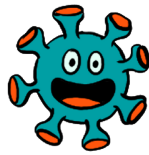


CORONA VIRUS EXPLAINED

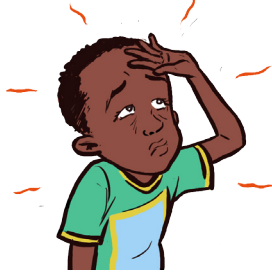
Coronavirus is an illness that is a bit like the flu. It's making a lot of people sick. They might:



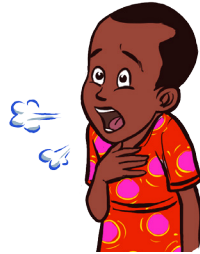
Have a cough



Have a fever (feel hot for no reason)



Find it a little hard to breathe



The germs can spread between people, so we need to be really careful and protect our friends and family.

That's why we are staying away from each other and not touching each other.

- LOOKING AFTER YOURSELF -

It's okay if you feel a little worried or angry or sad. Talk to a grown-up about how you're feeling. It helps to talk!

It also helps to stay active. You can **play games, read, learn, exercise (try star jumps!), talk to family, write letters.** Help to clean at home and eat healthy!



STAY SAFE

If you feel scared, or if anyone beats you, touches you or speaks to you in the wrong way, don't keep quiet – tell an adult. If you have a phone you can speak to the national child helpline by calling 116 for no charge.



Save the Children

- WHAT YOU CAN DO -

You can do these really important things to help.

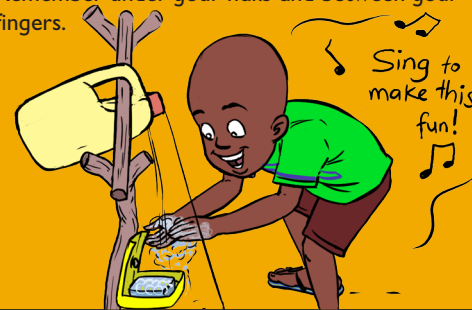


List all the times you should wash your hands!



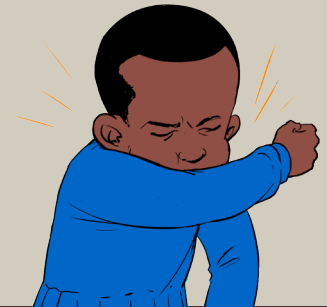
WASH YOUR HANDS! A LOT! (very important)

Wash for 20 seconds with soap and water. Remember under your nails and between your fingers.



COVER YOUR MOUTH AND NOSE

When you cough or sneeze, use a tissue or your elbow to stop the germs.



TRY NOT TO TOUCH YOUR FACE



TELL AN ADULT

If you feel sick, have a cough, feel hot or tired



- AND REMEMBER... -

Loads of clever people are working hard to get things back to normal.

Be careful, be good, be kind and...

WASH YOUR HANDS!

