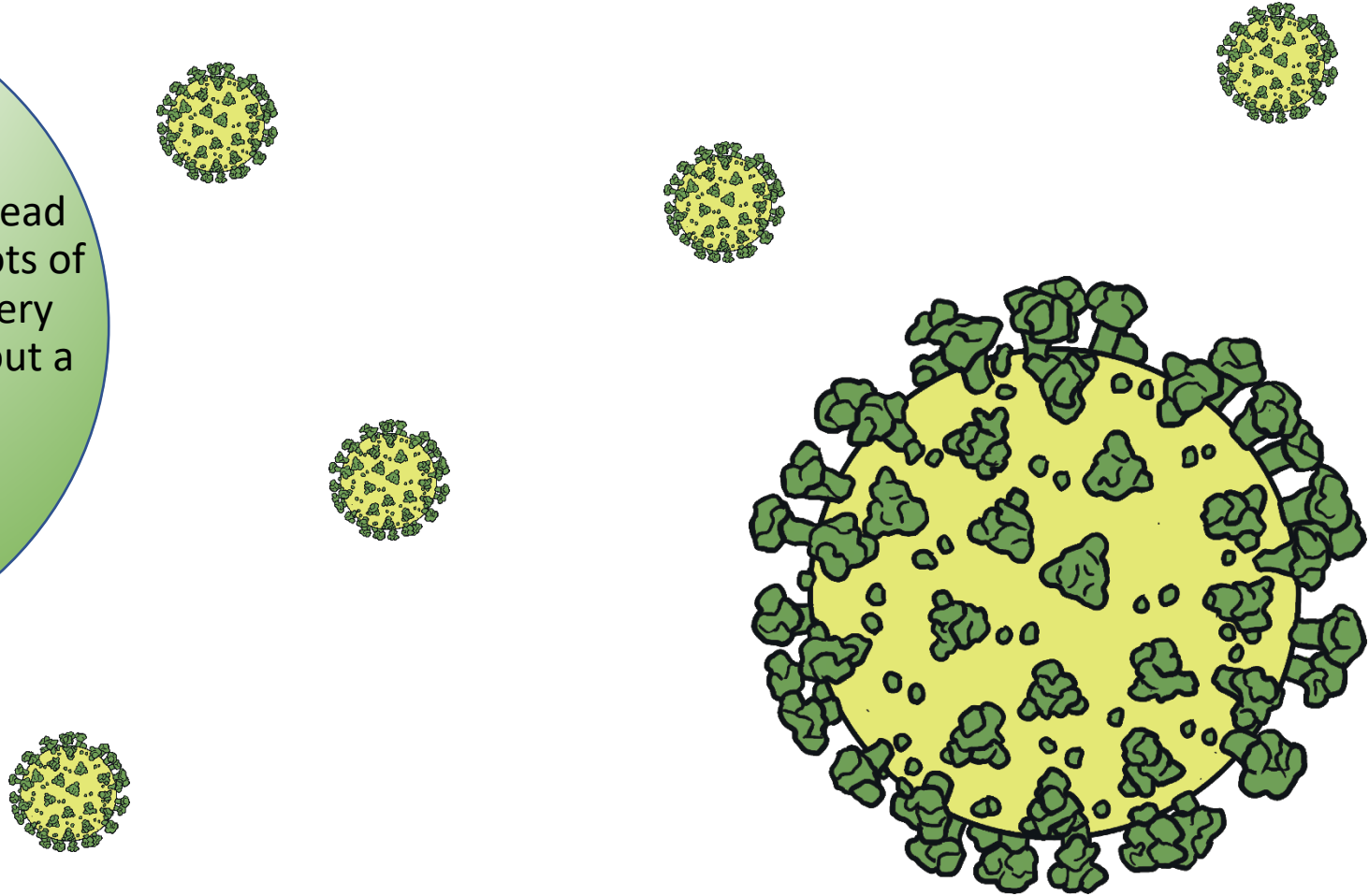


What is Covid-19?



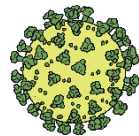
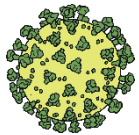
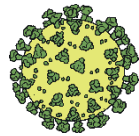
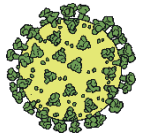
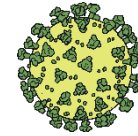
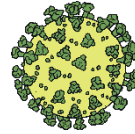
COVID-19 is a virus. It has spread around the world and made lots of people unwell. The virus is very small and can't be seen without a powerful microscope.



