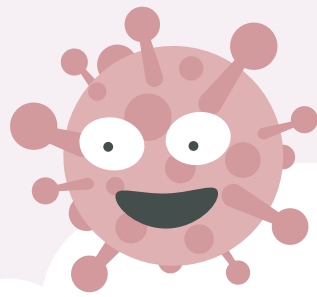


A KIDS' GUIDE TO CORONAVIRUS



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Viruses are **VERY** common and you will probably have had several of them in your life already and been just fine after some rest.

Coronavirus or COVID-19 is a new virus which is why we don't know much about it and there is lots of attention on it.

What we **DO** know is that it's very similar to a cold.



FUN FACT:
'Corona' is Latin
for the word
'Crown'

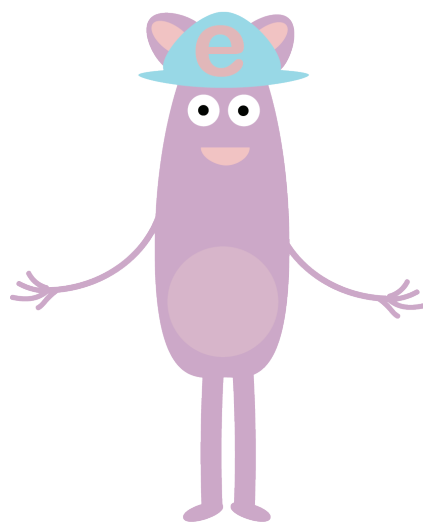
'Corona' is Latin for the word Crown. It has this name because of how the virus looks under a microscope!

It has traveled all around the world because it is easily passed from one person to another.

The most common symptoms
of Coronavirus are...

- A high temperature (fever)
- A cough

BUT it doesn't stay for long and
most people get better
(especially kids!)






**We can do lots of things to
keep away from coronavirus!**

Wash our hands a lot and count
to 20!

If you need to sneeze or blow
your nose use a tissue and put it
in the bin!

Stay away from others who may
be sick.



You and your family may be asked to stay at home for a while until the virus has stopped spreading.



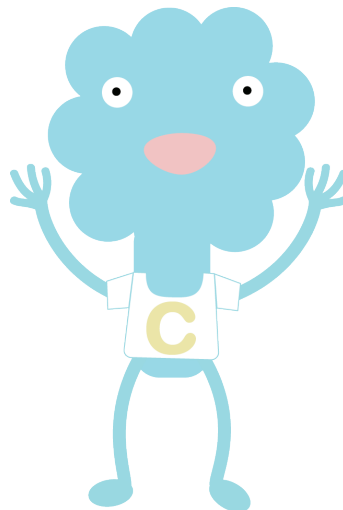
FUN FACT: Having to stay at home when you're sick is known as 'self isolating'

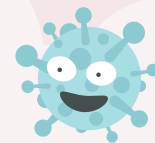
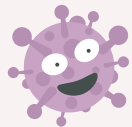
Don't worry if this happens to you, it just means that we are all keeping extra safe.

Want to learn why hand hygiene is SO important?
Try this!

1. Grab a plate or bowl and put a little water in it.
2. Add some ground pepper.... The pepper represents the virus.
3. Now - put your finger in the water & pepper - your hand now has pepper on it right? Remember that pepper = the virus.
4. OK now put some soap on your finger, don't rinse it off...
5. Put your soapy finger into the water and pepper and watch the virus run!

This is why hand hygiene is so important - when our hands are clean the virus can't stick to it!





TIME FOR A QUIZ!

Question 1 - What is similar to Coronavirus?

A) Spongebob

B) The Flu

C) Broken Arm

Question 2 - What does Corona mean in Latin?

A) Crown

B) Shield

C) Dog

Question 3 - How has the virus spread across the world?

A) On a plane

B) Through people

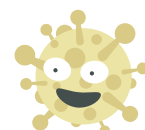
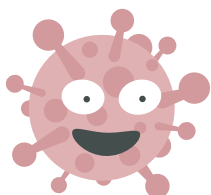
C) By train

Question 4 - What should we use if we need to sneeze?

A) A tissue

B) Our hand

C) It doesn't matter



And remember this, it is
important for us to be
careful but we don't need to
panic.

The best thing we can do is
follow the advice and try
and stay calm.

Keep smiling!

