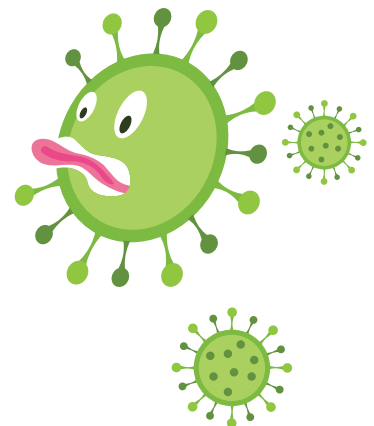




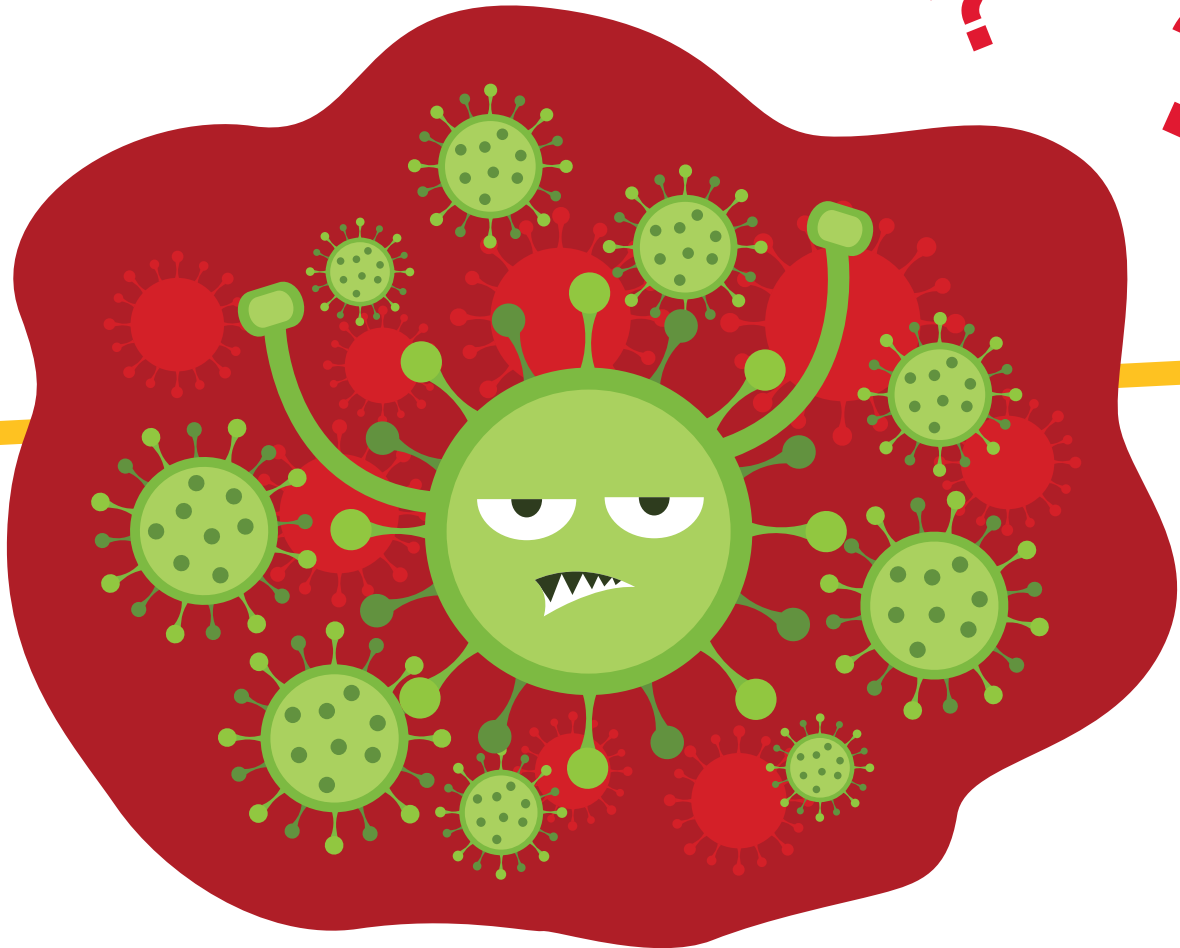
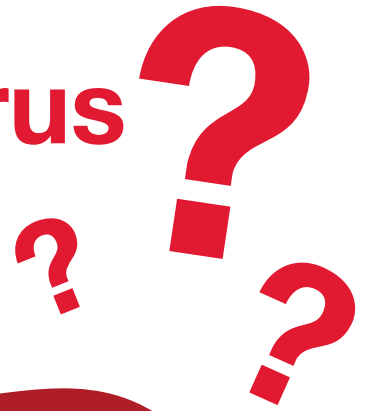
POSITIVELY,  
PERSONALLY,  
PROTECTED!



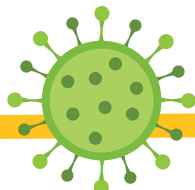
# COVID-19

Understand and Help Fight the Virus

# What is the **Novel Coronavirus** (COVID-19)



- ▶ A virus is made up of tiny parts and viruses can make us sick.
- ▶ The parts of a virus are so small that we can't see them but they can be powerful so we need to be smart in what we do to defeat this invisible virus!
- ▶ The Novel Coronavirus got its name because it has spikes over its body that look like crowns. We can't see them but maybe it looks a little like this.





It can give us a  
**fever.**



It can give us a  
**cough.**



It can give us a  
**runny nose.**



It can make it hard for good  
clean air to get into your bodies  
and cause us to become  
**breathless.**

If someone gets this virus they may need to go to hospital so the doctors can help them get better.

