

# A Story about Coronavirus and staying healthy



**Coronavirus is a type of germ that can make us unwell.**



It can make us cough, feel very hot  
or make it hard to breathe



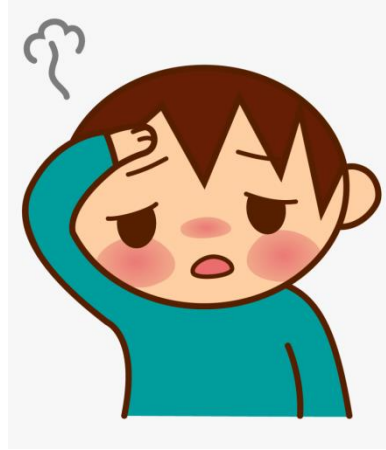
Sometimes I worry about Coronavirus  
and becoming unwell.



It's totally normal to feel a little worried  
about this.



If I let my worry get too big it could also make me feel unwell. This does not mean that I have the Coronavirus.



I need to think of happier times and good memories.



# Things I can do to help stay healthy are...



Sneeze into my sleeve or a tissue, put the tissue straight into the bin and then wash my hands.

I must wash my hands regularly with soap for 20 seconds.

You can count or sing any song, so long as it lasts at least 20 seconds and you make sure the soap is rubbed all over your hands and fingers.



I have now been asked to stay at home with my parents and not go to school.

That's so we don't spread germs to family and friends.

We can't go shopping, to the soft play centre or out other clubs and hobbies.

It's not Mum or Dad being mean, the government are telling us all what to do.



**When I do the these things I can relax, I  
have tried my best to stay well.**



This is to help me keep others healthy



When I stay at home I can be  
proud that I am helping.

