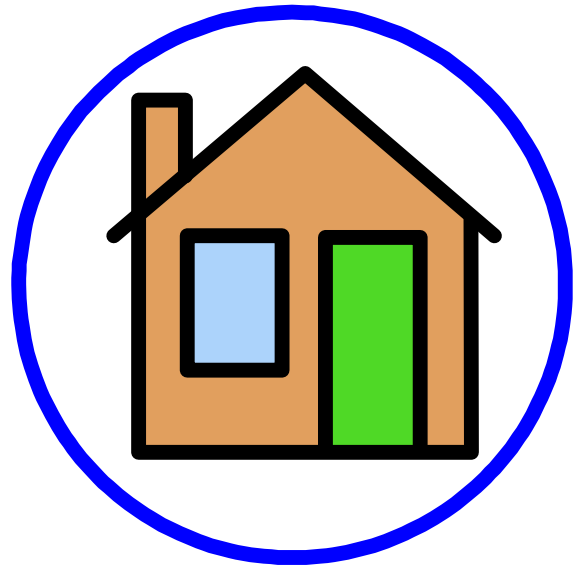


fist bumps

It's a good idea to not give my friends hugs, high fives, hand shakes or fist bumps until everyone is feeling better.



unwell



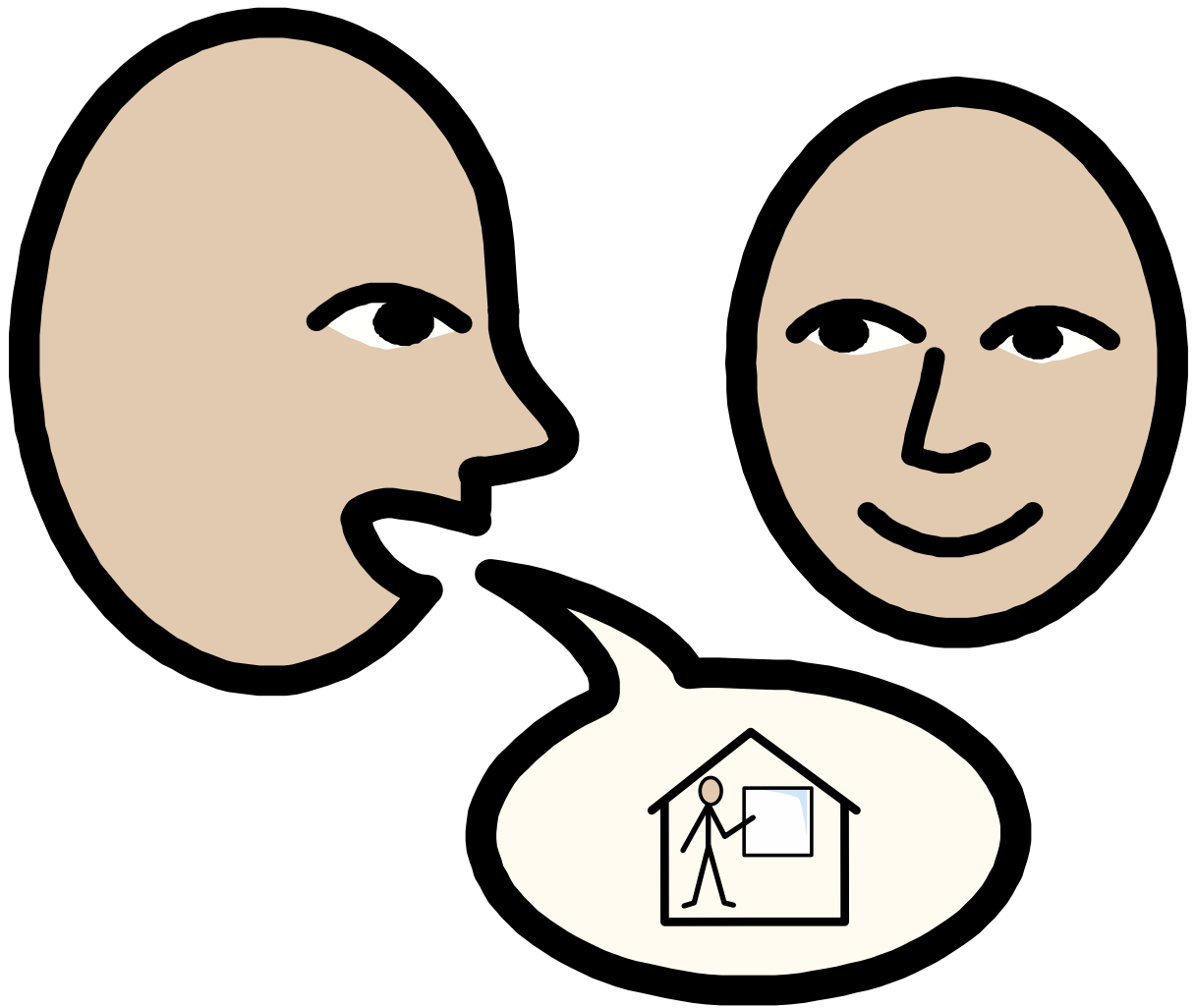
home

If I feel unwell I
will need to stay at
home.

