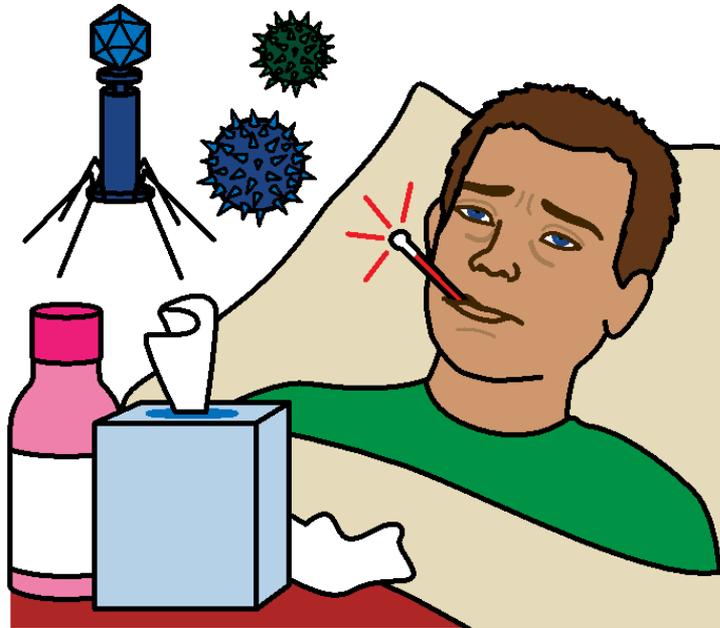


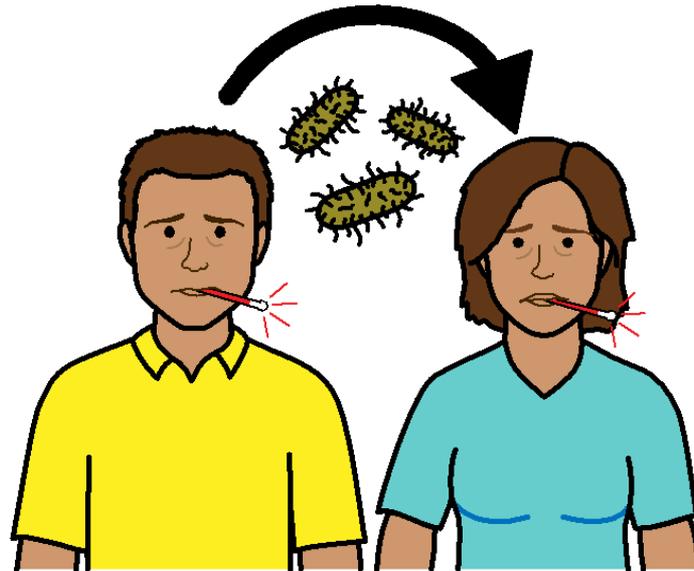
What's
COVID-19?



