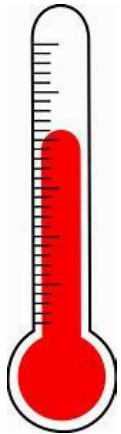


What is Coronavirus?

Coronavirus is a virus that can make people unwell. You may have also heard it been called 'COVID- 19'. Coronavirus spreads between people very easily. This has caused a Pandemic.

Coronavirus is like the flu. Those who have Coronavirus may have a:



Fever

Continuous
cough



Runny nose



The majority of people with Coronavirus will be able to get better at home. Some rest will help them to recover.

Most people will get better in a few days.



But some people might need more help to get better and may have to go to hospital.



You can reduce the chances of getting Coronavirus and spreading it to others by:

Washing your hands with soap and warm water for 20 seconds



Practising social distancing. This might mean reducing your contact with others.

You may have to avoid contact with elderly relatives, for example Grandparents.



What if you have Coronavirus?

If you have Coronavirus you should:

- Stay at home and try to stay away from other people
- You will need to stay at home for 7 days



The person looking after you will be able to help you get better. They will contact the NHS on 111 online:

- If you start to feel more unwell
- If you do not feel better after 7 days

Your school has been closed and you may have to stay at home. Lots of your friends will also be at their homes during this time.



School might send you work for you to do at home while it is closed.



You may be feeling lots of different emotions

Sad



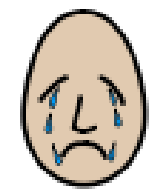
Confused



Worried



Upset



But you are not alone in feeling these. Lots of other young people are also feeling like this. These are NORMAL and RATIONAL things to feel and think.



What can you do?

You can talk to an adult that you trust about how you are feeling.

Keep in touch with your friends from school. You may have to use virtual communication methods, for example using social media, calling/texting them. Keep talking to your friends!

Look after your mental wellbeing by doing things that make you feel good. These are some examples of things you can do:

- Going for a walk/run
- Listen to music
- Do some creative activities
- Read books
- Stay active



But all of this will end at some point and school will reopen.



You will then be able to go back to school and see your teachers and friends.



Thankfully pandemics are rare. This means that this is unlikely to happen again for a long time.