A story about Coronavirus
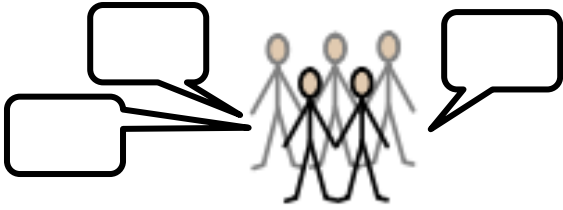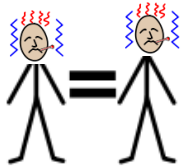
Lots of people are talking about Coronavirus because it is a new kind of flu.

Coronavirus is also called Covid-19. It has two names but it is the same flu.

Being healthy can help us NOT to get cold or flu germs.

Being healthy can also help us to get better quickly if we DO get the flu.

Children and grown-ups are very good at getting better quickly when they get the flu.

Sometimes older people can find it harder to get healthy again when they get the flu.

I can help everyone by staying healthy.

I can stay healthy by:

Washing my hands

✓ Before I touch food

✓ After I have been to the toilet

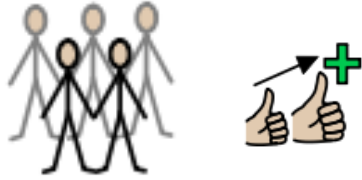✓ When I have sneezed or coughed or blown my nose

✓ When I have got them dirty

Trying not to touch my face

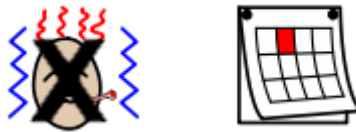I can keep other people healthy by:

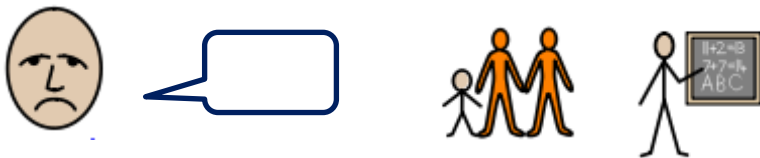Coughing or sneezing into my elbow NOT my hand

Putting tissues straight in the bin

Staying at home if I feel ill

Just like other colds and flu Coronavirus will go away in a few months

If I am worried I can talk to my parents or my teachers