

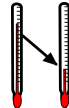
# What is coronavirus?



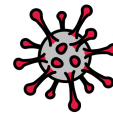
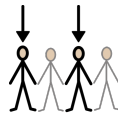
Coronavirus is a disease that can be spread to people by touch,



coughing or sneezing.



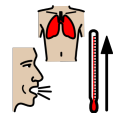
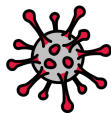
It feels like having the flu or a cold.



It is dangerous for some people to catch coronavirus.



For example, if you are older.



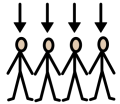
If you get coronavirus you may get these symptoms:



shortness of breath, muscle ache, cough



## What can you do to help?



Everyone needs to help stop coronavirus spreading.



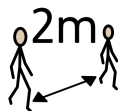
You can help by following these rules:



- Wash your hands for 20 seconds



- Try **not** to touch your face, eyes, nose and mouth.



- Stay 2 metres apart from other people.



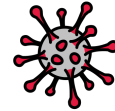
• Stay at home.



• cough into elbow or tissue



## Why are schools not open?



Some schools are closed. This is to help stop coronavirus from

spreading.



People in charge want to keep people healthy and safe.



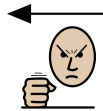
They will tell us when we can go back to school.



# How are you feeling?



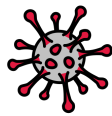
With no school, there are lots of changes. Change can be hard.



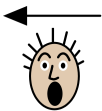
It can make us feel worried, frustrated, angry and many more



feelings.



You may hear things about coronavirus that make you worried or



scared.



It is normal to feel lots of different feelings.



If you do not feel happy, tell an adult and they will help.