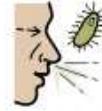


Staying in quarantine

You have probably already heard of the word 'coronavirus'.
Coronavirus is a virus that can make people sick.



Like any other virus, coronavirus, can spread if people do not follow the recommendations made by doctors and the government.

In order to prevent the virus spreading, it's important that we wash our hands regularly, especially before we touch food, for at least 20 seconds.



Sometimes people might get sick   with coronavirus.

Someone in my family might get sick. I might get sick.

That's ok. We just need to follow what the doctors and the government tell us to do until we get better.

If someone in my family or I get sick, the doctor will tell us to stay home for up 14 days. This is called 'quarantine'.

When you are in quarantine you are not allowed to leave your home.

It's ok. There are many things that I can do when I am at home.



These are the things I like to do when I am at home:

.....

.....

.....

.....

If someone in my family is sick and we are all in quarantine, it's really important that we regularly wash our hands and clean our home often. We don't want the virus to spread to those in the family who are not sick.



We might also try to stay in different rooms



and

keep a distance of 2 metres from each other.



When I am in quarantine I might get bored of staying home. That's ok. Everyone gets bored sometimes. I can try to remember that it is no-one's fault if I have to stay home.

It's what the government and the doctors tell we must do so the virus doesn't spread.



I can also try to remember that quarantine is only up to 14 days. The adults will let me know exactly how long.

I can even cross the days out to help me pass the time better.

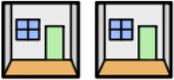
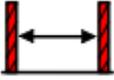
1	2	3	4	5	6	7
8	9	10	11	12	13	14

Everyone in my home will be happy with me for following the rules of the quarantine.

My teachers and friends will also be proud of me for following the government recommendations.



Quarantine rules

 <p>indoor</p>	Stay indoor
	Wash your hands regularly
	Stay in different rooms, when possible
	Keep a distance of 2m