

NSPCC

Worried about what's happening right now?

Coronavirus is a new virus that people have been catching across the world, including the UK. It's important to remember that almost everyone who has had the virus have fully recovered.

Some young people have told us they're worried about how to avoid it, or scared that it might spread. If you're feeling like that, there are simple things you can do to cope and stay safe:

- wash your hands regularly and try not to touch your face
- make sure you only read news sources you trust, like Newsround
- ask questions when you're not sure, you could ask an adult you trust or talk to Childline

[Click here](#) to visit Newsround for advice about what to do if you're worried.



Help if you're worried



Follow Childline on Instagram for more tips.



If the coronavirus or feeling worried about what's happening is making it hard for you to cope then there are things you can do. Visit the Childline website at www.childline.org.uk to:

- use the [Calm Zone](#) to find games or tools that can help you relax
- take a break from watching or reading the news to do something you enjoy
- do things every day to take care of yourself, especially if your routine changes

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