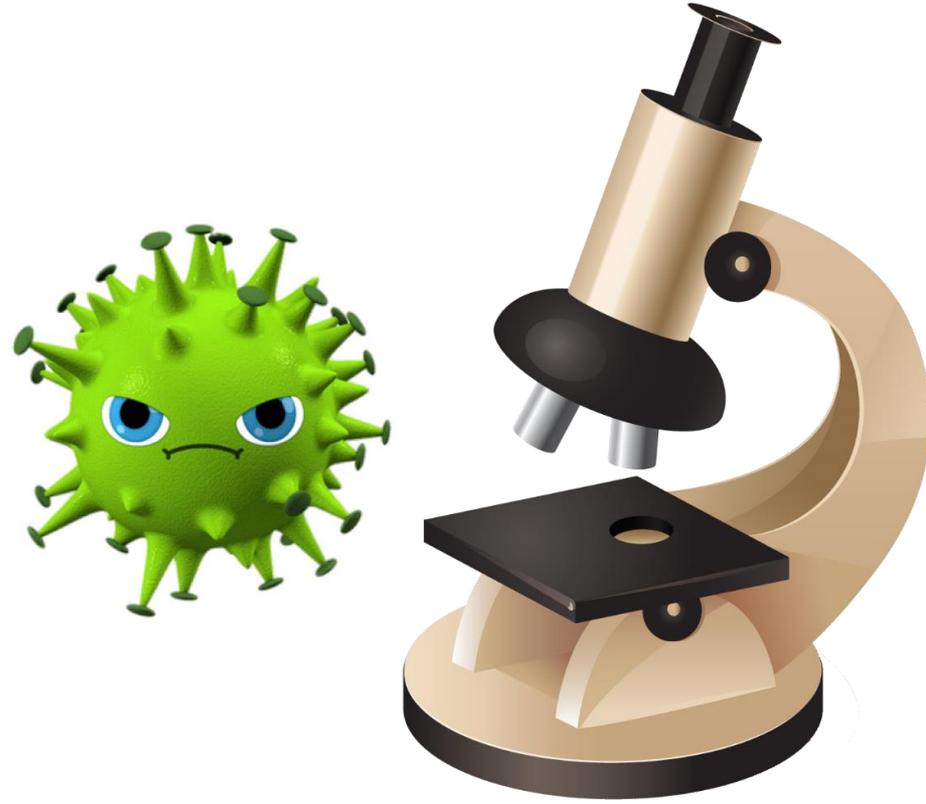


Sometimes people get sick.

Viruses are tiny germs that can make people sick.

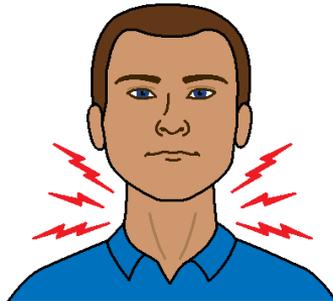
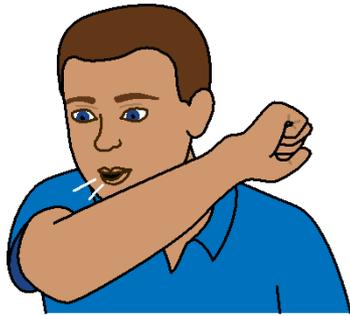


Viruses can be passed from one person to another by shaking hands, touching food, or through the air when a person coughs or sneezes.



The Coronavirus is a new type of virus.

People also call it **COVID-19**.

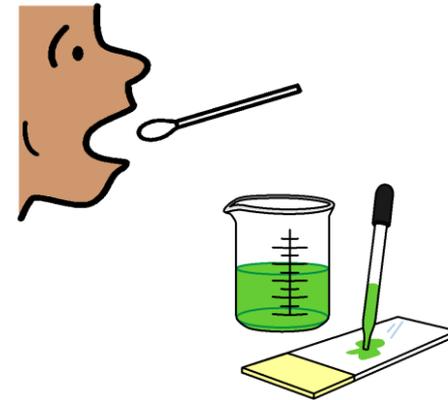
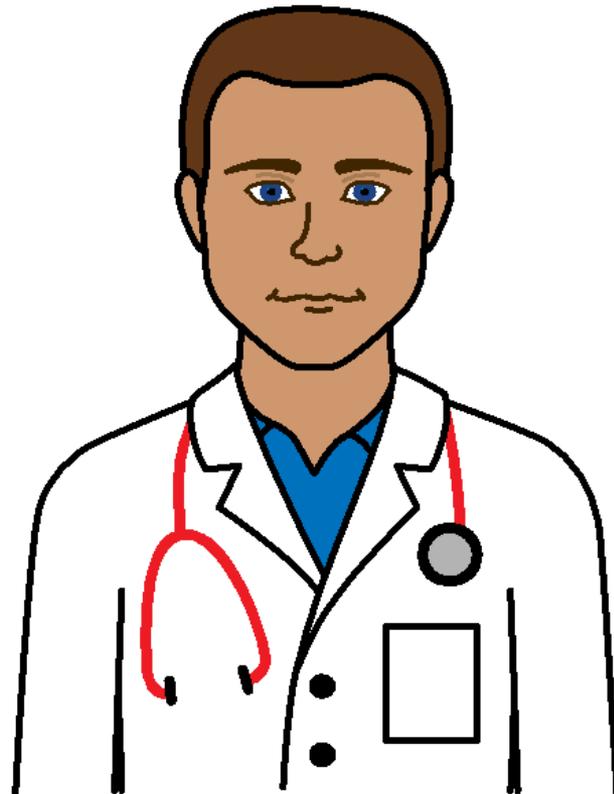


Mostly it makes people cough, feel tired and have a fever.

