



How can I help stop the
Coronavirus spreading?



Coronavirus is a new virus that makes people unwell. Because it is new lots of people all over the world have caught the virus. Most people who have coronavirus may feel like they have a cold or flu. They may have a temperature or a cough. After a few weeks they will feel well again.

People may also feel unwell for other reasons, like having a different virus or illness. It is important that I tell my mum or dad if I feel unwell.



Because Coronavirus is a new virus doctors and scientists are busy learning about it. They are trying to find ways to treat this virus. Scientists are also working hard to make vaccinations to stop people from becoming unwell from the virus.

While we wait for the scientists and doctors to make a vaccine or find a medicine there are important things all adults and children can do to avoid catching it.

Viruses are usually caught by people touching something that has a virus on it and then touching their face. Sometimes people catch the virus by being close to someone who has sneezed or coughed.

Viruses are so small we cannot see them. It's important for people to wash their hands often with soap and warm water. This gets rid of the virus and helps to keep us healthy.





I will try to cover my nose and mouth if I cough or sneeze. I will try and wash my hands with soap and warm water for 20 seconds:

- Before I eat
- After I use the toilet
- When I get home
- After I cough or sneeze

My Mum or Dad will show me how to wash my hands carefully. They will remind me when it is time to wash my hands.

To get rid of any virus doctors say it is important to wash our hands for 20 seconds. This takes as long as singing the 'happy birthday' song twice or counting to 20.





Sometimes to stop a virus from spreading doctors and scientists tell people to stay away from crowds or groups of people. Schools may close and children stay at home. Workplaces may close and mums and dads may work from home. Clubs, buses and trains may stop running too. This is okay. It helps to stop the virus and keep people healthy for when things are normal again. We can stay at home until it is safe to go back to school or work.

Mum and Dad will have ideas to keep me busy and happy at home. Mum and Dad will be told when it is safe to return to school or work. This is okay. It helps to stop the virus spreading and keep people healthy for when things are normal again.