



### **What is Coronavirus?**

Most people are healthy and well most of the time.

Everyone will get poorly or unwell sometimes and this is normal.

When people get poorly it is sometimes because they have a virus, such as a cold or the flu.

There is a new type of flu called Coronavirus, or Covid-19.

Most people who get the flu will get better again after seven days.

Some people may need more medical help.

Only people who are very unwell would need to go to a hospital in order to get the right treatment to get better.

### **How can I try to stop this from spreading?**

I will cover my mouth and nose with a tissue when I cough or sneeze.

I will put any used tissues in the bin.

I will wash my hands regularly, especially after coughing or sneezing or before eating any food.



### **How can I wash my hands properly?**

I will wet my hands under warm running water.

I will apply a small amount of soap.

I will rub my hands together and make sure the soap and water cover all of my hands.

I will carefully wash my palms, the back of my hands, in between my fingers, my fingertips, my thumbs, my wrists and my nails.

I will rinse my hands under warm running water.

I will dry my hands on a clean towel.



### **What might change day to day?**

Lots of people are thinking about the best way to stop people getting this virus.

Some of my appointments might get cancelled or postponed in order to prevent the spread of the virus.

If this happens at school or where I live my keyworker or tutor will let me know.



### **What can I do if I am worried?**

I can talk to my keyworker or tutor.

I can remind myself that most people who get poorly will get better again.

If I want to know more about Coronavirus I could look at the website;

<https://111.nhs.uk/covid-19>