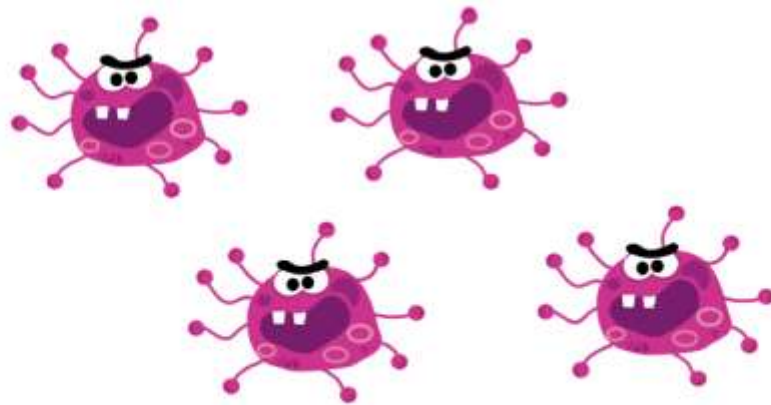


Coronavirus and Me

Coronavirus is a virus that can make people feel ill. For most people it is a mild illness.

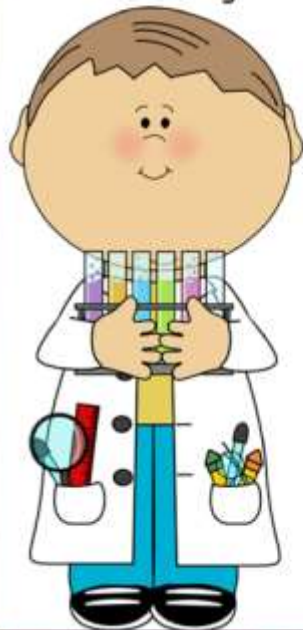
Some people get the flu and some people get colds. These are viruses too. Sometimes they can make you very ill and sometimes they make you just a little bit ill.

I bet you have had a cold or flu in the past! Did you get better?



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Nobody knows very much about Coronavirus because it is a new virus, but they do know that most people get it mildly and will get better from it. There are lots of people all over the world that have been infected by the Coronavirus. You might have heard about it on the news or from your parents or adults talking.



Scientists are working very hard to find out about Coronavirus so that very soon there will be a vaccine that will protect people against this virus.

Aren't scientists clever?



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What are the symptoms of Coronavirus?

You may not know you have it and just have a bit of a cough or

- You might feel hot and have a fever.
- You might get a continuous dry cough. A dry cough is when you cough and there isn't any phlegm. Continuous means you cough lots and lots.
- You might find your breathing isn't as easy as it is normally.

Just because you might have a cough now doesn't mean you have this Coronavirus. It is highly unlikely you have the Coronavirus right now. You probably just have a cold!

Dry cough



Hot and feverish

Hard to breathe

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BUT you can fight it off! Your body has antibodies that can fight a virus off! You are like a superhero and your body will work hard to get rid of the virus.

Our bodies are AMAZING! You just need to take care of yourself at home and let your body do what it is supposed to do. Make sure you drink lots of water, eat healthy food and rest as much as you can.



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Sometimes you might feel a bit worried about Coronavirus because you have heard things on the news or heard people talking about it. It is normal to feel a bit worried about things like this but you need to remember that MOST people will get better from it. Your body is like a superhero and will FIGHT the virus off. If you feel worried you must talk to someone about your worries. They will help you to feel better about everything.



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There are things you can do though to slow the virus down and stop it spreading quickly.

You can wash your hands for 20 seconds. Can you count to 20 slowly as you wash your hands? If you say elephant in between each number it makes it into about a second. Make sure you use soap and water. You don't need to wash your hands ALL of the time but just when you have been to the toilet or when you are going to eat or prepare food. Also it is good to wash your hands when you get home from school or from being outside.



1 elephant 2 elephant 3
elephant 4 elephant 5
elephant20
elephant

- If you sneeze or cough, then cough into your elbow NOT your hand.
- If you use a tissue, then bin it quickly and then wash your hands.
- If someone is unwell try not to go too close to them.

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The very clever and important scientists don't know exactly how Coronavirus is spread from one person to another. They know that droplets from one person to another can cause it to spread but there might be other ways too. They do know that it probably can spread by close contact with someone who has got the virus.



Coronavirus can make some older people or people who are already sick very ill indeed so it is important to try and stop it spreading.

If there is someone in your school that gets the virus you might be asked to stay at home for a while.

This is called self isolation. It means that you need to stay in your house for a while so that you don't catch the virus or if you have been infected by the virus it means that you won't spread the virus around so other people catch it. Staying at home means just that, no play dates, no going out to play (apart from in your garden), not meeting up with friends. It won't be a holiday! It probably won't be much fun BUT...

Your teachers will give you some activities to do at home.



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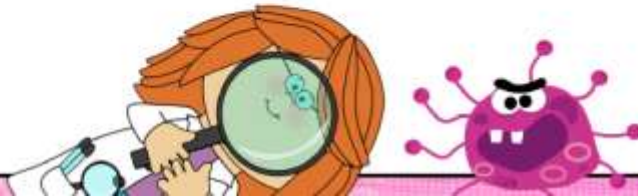
If everyone does their bit to help, hopefully it will slow the virus right down and help to stop it spreading to lots of people.

This will help all our doctors and nurses to cope in the hospitals. This will also help to prevent our older people and sick people from being infected.

If you do catch it though or someone in your family catches it, or someone you know catches it...

REMEMBER it is NOT your fault. That Coronavirus can be a bit sneaky and as we said earlier on in the story our very important and clever scientists still don't know exactly how it is spread from one person to another.

We just need to use our common sense and remember to use good hygiene to **HELP** fight the virus.



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So join the **SUPERHERO** team and **HELP** to **FIGHT** the virus and slow it right down!



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