



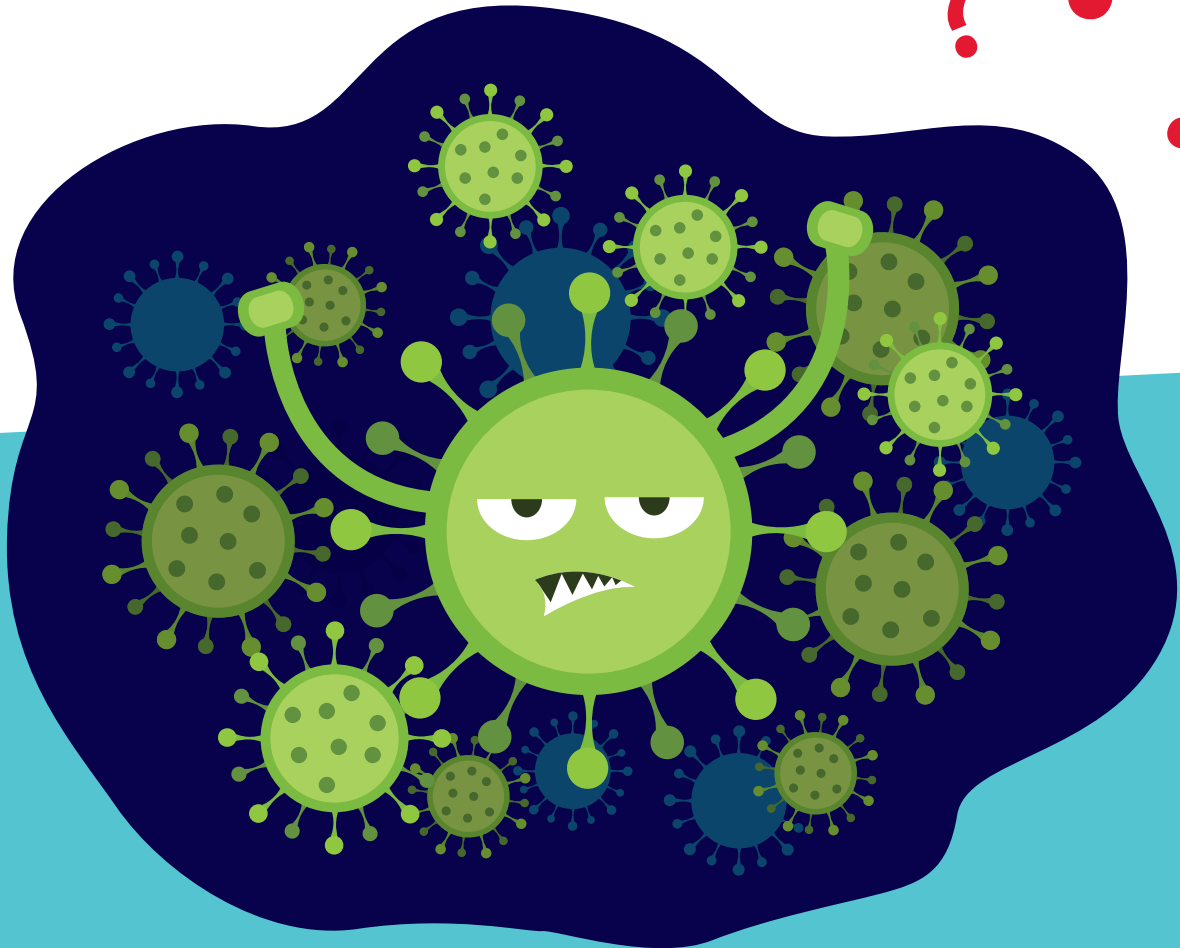
NOT
IN OUR
HOUSE!

Coronavirus Disease (COVID-19)

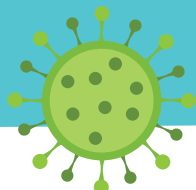
Understand and Help Fight the Virus


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What is 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 with our eyes but maybe it looks a little like this under a microscope.





It can give us a **fever.**



It can give us a **cough.**



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

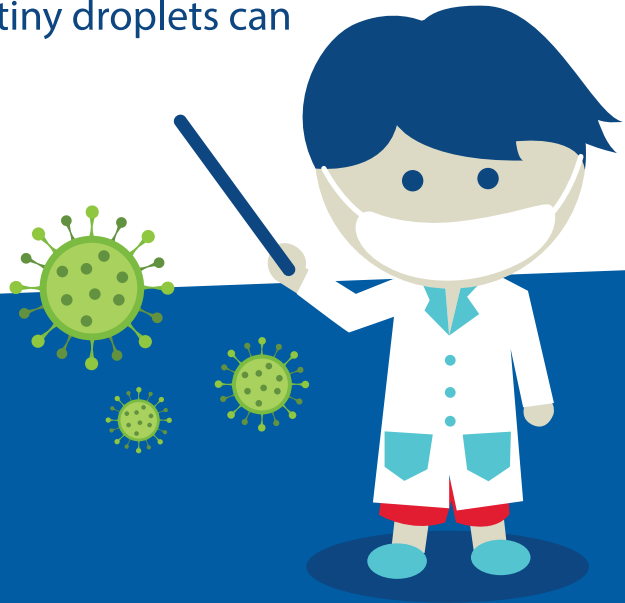


It can make us **breathless.**

If we get these symptoms then we should go to the hospital so the doctors can help us get better.

