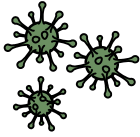


## What is coronavirus?



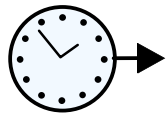
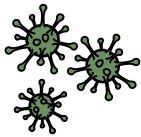
Coronavirus is a virus that can make people



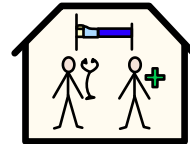
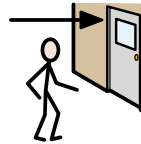
feel poorly. People with coronavirus may have a



dry cough or a fever. Most people with



coronavirus will stay at home and get better.



Some people will need to go to hospital to be



looked after by doctors and nurses.



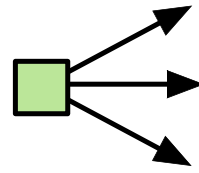
I can



help



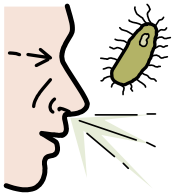
stop



the

spread

of the



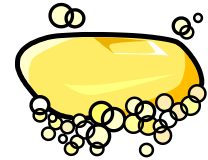
virus



by

washing my hands

with



soap



**20**



and water

for

20

seconds. I can

wash



between my

fingers

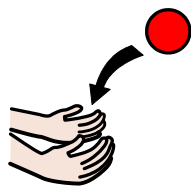
and all over my



hands.



I can



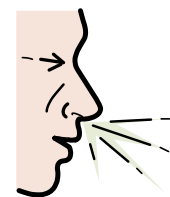
catch

my



coughs

and



sneezes

in



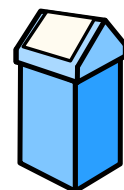
a tissue

and then



throw

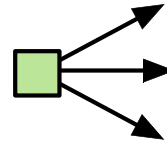
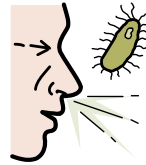
it in the



bin.



Lots of people have been asked to stay at



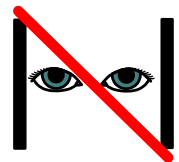
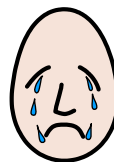
home to stop the virus spreading.



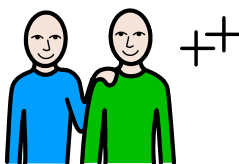
If I have to stay at home it is to help



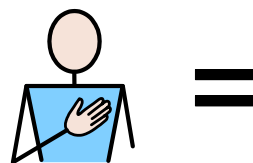
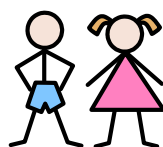
me be safe and well.



I may feel annoyed or upset that I can't see



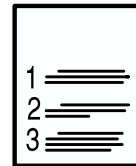
my friends or go to my favourite places.



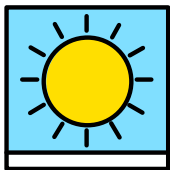
Lots of children will feel like that too.



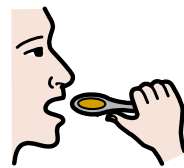
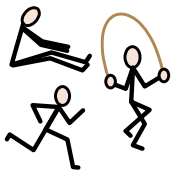
I can ask a grown up at home to



help me by making a plan for the



day. I can try to keep well by taking



exercise, sleeping and eating healthy food.



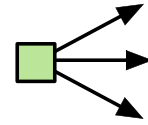
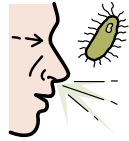
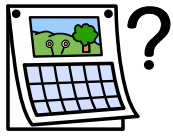
I can help with cooking and cleaning.



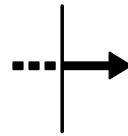
I can also ask to do some of my favourite



activities at home.



When the virus has stopped spreading so



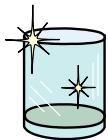
quickly we will be able to carry on with our normal



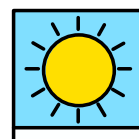
activities again.



Until then I can help keep well by keeping



clean and having a healthy lifestyle. I can keep



calm by having a plan for my day at home



and doing some of my favourite activities.

Dear Parents/Carers,

Please note that this is a social story and by its very nature provides limited specific information. If you require additional factual information about the Coronavirus please consult the following web links:

<https://www.learningtrust.co.uk/content/coronavirus-advice>

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Best wishes,

Lydia Scaletti

Inclusion and Specialist Support Team

Hackney Learning Trust