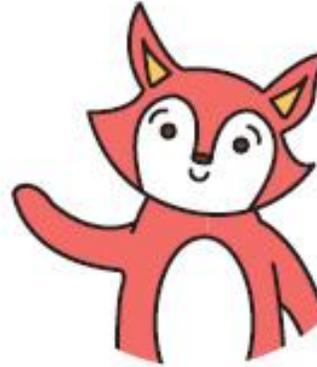


# Hello there



A lot of people are talking about something called Coronavirus right now. Some people are also calling it Covid-19.

Coronavirus is a kind of flu that makes some people feel quite poorly.





☑ There are lots of things we can do to stay healthy and safe from Coronavirus.



We can wash our hands with soap and warm water.



We can make sure we sneeze or cough onto our sleeves or on a tissue.



We can wash our hands before we eat and when we come into school or go into our homes.



We can throw the tissue in the bin straight away afterwards.



We can wash our hands after we blow our nose or sneeze.

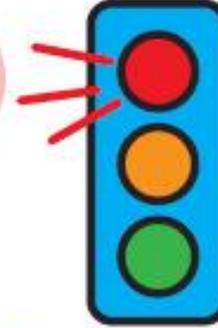


We can try not to touch our faces, especially our eyes and mouths.  
We can not put our hands in our mouth.



We can wash our hands after we touch animals.





Being really close to other people.

Hugging our friends.

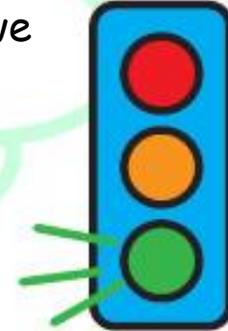
**Coronavirus is passed from person to person, so for a while we will need to stop doing some things like:-**

Giving high fives.

Shaking hands.

Doing elbow bumps.

Telling a grown up if we don't feel well.



**...But we can  
start or carry on:-**

Smiling more.

Being kind and caring.

Saying nice and kind things to other people.





## What has changed?



Your school will be closed for a little while, but they will soon be open again. A grown up will tell you if this happens.



We will need to stay at home for a while, but things will get back to normal soon.

Some of the places we go to like cinemas and cafes are closed for a while, but don't worry, they will soon open again.



# What will stay the same?

Lots of things will stay the same,  
so you don't need to worry.



We will still be able to go out for walks.

We will still live in the same place.

We will still have all our things around us.

We will still have people to love and care for us.





You don't need to feel  
worried because:-



Grown ups will keep you safe.



Everything will go back to normal soon.



You are special and loved.

**Coronavirus will go away soon,  
and things will go back to normal.**