This virus can spread very quickly. If someone is sick, when they sneeze and cough the tiny droplets can carry the virus to someone else. Many people have become sick with the virus.

**So we need to protect ourselves  
– we can fight back!**



Wash your hands so that the virus can't move from one person to another.



Cover your mouth and nose when you cough or sneeze with a tissue and throw that tissue in a bin straight away. Then go and wash your hands!



Take your temperature to know that you are well and if you are not.

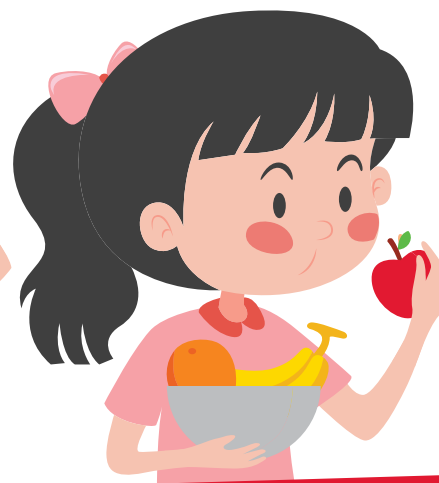


Do not share food.

**It is so important to stay healthy so your body  
can fight the virus.**

**Wash your hands  
and shower regularly  
with soap**

**Eat healthy food**



**Keeping yourself strong**

**Drink  
lots of  
water**



**Z  
Z**

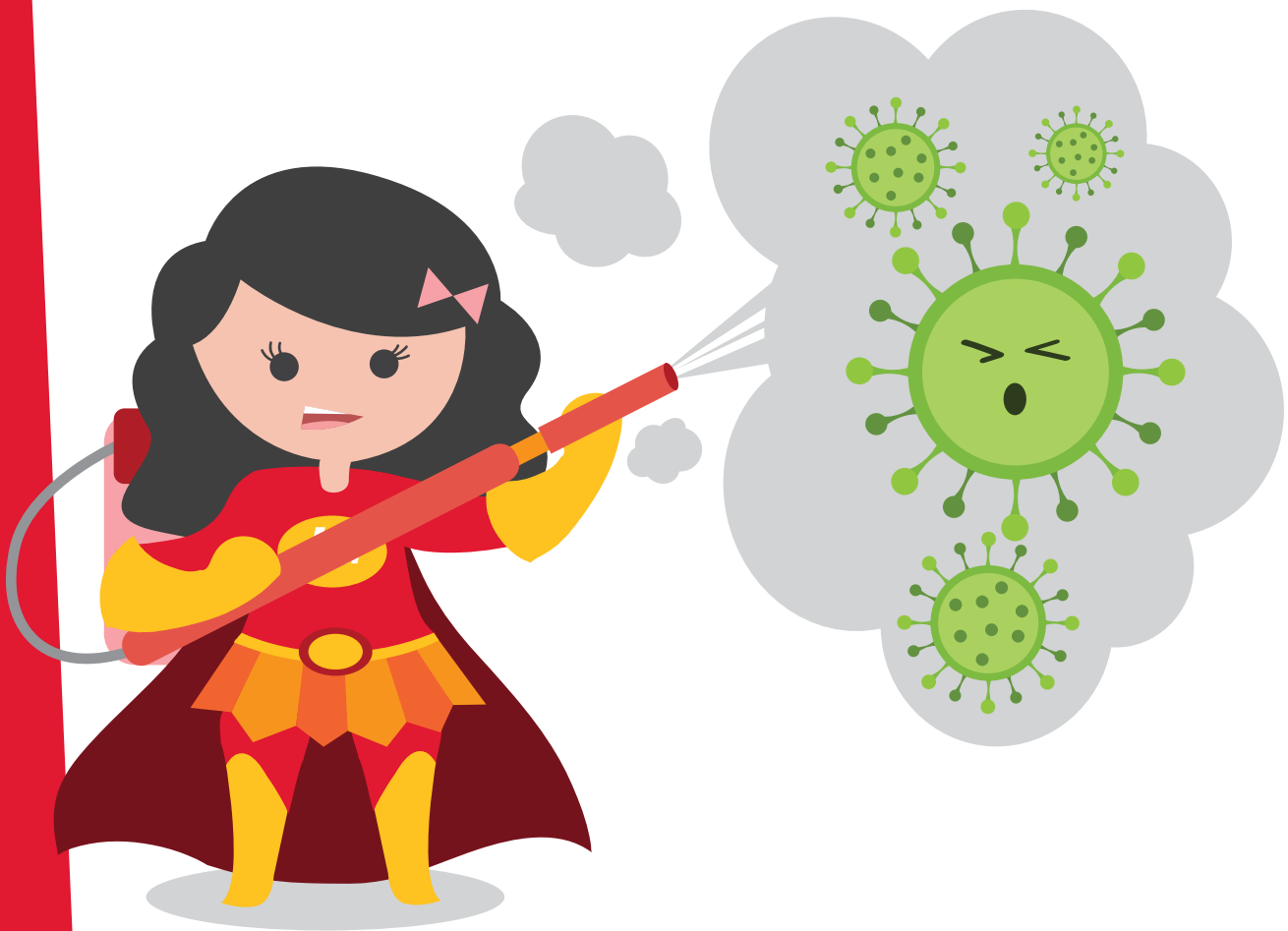
**Get plenty  
of rest**



If you start to feel unwell, please tell a grown up person, that may be someone at home or at school. They will help you.

This virus may sound scary but there are lots of scientists, doctors, nurses and other people working together to help people who are sick become well and to find other ways to fight this virus.

**We can all play a part by keeping ourselves healthy.**





dramaticallydifferent

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