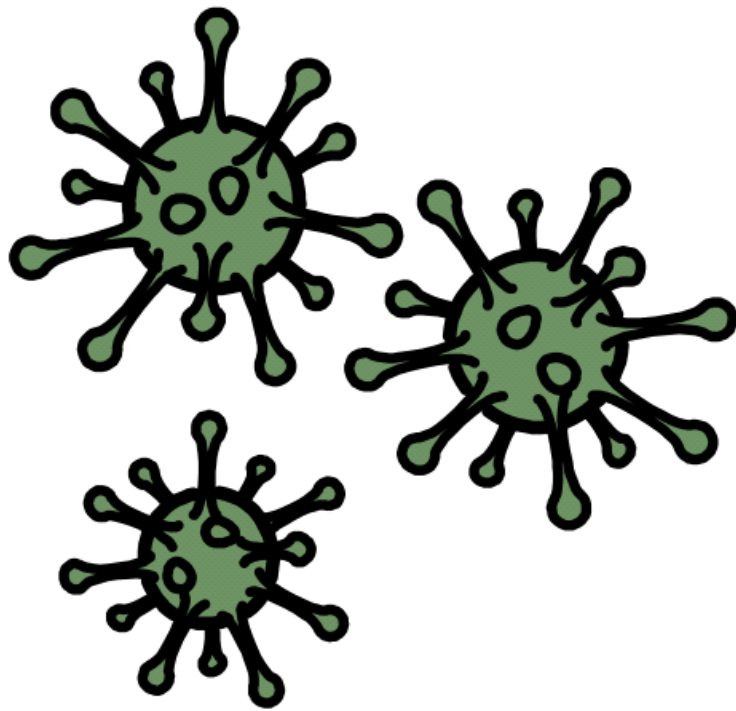


# What is the Coronavirus?







The Coronavirus is a virus that can make people feel unwell.



The Coronavirus can also be called "COVID-19".

# COVID-19 / CORONAVIRUS

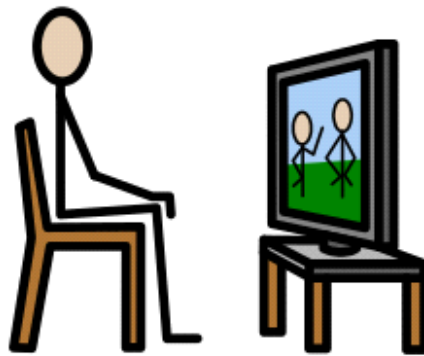
People who have the Coronavirus may  
feel unwell.

			
Sore throat	Dry cough	Fever	Shortness of breath

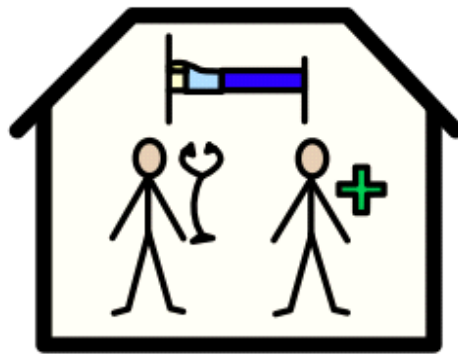
It feels a bit like getting flu.






Most people who have the  
Coronavirus will stay at home to get  
better.



Some people who have the  
Coronavirus will go to the hospital to  
get better.



Most people get better by:

		
resting	drinking lots of water	taking pain medicine

I can help stop the spread of  
Coronavirus germs by washing my  
hands with soap and warm water for  
at least 20 seconds.



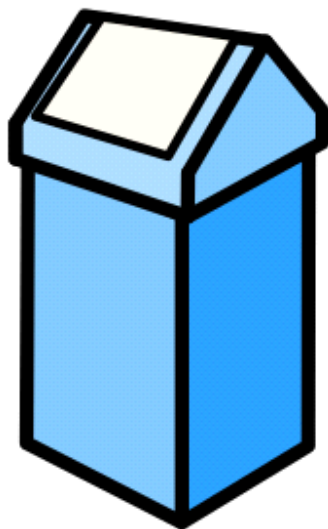
If I can't use soap I can use Hand  
Sanitizer.

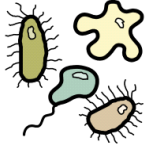
I can sing the "Happy Birthday" song  
twice while washing my hands. This  
makes sure I washed my hands for a  
full 20 seconds.

If I need to cough or sneeze I should catch it in a tissue.



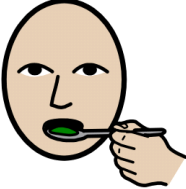







I should throw all dirty tissues in the bin and wash my hands.





It is very important that I wash my hands often, to get rid of any germs...

...especially before and after the following activities. This will help stop the virus from spreading.