They can also have a sore throat and runny nose.

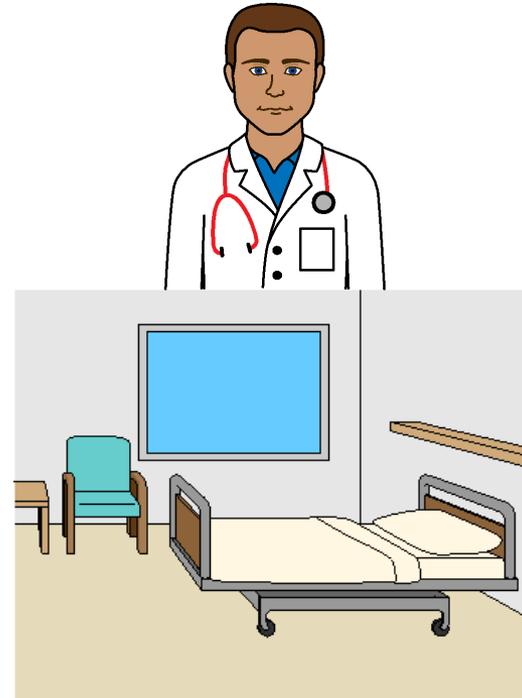


Some people are only sick for a short time,
while others need longer to get better.



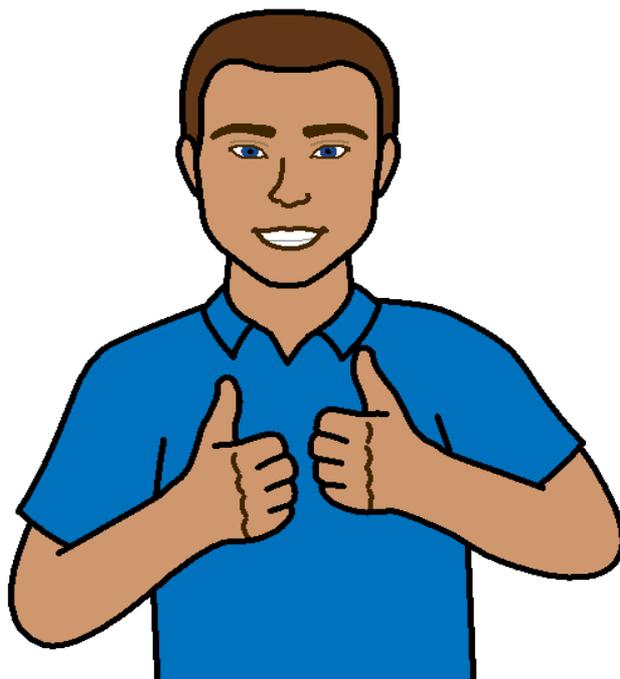
Not everyone who is sick will have COVID-19.

A doctor must check to make sure.



