



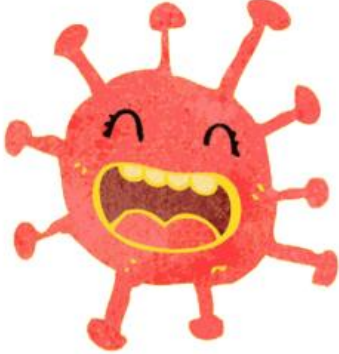
Support agencies for children

<u>Agency</u>	<u>Contact number</u>	<u>Who for?</u>
	0800 1111	Help for young people/children in the UK
	02078436000	Keeping children safe when schools are closed

Support in understanding coronavirus for children


HELLO!

I am a VIRUS,
cousins with the Flu and
the Common Cold




My name is Coronavirus

I love to travel...




and to jump
from hand to
hand to say Hi


HIGH FIVE



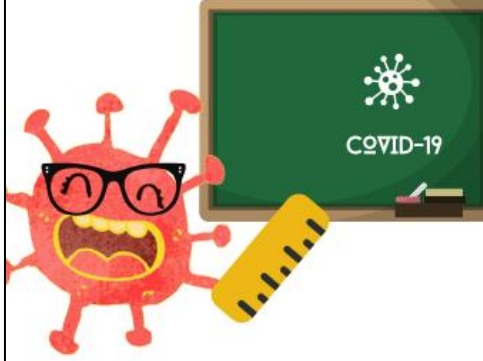
Sometimes adults get
worried when they read
the news or see me on TV



THAT'S
ME!



But I am going to explain
myself...



COVID-19

So you can understand...

When I come to visit, I bring...

Difficulty breathing

fever

Cough

But I don't stay with people for long, and almost everyone gets better

Just like when you get a scrape on your knee and it heals

BYE BYE...

Don't you worry!

The adults who take care of you:

will keep you safe

And you can help...

1

By washing your hands with soap and water while singing a song

You can sing your favorite song, the happy birthday song, or the alphabet song

2

By using hand sanitizer and letting it dry on your hands

Without moving them count to 10
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get back to playing!!

If you do all that I will not come to visit

while the doctors work to find a vaccine that will allow me to say hi without getting you sick.

It's a word you might have heard at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people sick.

Coronavirus Facts



- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.

A lot of the symptoms are similar to the flu (which you might have had before!)



Dry, itchy cough



Fever



Kinda hard to breathe

Most people who have gotten sick with this coronavirus have had a mild case.

And there aren't a lot of cases in kids. If kids do get the virus, it tends to be very mild.



People who are much older or who already have health problems are more likely to get sicker with coronavirus.

If anyone gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.



If there's anything you might be confused or worried about, don't be afraid to ask someone you TRUST.



There are some things you can do to protect yourself, family and friends from getting sick.

① WASH YOUR HANDS OFTEN

★ USE SOAP AND WATER

★ WASH FOR AT LEAST 20 SECONDS. IF IT HELPS, SING THE ABC'S WHILE YOU DO IT - THAT'S ABOUT 20 SECONDS.

★ WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).

★ TRY TO GET INTO ALL THE NOOKS + CRANNIES!



② SNEEZE INTO YOUR ELBOWS

★ CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR LUNGS.

★ IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



③ AVOID TOUCHING YOUR FACE

★ DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.

★ THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



It's very important to remember that this kind of virus can affect

ANYBODY.

It doesn't matter where you come from or what country your parents are from.



Just because someone looks different or talks differently doesn't mean that they are at a higher risk of getting the coronavirus or spreading it.

AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.



But seriously, though...
PLEASE wash your hands!!!

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584823181802>