Coronavirus
Coronavirus can also be called ‘Covid-19’.

It’s a new type of flu.
Symptoms of flu can include:

- Shiver
- Cough
- Sore throat
- Runny nose
- Sneezing
- Temperature

...but it’s okay, you will feel better again.
I keep my hands clean by washing them with soap and warm water.
I wash my hands for at least 20 seconds, I can sing ‘Happy Birthday’ twice when I wash my hands, this will help me to know how long to wash for.
I should wash my hands...

Before I eat
After I sneeze
After I blow my nose
After I go to the toilet

...And throughout the day.
I can also stay safe and clean by...

- Not biting my nails
- Not putting my hands in my mouth
- Covering mouth when coughing or sneezing
- Telling an adult if I feel unwell
If I need to sneeze or cough it’s best to do it into a tissue then throw the tissue in the bin.
It’s a good idea to not give my friends hugs, high fives, hand shakes or fist bumps until everyone is feeling better.
If I feel unwell I will need to stay at home.
My school might close and all the children will stay at home.
I can ask my parents or carers if there is school or not.
Having time off school is a change to my routine and it can feel tricky.
I can do my learning from home.
My parents or carers will let me know when I can go back to school.
Just like other types of flu, coronavirus will go away soon.
Everything will be okay but if I feel worried I can talk to an adult about it.