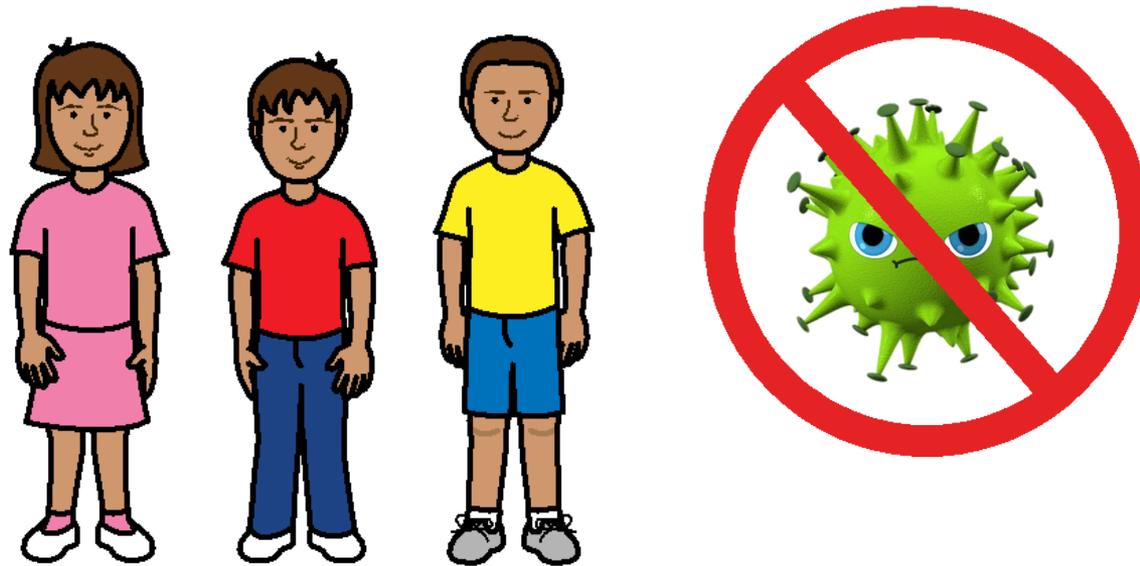
Most people who have COVID-19 will stay at home to get better.

A few people who have the virus may need to go to hospital
so a doctor can help them feel better.



I don't need to be scared.

Adults are working very hard to keep kids and other adults safe.



COVID-19 usually doesn't make kids very sick,
but I can still do things to help stop the virus.

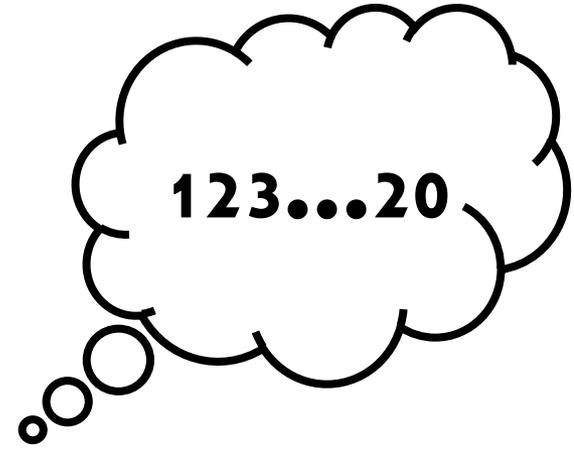
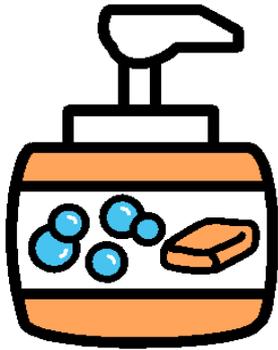


I can wash my hands often!

I take my time and rub the soap between my fingers and all over my hands before I wash it off.

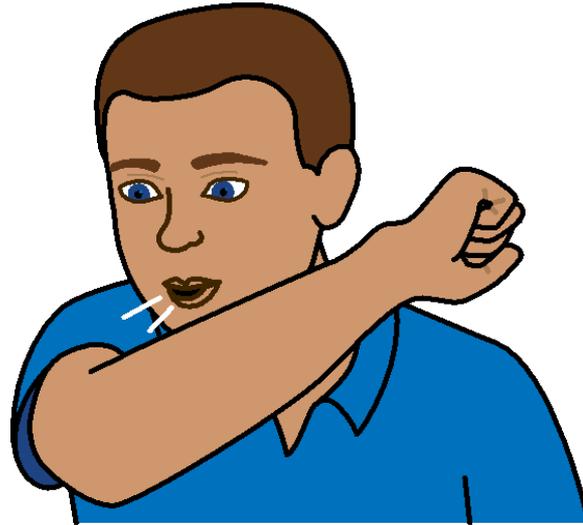
When I wash my hands I can sing 'Happy Birthday' two times or count to 20.

This will be long enough.



