CORONAVIRUS EXPLAINED
Coronavirus, also called COVID-19, is a serious disease that is a bit like the flu. It’s making a lot of people sick. They might:

- Have a cough
- Feel hot for no reason
- Find it a little hard to breathe

Coronavirus germs can spread from one person to another, so we need to be really careful and protect ourselves, our friends and family.
That’s why we are staying away from each other and not touching each other.

- LOOKING AFTER YOURSELF -
During this time, you may feel a little worried, 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 doing star jumps!), talk to family, write letters. Help to clean at home and eat healthy!

- WHAT YOU CAN DO -
You can do these really important things to protect yourself and others from Coronavirus:

**REMEMBER TO WASH YOUR HANDS! A LOT!**
(You can do these really important things not to get Coronavirus)
Wash your hands for 20 seconds with soap and running water.
Don’t forget to wash under your nails and between your fingers.

**COVER YOUR MOUTH AND NOSE**
Cover your mouth and nose with a handkerchief, a tissue or the bent part of your elbow when you cough or sneeze.

**TRY NOT TO TOUCH YOUR FACE**
Try not to pick your nose, touch your mouth or rub your eyes. These are areas where germs can enter our bodies.

**TELL AN ADULT**
If you feel sick, have a cough, feel hot or tired

- AND REMEMBER... -
Lots of people are working hard to get things back to normal.
Be careful, be good, be kind and...

WASH YOUR HANDS WITH SOAP AND RUNNING WATER!

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 for FREE by calling 116.

For more information call the Ministry of Health toll free numbers on:
**919, 0800-100-066, 0800-203-033, 0800-303-033** or send a free SMS to Ureport on **8500**