

# Exploring the Coronavirus

People are talking about Coronavirus



It's a word you might have heard at school or online or on the TV



The Coronavirus is a new type of flu

Children and adults are very good at getting over the flu



Most people who have been sick with the coronavirus have had a mild case



mild means not very strong

Just like colds or flu, people who are older are more likely to get sick with Coronavirus.



And there aren't a lot of cases in kids. If kids do get the virus it tends to be very mild.



If they are worried, they can check the NHS website for advice

*There are some things you can do to protect yourself, family and friends from getting sick.*

**Wash your hands often and for at least 20 seconds**

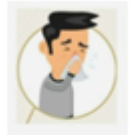
(try singing happy birthday twice!)



before eating



after using the toilet

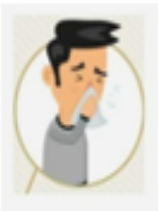


after sneezing



After being in a public place like the bus or playground

*Sneeze into a tissue and put it in the bin*



If you don't have a tissue, you can sneeze into your elbow

**Avoid touching your face**



*And don't forget..... There are a lot of helpers working to keep people healthy*



*If you have any questions, you can ask a person you trust*

**But seriously.... Please wash your hands!!!**

Information correct at time of publishing - 13<sup>th</sup> March 2020