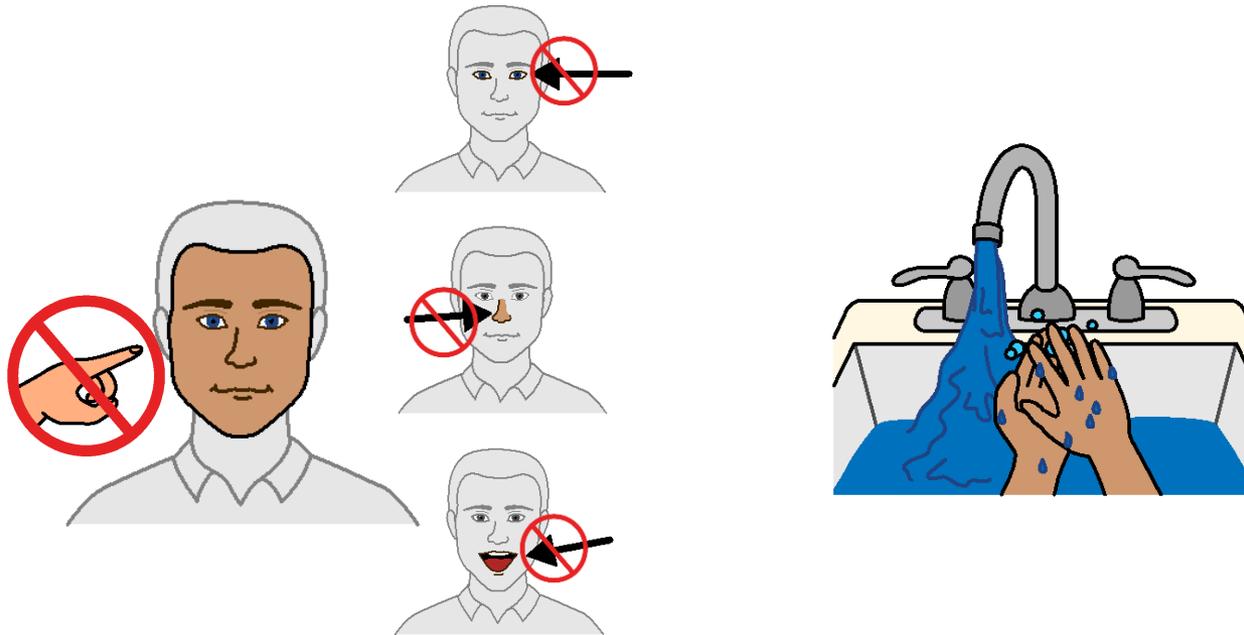
I can use hand sanitiser!

I can put one pump into my hands, rub them together and then count to 20 while it dries.



I can cover my coughs and sneezes with my elbow!

I can cough or sneeze into my elbow to stop
any spit or snot from landing on someone else by accident!