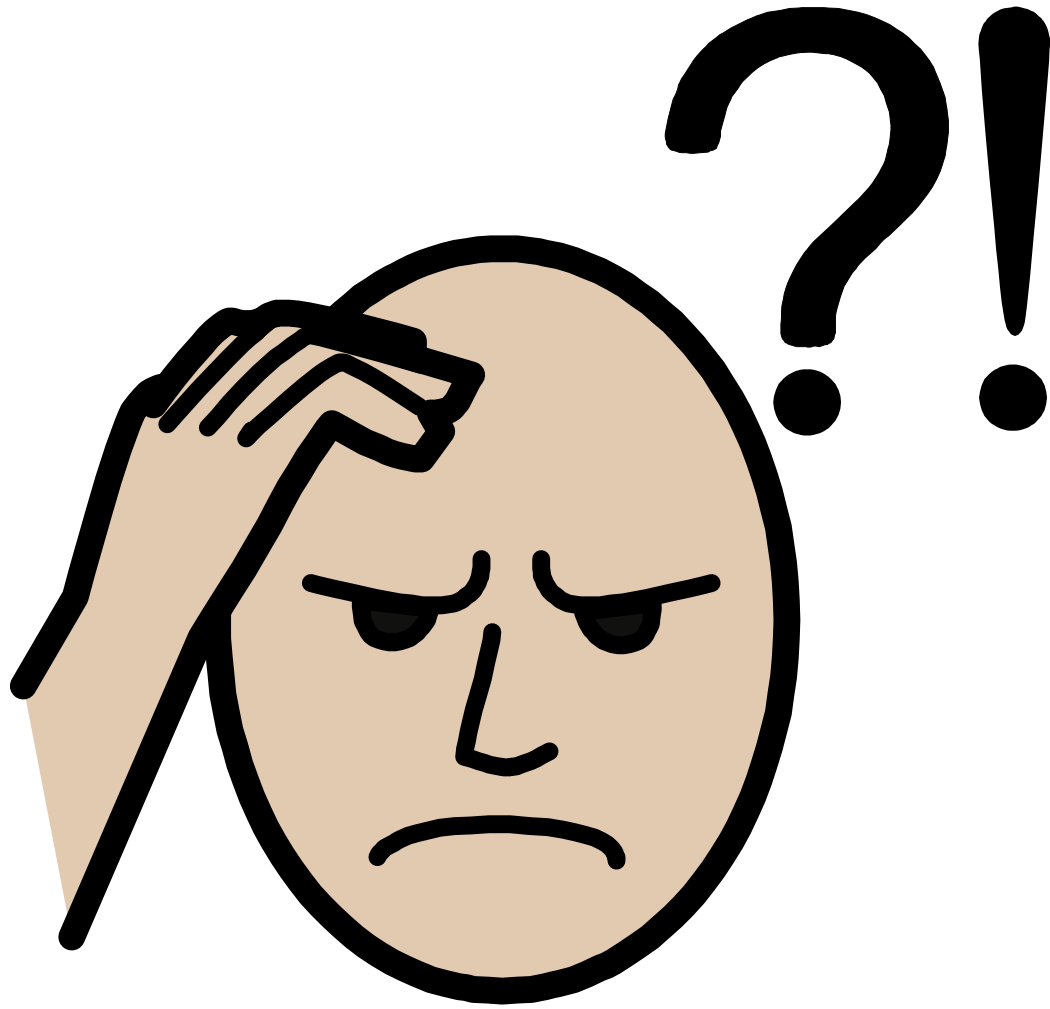


school

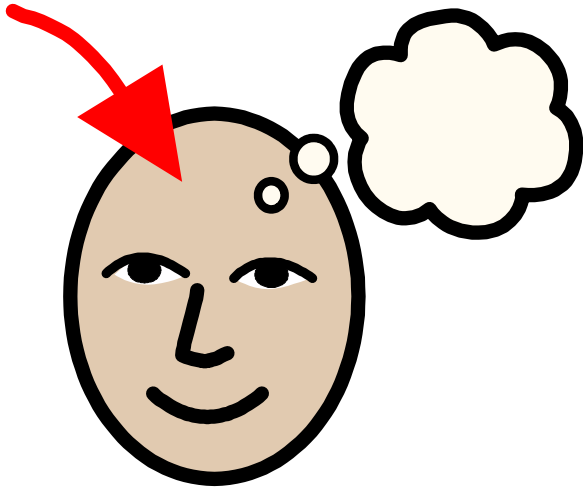
My school might
close and all the
children will stay at
home.



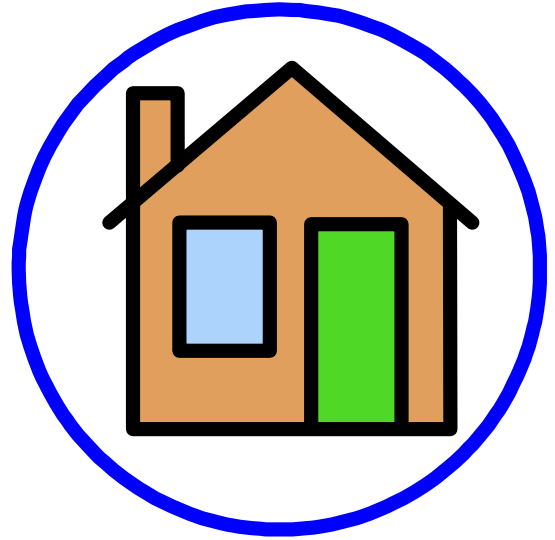
I can ask my parents
or carers if there is
school or not.



Having time off school is a change to my routine and it can feel tricky.

