

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the page, framing the central text. The overall aesthetic is clean and modern.

# The Coronavirus

What you need to know, and how to keep safe

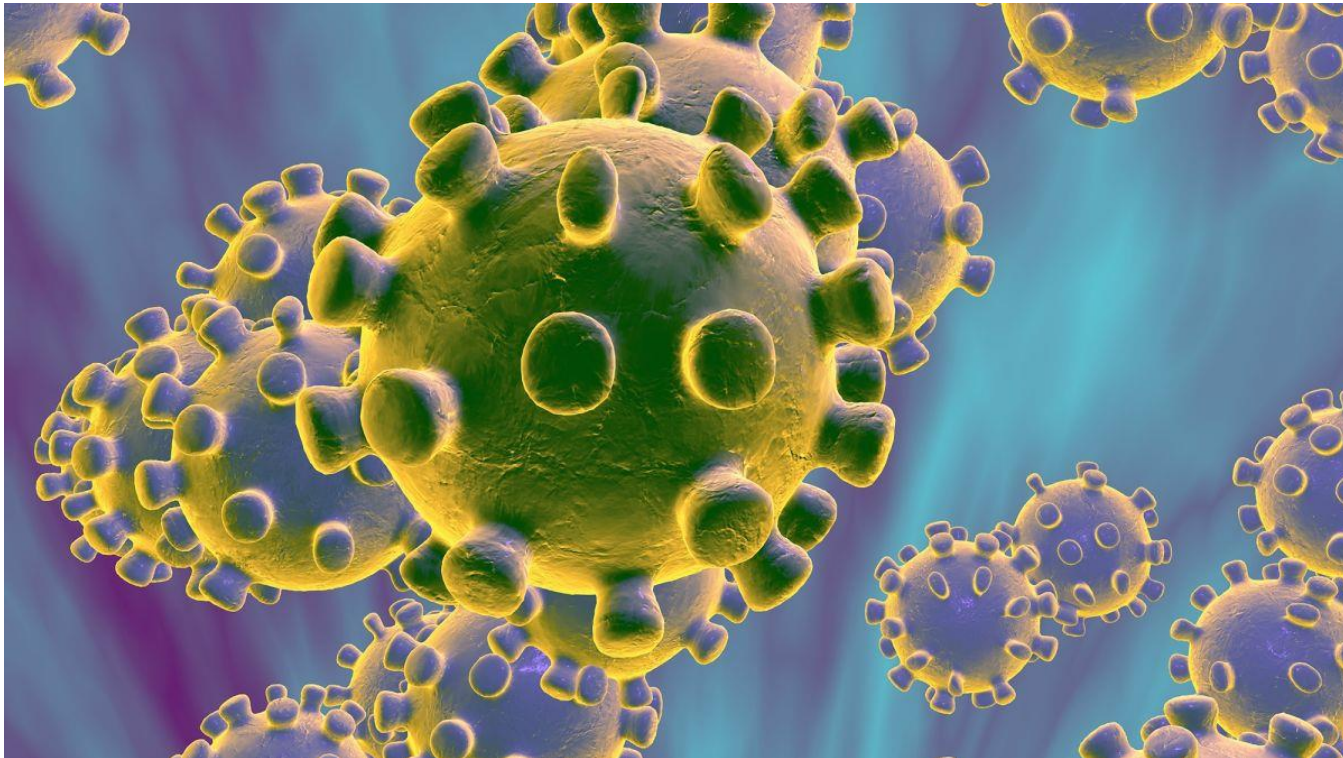
# Watch the video below:

<https://www.bbc.co.uk/newsround/51234497>

Lower School

<https://www.youtube.com/watch?v=aerq4byr7ps>

Middle and Upper School



# Wuhan Province, China



# How serious is the Coronavirus?

- ▶ It can cause flu-like symptoms including fever and a cough
- ▶ The infection is not serious for most people, including children
- ▶ There is currently no vaccine
- ▶ Most people get better with rest and water to drink

# How likely are you to catch it?

- ▶ You can only catch it if you have been close to someone who has the virus
- ▶ The chance of catching it in the UK is low at the moment

# How can you help stop germs from spreading?

- ▶ Wash your hands before and after you eat for at least 20 seconds
- ▶ If you need to cough or sneeze catch it with a tissue or if one is not available, the crook of your elbow
- ▶ Bin the tissue
- ▶ Wash your hands with soap and water
- ▶ Always wash your hands after using the toilet





**NHS**

1. Wash in between your fingers
2. Wash your palms and thumbs
3. Try to wash you nails too

## Try not to-

- ▶ Touch your eyes, mouth and nose with unclean hands
- ▶ Share items with others that come into contact with your mouth such as cups and bottles
- ▶ If you feel unwell do not share items such as stationary, (pens and pencils) clothes, dishes and towels
- ▶ Do not spit (If you need to spit, do it into a tissue and then bin it)



# What to do if you feel unwell-

- ▶ If you become unwell at school tell a member of staff or find Nurse Helen (let them know if you have travelled abroad)
- ▶ If you feel unwell at home tell your parent or carer who may seek advice from 111
- ▶ Keep away from others and stay at home to stop the infection from spreading
- ▶ Tell a member of staff if you and your family/carers are travelling abroad during the Easter holidays