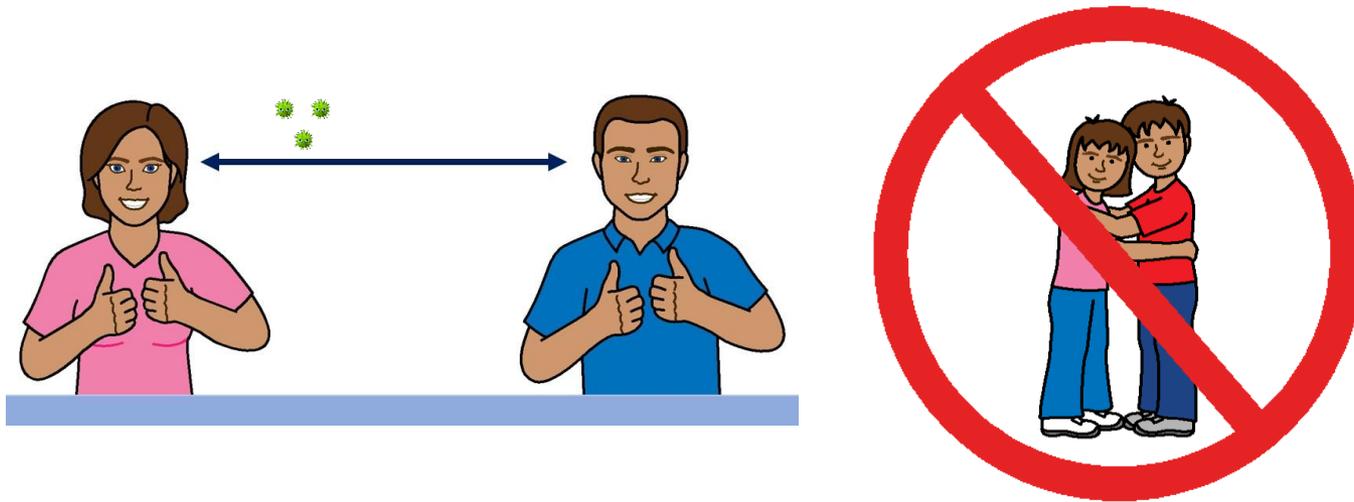


I can keep my hands away from my face!

I can try to remember not touch my eyes, nose or mouth.

This will make it harder for the virus to get into my body.

If I do touch my face, I can wash my hands and my face.



I can put some space in between me and other people!

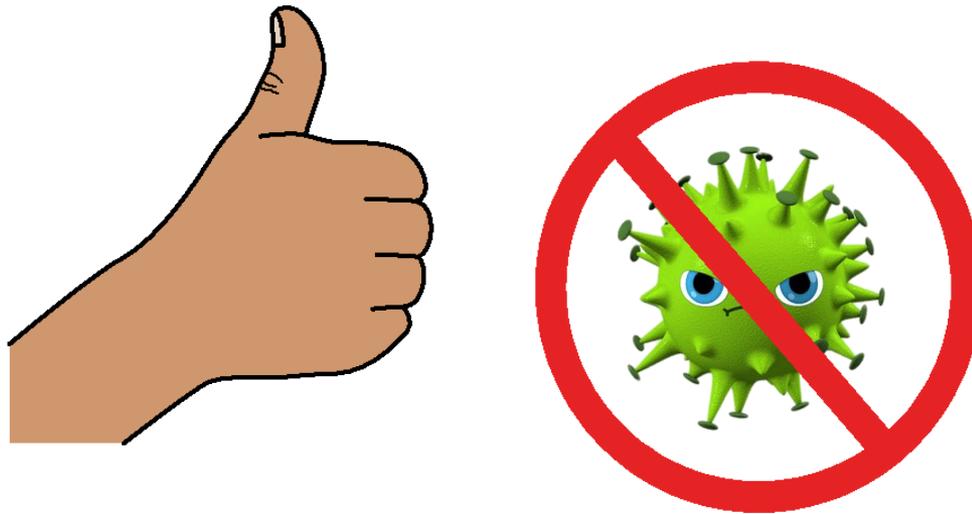
Adults call this 'Social Distancing'.

I can try not to hug my friends or sit or stand too close to them.

This doesn't mean that I don't like them anymore.

It just makes it harder for COVID-19 to spread between us.

This will help to keep me and my friends safe.



If I do these things, I will be helping to stop **COVID-19**



It is easy for COVID-19 to spread in places where there are lots of people.

We call these public places.