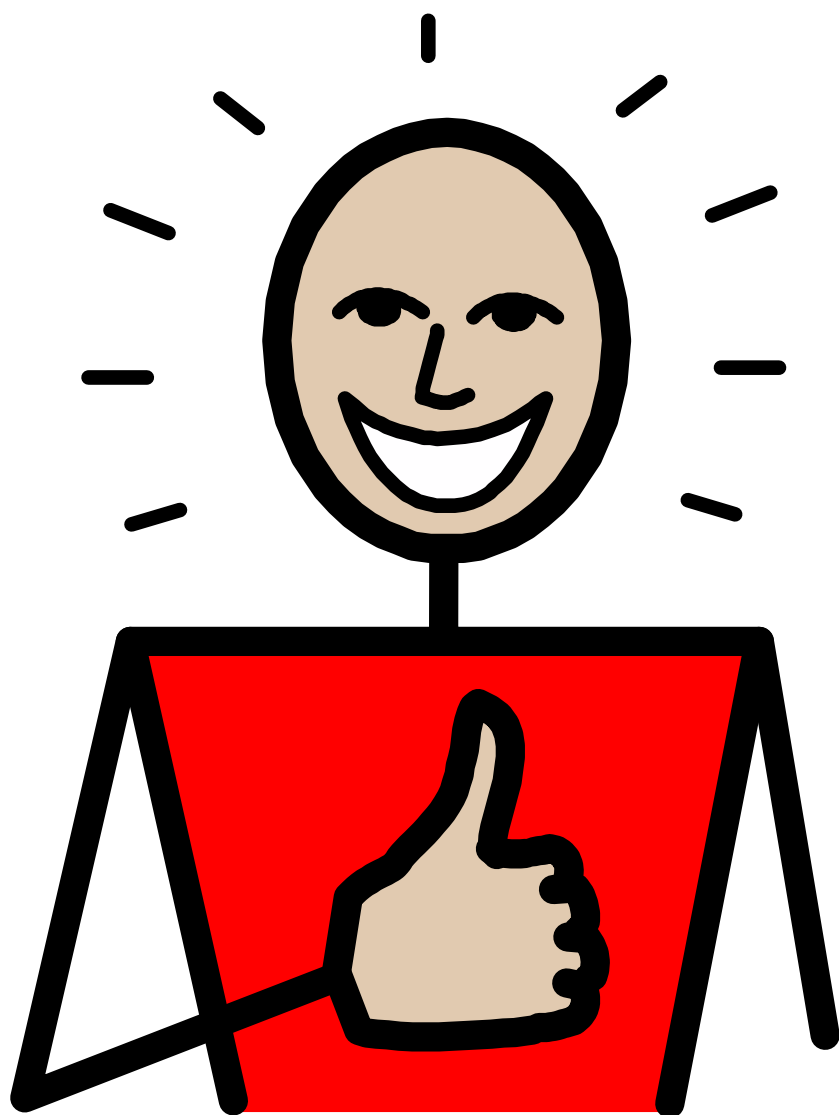


learning

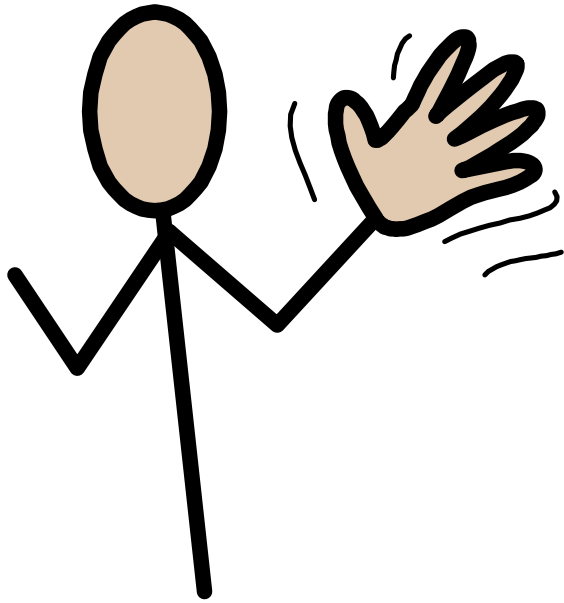


home

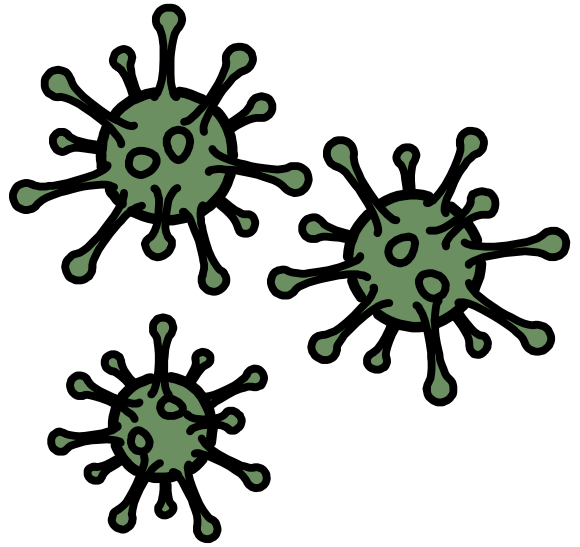
I can do my
learning from
home.



My parents or carers
will let me know
when I can go
back to school.

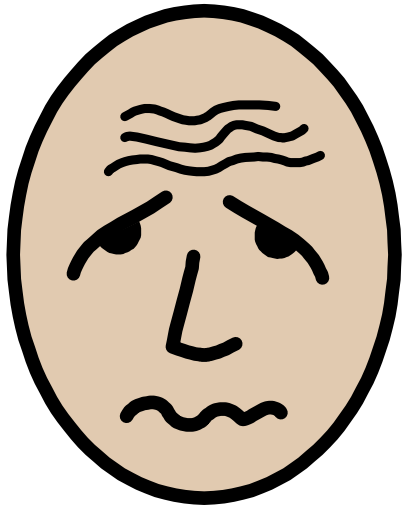


goodbye



virus

Just like other types
of flu, Coronavirus
will go away soon.



worried



talk

Everything will be OK,
but if I feel worried I
can talk to an adult
about it.