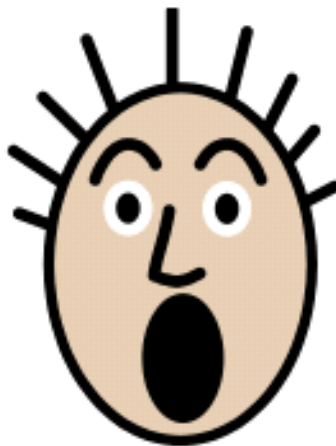
		
eating	drinking	going to the toilet
		
when I get to school	cooking	blowing nose
		
sneezing	coughing	



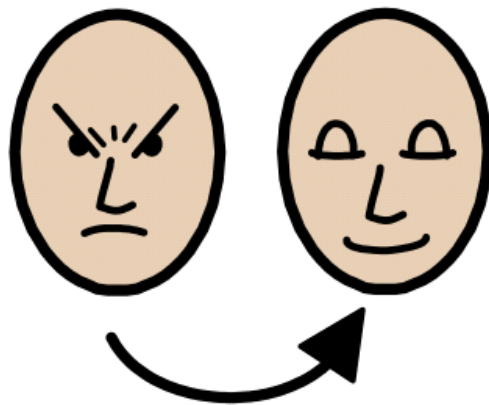
If I feel unwell, I should tell an adult and they may think I should stay at home.



When lots of people start getting poorly, people can become afraid.



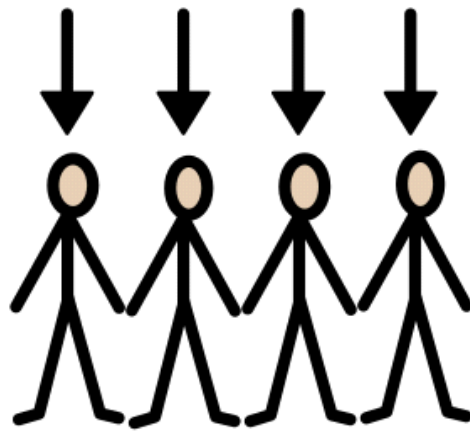
I may hear scary things at school  
or on TV. These things may make  
me feel scared, nervous or unsafe.  
It's okay to feel like this.



I can tell someone I trust how I  
am feeling. They can help me feel  
safe.



Everyone gets poorly, sometimes.

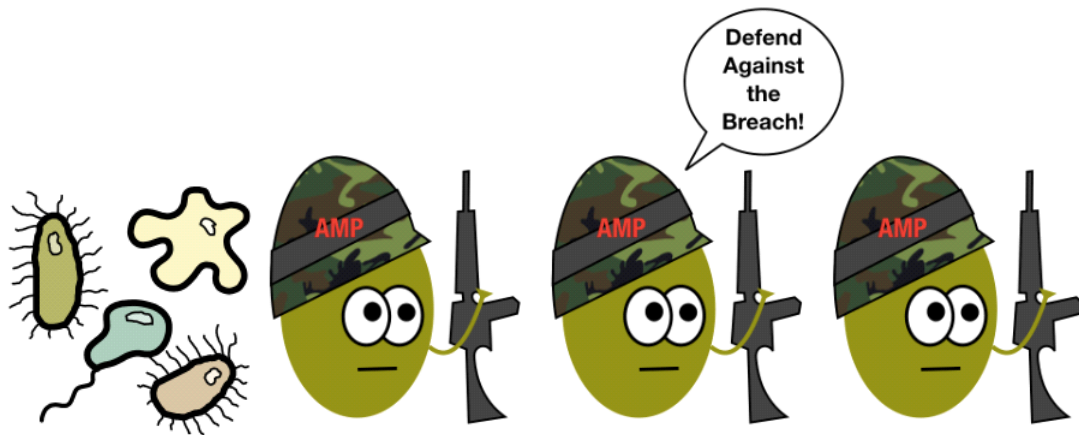


We feel poorly because our bodies are fighting the bugs.

Humans are amazing! We actually raise our own body temperature to kill the germs!




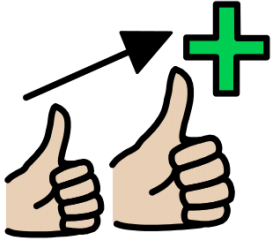
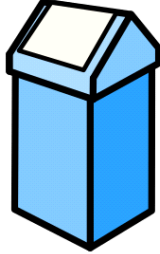
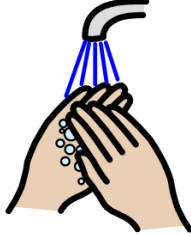
Our immune systems attack the germs and viruses and help make us better again.



We can help our immune systems stay strong, by getting enough sleep, eating healthily and washing our hands!



# Coronavirus Summary:

		
Coronavirus can make people sick.	To help stay healthy we should...	catch coughs or sneezes in a tissue
		<b>20</b>
put the tissue in the bin	wash hands with soap and warm water	wash hands for 20 seconds
		
wash hands before eating	wash hands after using the toilet.	If I get poorly I will stay at home.

# My guide to washing my hands:

		
Turn on tap	Wet hands	Get soap
		
Rub hands for 20 seconds	Wash off soap	Dry hands