What is Covid-19?



When someone with COVID-19 coughs or sneezes, the virus can get into the air and onto surfaces beside them. If other people touch these surfaces, the virus can be on their hands. When they touch their face with their hands or eat without washing their hands, the virus can get inside their body and make them unwell.

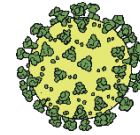


If a person is close to someone with COVID-19 who coughs or sneezes, they could breathe in the virus.

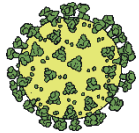
How Does COVID-19 Make People Feel?



COVID-19 can cause
a high temperature,
a sore throat and a
cough.

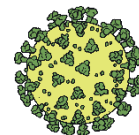


A smaller number
of people feel very
ill and need to go to
hospital.



Most people feel
unwell for a few
days and get better
at home with lots of
rest.

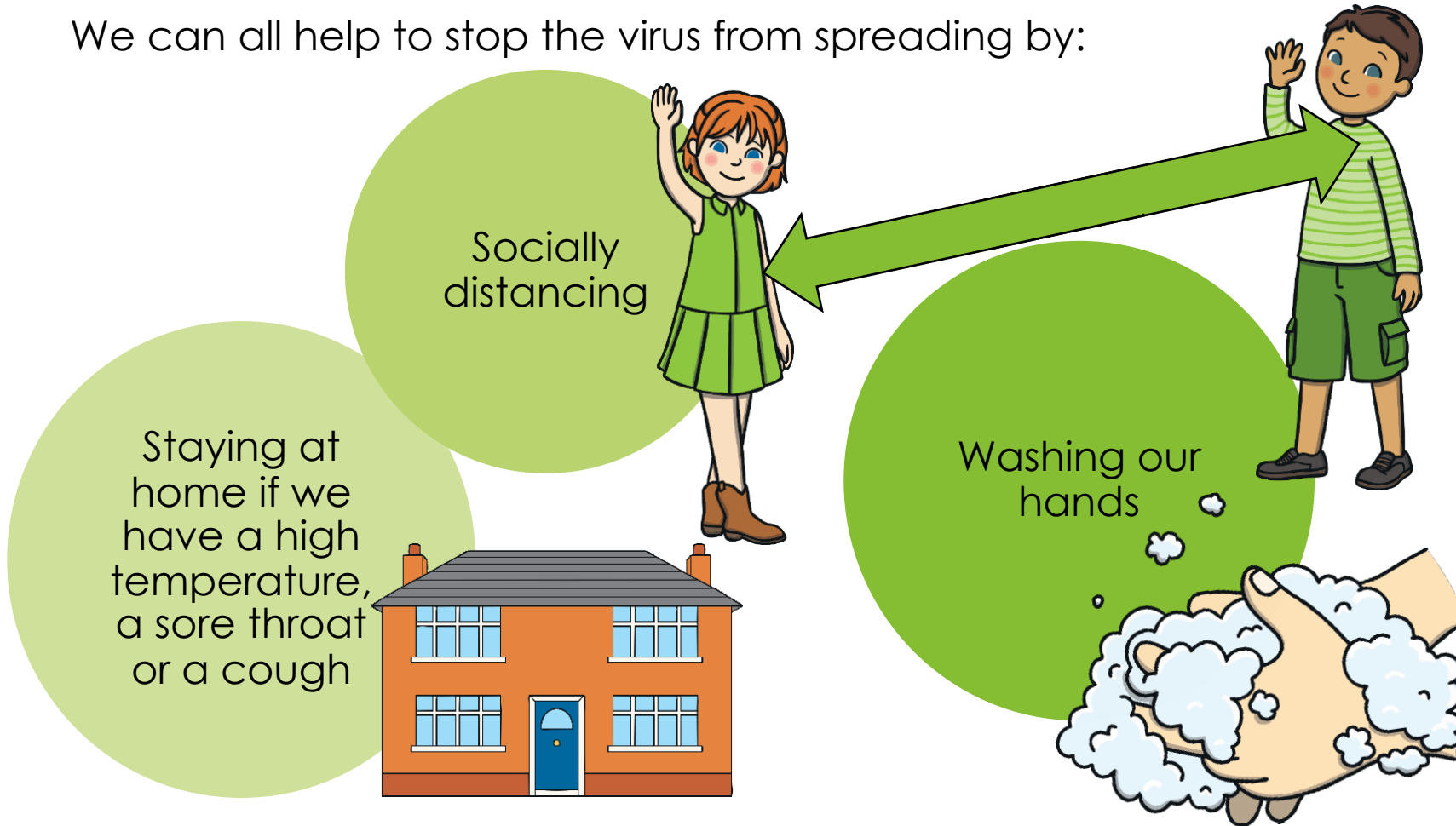
Other people
won't feel ill at all
but can still pass
the virus on.