This virus can spread very quickly. If someone has this virus, when they sneeze and cough the tiny droplets can carry the virus to another person.

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



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



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



Take our temperature to know whether we have a fever or not .



If we are feeling unwell, wear a mask and go to a doctor.

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

Wash our hands and shower regularly with soap



Eat healthy food



Keeping ourselves strong and healthy

Drink lots of water



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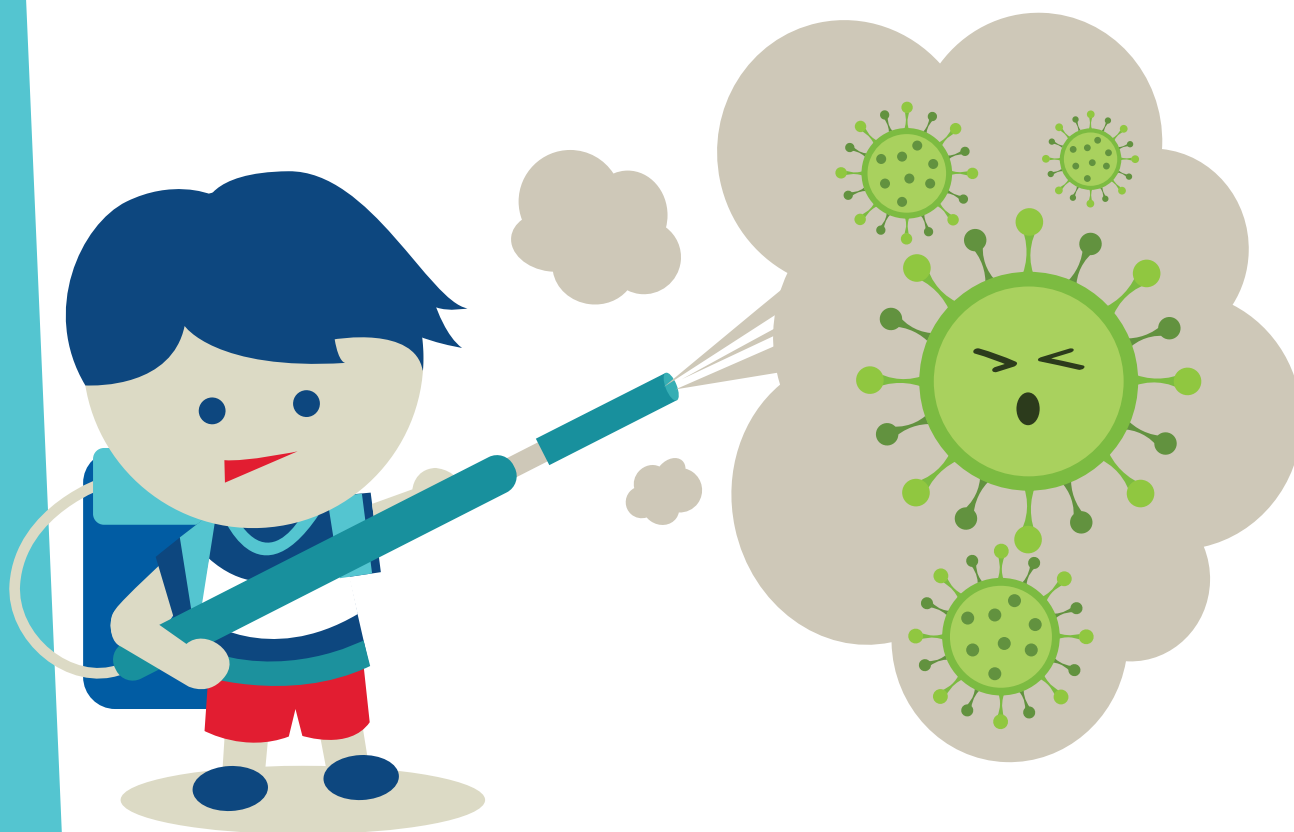
Get plenty of rest



If you start to feel unwell, please tell an adult, who may be someone at home or at school. They will help you.

This virus may sound scary but there are many 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.





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