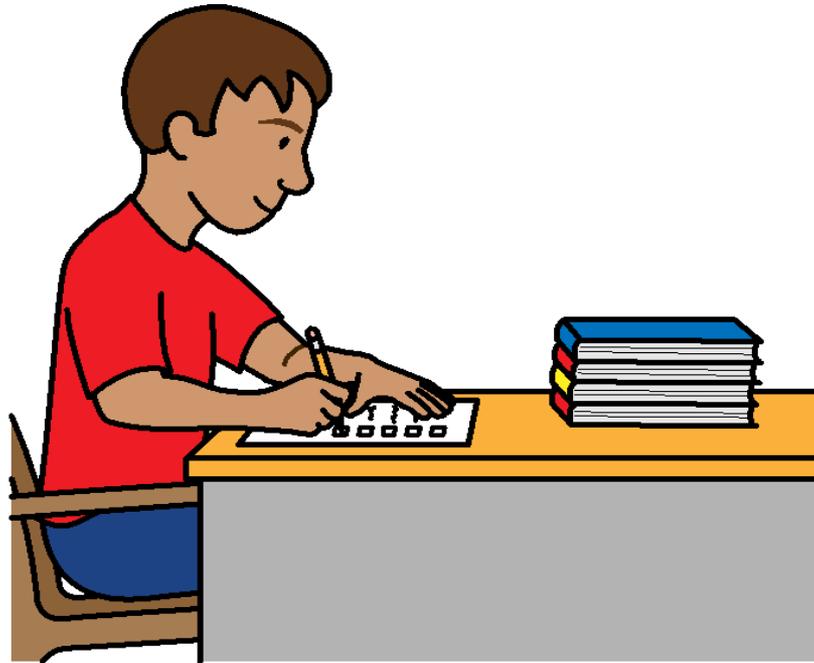


To stop spreading the virus, some public places might have to close for a while.

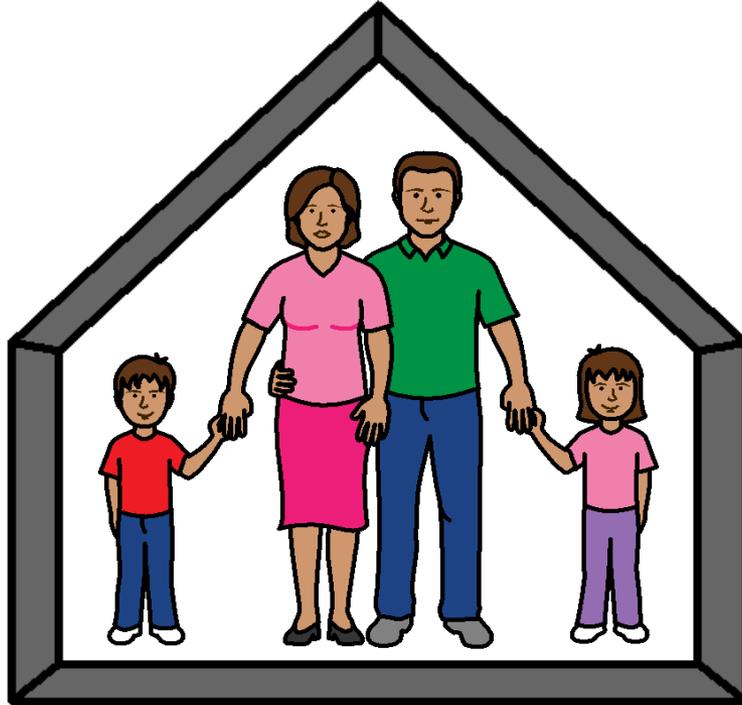
Some public places have already closed.



Shops, schools, restaurants, cinemas and play centers are all public places. Closing some of the public places will make it harder for the COVID-19 virus to pass from one person to another. This will help to keep people safe.



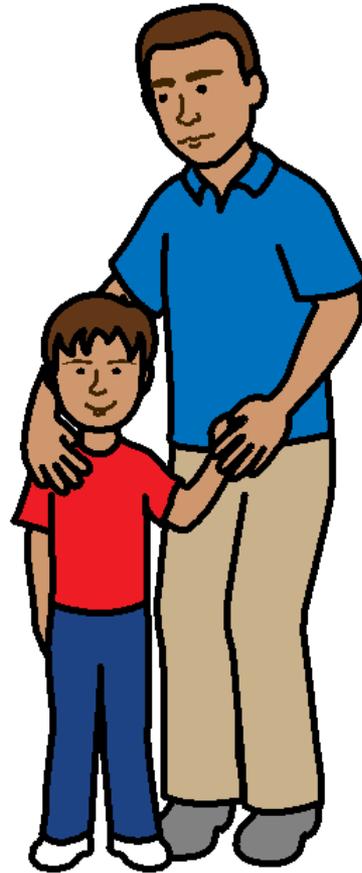
If my school closes, I will do my school work at home.



My family will help me stay safe at home.



Some of these changes might make me feel worried or upset.



It's okay to feel like this. My family and teachers will help me.

The End