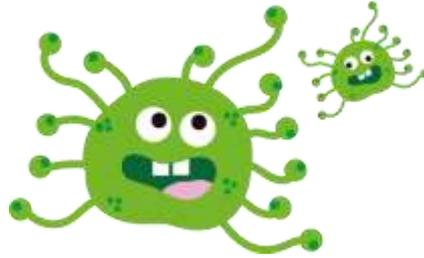


A Children's Guide to Beating Coronavirus

Together We Can Do This!



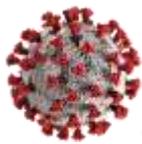
Together, we can beat Coronavirus!

First, some facts...

A virus is a bug. It is not a living thing. It cannot make us ill unless it gets inside us. The virus can get onto us by **people with the virus** sneezing or cough and the virus flies through the air and lands on us or surfaces we touch. It can stay looking around for ways to get inside us for a few hours, IF we don't get rid of it. BUT we can do **A LOT** to stop it getting inside us. More later!

Coronavirus hardly ever makes children ill. It can make healthy adults a bit ill so that they have to stay in bed for a few days. If you know adults who are old (more than 70years old) or are already poorly with other illnesses, it can make them very, very ill.

A virus wears a special coat with sticky out bits that look a bit like the sticky out bits on a crown. 'Corona' is a name for a crown shape that appears in nature. This is what the Coronavirus looks like BUT it is **SO** tiny we cannot see it. We cannot know if it is on our clothes or skin.



(Quite pretty, but **we are going to get rid of it!**)

The virus thinks this is an amazing coat because it uses the sticky out bits to stick onto other things inside us and make us feel ill. It can also stick onto things around us like door handles and work tops. BUT we can do **A LOT** to stop it sticking to anything at all! It is not such a special coat after all! We can **EASILY** get rid of the coat! Then the virus is **USELESS** and **CAN NOT** make us ill!

READ ON....

Here's how we can **STOP** the virus!

What we can do	What our actions do to the virus	✓ when you do this
 <p>Always cough or sneeze into a tissue (or your sleeve if you haven't got a tissue). Put the tissue in the bin or down the loo straight away.</p>	<p>This catches the virus and stops it flying through the air and landing on other people or surfaces like tables.</p> <p>Let's make the virus a prisoner inside tissues! It CANNOT get out of prison!</p>	
 <p>Do NOT touch your face with your hands. You may have touched something that the virus has landed on. If you touch your face, the virus will try to get inside you through your mouth, nose or eyes.</p>	<p>If we don't touch our faces, the virus cannot get inside us - simple!</p> <p>DO NOT pick your nose, rub your eyes, scratch your face, pick your teeth...</p>	
 <p>-Wash your hands A LOT with soap and warm water! Each time you wash your hands sing Happy Birthday twice.</p> <p>-ALWAYS wash your hands when you come in from outside.</p> <p>-Wash your hands after you touch new things that have come into your house from outside.</p> <p>-Wash your hands after you touch your family who have come in from outside.</p> <p>-Wash between your fingers, the front and back of your hands up to your wrists. Don't forget to give your thumbs a good wash & under your nails.</p>	<p>The virus hates soap!</p> <p>Soap gets rid of the special coat the virus wears and then the virus is USELESS! It cannot make you ill if it hasn't got its special coat on. Without it's special coat, the virus cannot stick to us and surfaces like tables and door handles. If it cannot stick, it cannot get inside us and make us ill!</p> <p>Come on now, hand washing is easy! You can do that!</p>	

What we can do	What our actions do to the virus	✓ when you do this
 <p>STAY AT HOME!</p> <ul style="list-style-type: none"> -By staying at home, we cannot spread the virus around to people who are already poorly and will get VERY ill with the virus and have to go to hospital. -By staying at home, we cannot spread the virus accidentally on our clothes or skin to healthy people and make them ill. -By staying at home we cannot pick up the virus and bring it into our homes and make our family ill. -By staying at home we cannot get the virus and make ourselves ill. 	<p>The virus CANNOT spread to our friends and family and make them ill if we stay at home and do not mix with them.</p> <p>The virus CANNOT spread into our home on its own and make us ill, or the family we live with in our house.</p> <p>You CAN go out to exercise once a day or see the doctor if you need to.</p>	
 <p>IF YOU HAVE NO CHOICE & HAVE TO GO OUT, KEEP AWAY FROM OTHER PEOPLE.</p> <ul style="list-style-type: none"> -The distance to keep between you and other people is the same as if you spread your arms wide and your arms grow to be twice as long! Like Mr Tickle with straight arms! 	<p>When we keep away from people, the virus cannot land on us if they cough or sneeze, or if we cough or sneeze near them.</p> <p>Then we won't get the virus!</p>	

What we can do	What our actions do to the virus	✓ when you do this
 <p>Help to KEEP YOUR HOUSE CLEAN with warm soapy water (Mum or Dad can use bleach).</p> <ul style="list-style-type: none"> -Clean the kitchen tops before you prepare food. -Wash door handles, hard surfaces like tables, the loo, the sinks, bath and floors every day. - wash your plastic or wooden toys. -Wipe your computer key board, games controllers & phone. - Wash new stuff that comes into your house. 	<p style="text-align: center;">REMEMBER!</p> <p style="text-align: center;">The virus hates soap!</p> <p style="text-align: center;">Soap gets rid of the special coat the virus wears and then the virus is USELESS!</p>	
 <p>Do some exercise EVERYDAY.</p> <ul style="list-style-type: none"> -Watch and join in with 'PE with Joe' everyday on YouTube at 9am. -Ask an adult to take you for a walk or a bike or scooter ride for half an hour every day. BUT remember to keep your distance from other people. -Eat healthy food like fruit and vegetables, milk and yoghurt, fish and meat. Try NOT to eat too many sweets! 	<p style="text-align: center;">When we stay fit and healthy, we are stronger to fight off the virus.</p>	



Try to stay **CALM** and not worry too much.

- grown-ups are working hard to get this sorted as soon as possible.
- Scientists are getting close to finding ways to protect us from the virus.
- school is watching out for you too and keeping in touch with your family to help out.
- BE KIND** to your family.

It's strange for us all to not be able to go out at the moment.

REMEMBER!

There is so much YOU can do to stop the virus!

- **Sneeze or cough into a tissue.**
- **Don't touch your face.**
- **Wash your hands.**
- **Stay at home!**
- **Keep Mr Tickle length arms away from other people if you go out!**
- **Help clean your house.**
- **The Virus HATES soap!**
- **Stay fit and healthy.**
- **Stay as calm as you can.**

YOU CAN DO THIS!