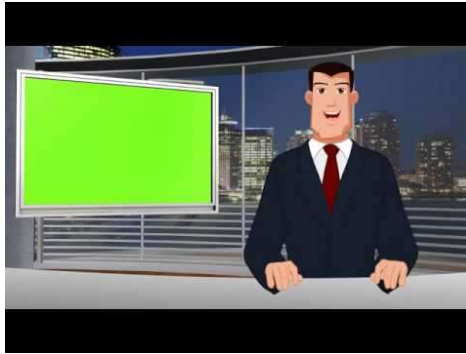


## Coronavirus / COVID-19

There are lots of people talking about Coronavirus on the TV and internet. This might make me feel worried.



It is normal to feel worried. I can talk to an adult who can help to reassure me.



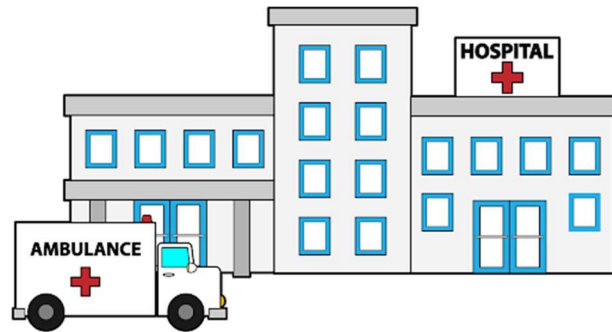
Coronavirus is a new virus that can make people feel unwell. It is also called COVID-19.



Most people with Coronavirus get a cough and a fever. They may also have a sore throat and get short of breath. They can rest at home until they feel better



Some people might need to go to hospital so the doctors and nurses can look after them.



Some people may choose to self-isolate, this is because they have, or someone that lives with them has an underlying health condition that puts them at greater risk.



There is lots I can do to stay healthy. I can help stop the spread of germs.



I can wash my hands more regularly than usual, especially before eating, after going to the toilet, when I get home from school and if I have been playing outside. This is called a good hygiene routine.



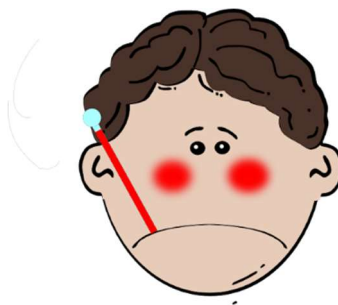
I should wash my hands for about 20 seconds, this is as long as it takes to sing "Happy Birthday" twice.

If I am not near a bathroom I can use hand sanitiser.

I should cover my mouth with a tissue or my elbow if I sneeze or cough.



Having a cough or fever does not mean I have Coronavirus, it may just be a cold or flu. Everyone gets sick sometimes. If I get unwell I should stay at home until I feel better.



If lots of people get sick in my community, they may need to close schools until all the germs have gone.



My headteacher will be keeping Mum and Dad informed every day, the headteacher will follow advice from the government. Mum and Dad can keep me informed when they get an email from school.



Mum and Dad may not know if the school will close as the advice from the government is changing regularly, when they know they will tell me.

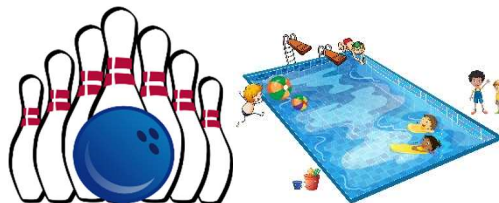
It is OK if my school closes. I can spend time at home. I will be safe and happy at home with my family.



My teachers may provide some work for me to do at home either on worksheets or on the computer.



If school is closed some of my favourite places may also be closed.



If Mum and Dad have booked a holiday or school have arranged residential trips they may be cancelled. This is to keep everyone safe. I may feel disappointed if this happens.



Everyone will feel disappointed, we can try and cheer each other up.

Once the Coronavirus has gone, I will be able to go back to school  
and my favourite places.



I can try and keep myself healthy by washing my hands, eating fruit  
and veg, getting plenty of sleep and exercising.



I am great at being healthy and following good hygiene routines.

**Author:** Claudia Carter, Dorchester Family Partnership Zone

17 March 2020