How Can We Stop the Virus From Spreading?



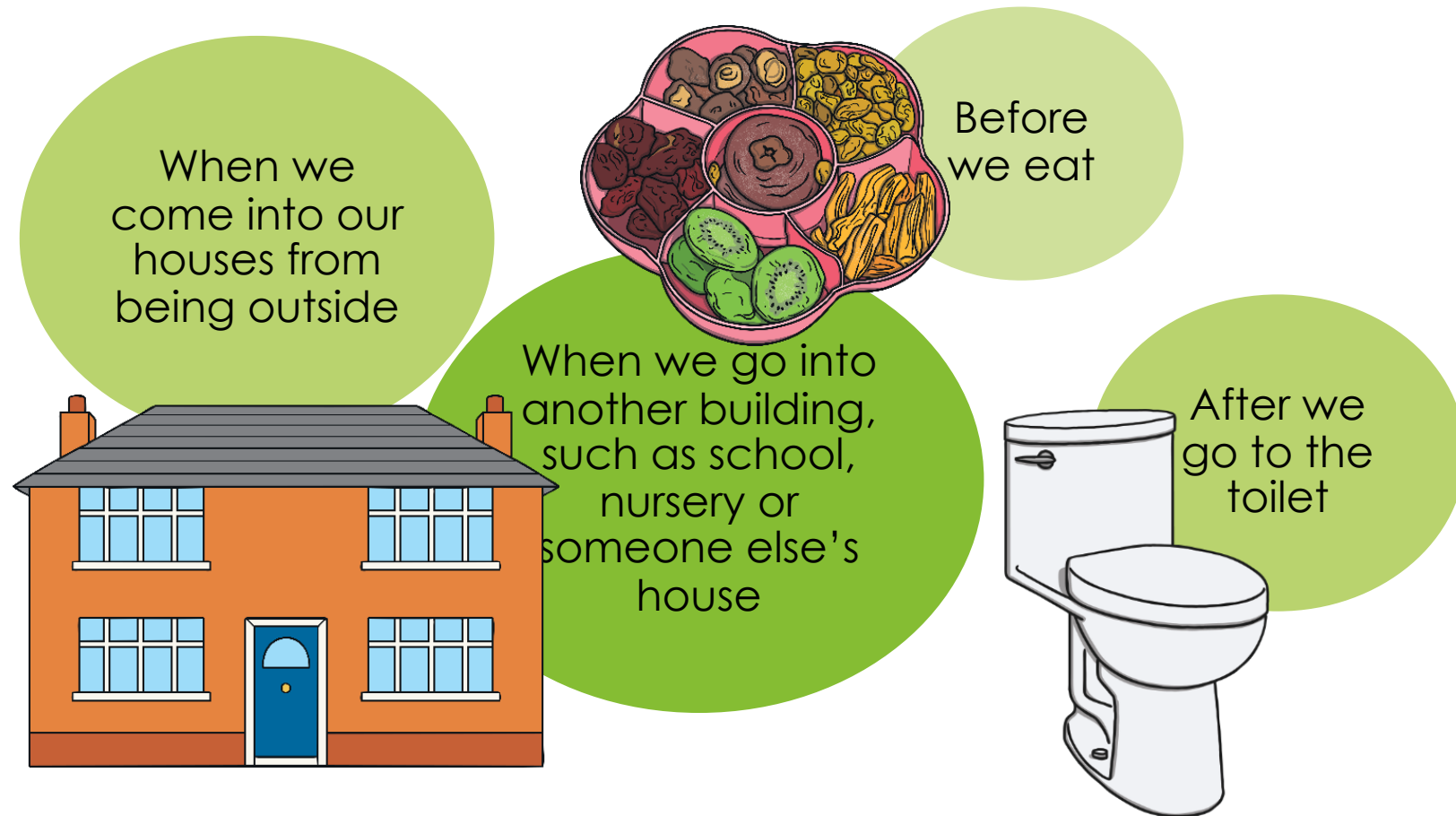
We can all help to stop the virus from spreading by:





Washing Our Hands

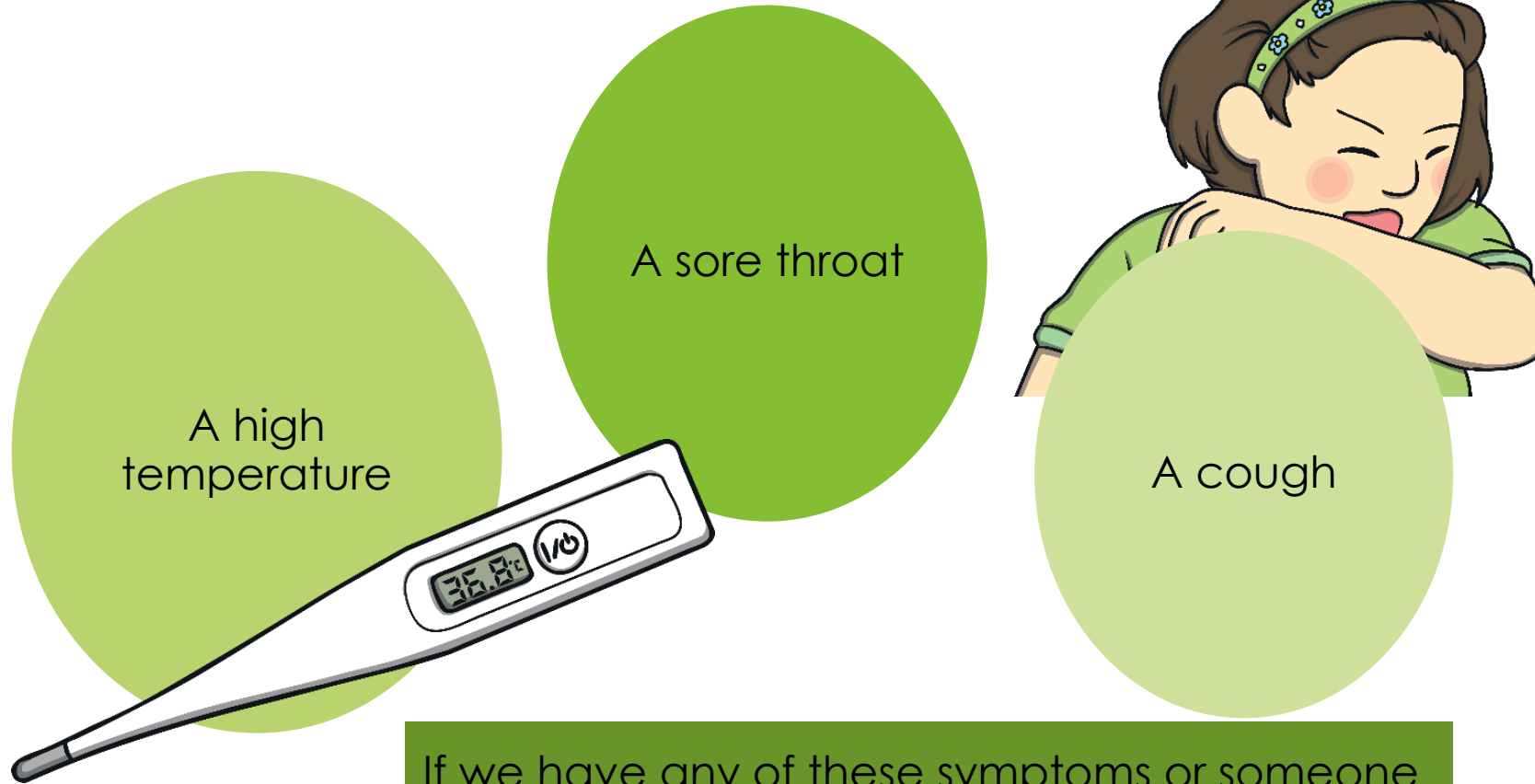
We should wash our hands for at least 20 seconds lots of times every day using soap and warm water. It is especially important to wash our hands at these times:





Feeling Ill

The main symptoms of COVID-19 are:

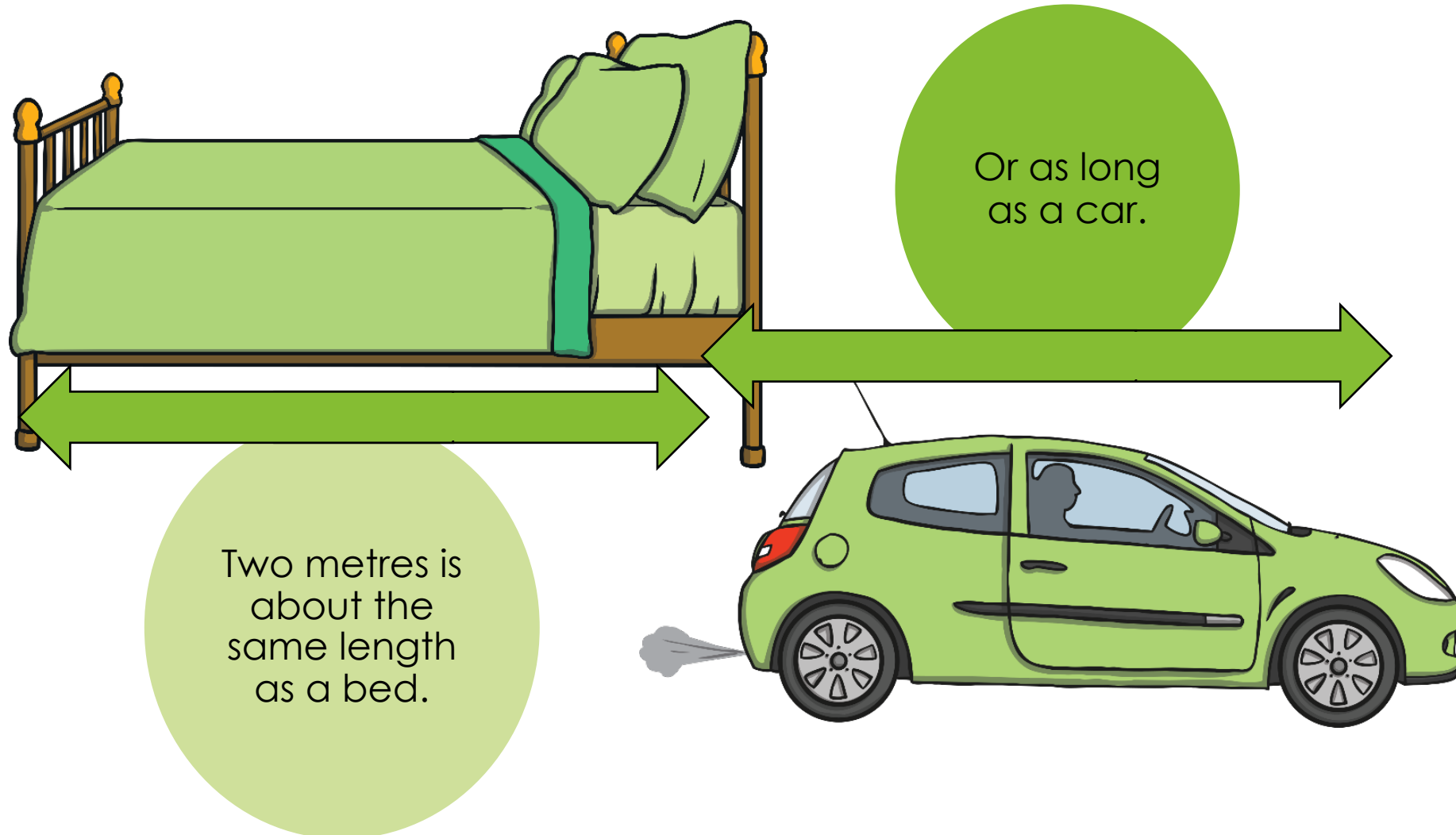


If we have any of these symptoms or someone in our house does, we need to stay at home.

Socially Distancing



Socially distancing means staying at least **two metres** apart from people that we do not live with.





Socially Distancing

It can feel strange to stay two metres apart from family and friends that we know really well. However, it's really important to do this to stop COVID-19 from spreading and making lots of people unwell.

Try to imagine that you are inside a two metre wide bubble when you are out of your house. Don't let anyone burst your bubble! This will keep everyone safe.

