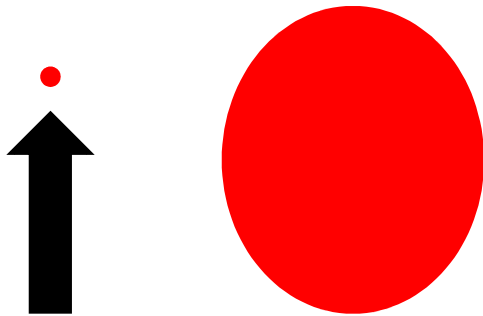
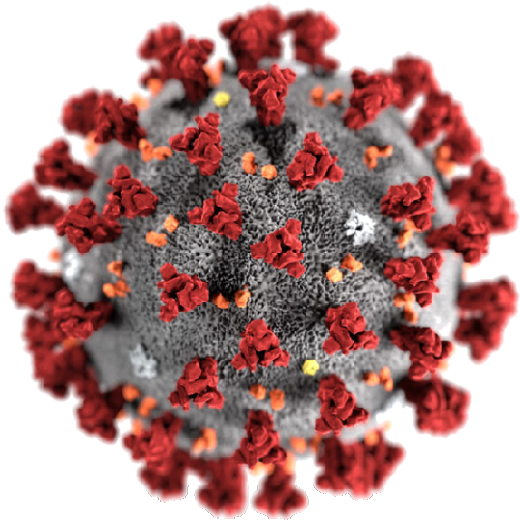
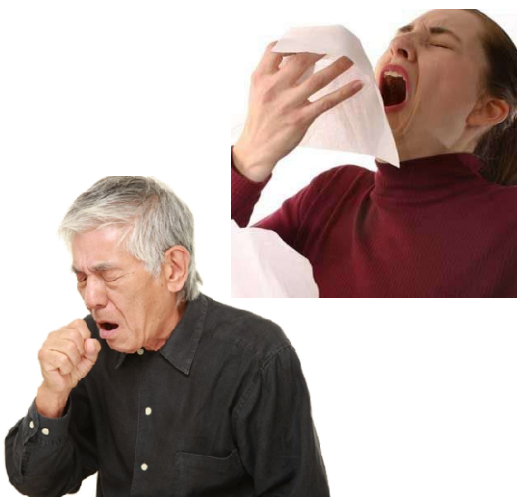


What is Coronavirus?



Coronavirus is a virus that can make people feel unwell.

Coronavirus is so small we cannot see it.



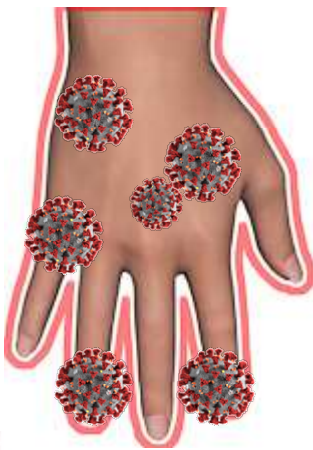
If people with Coronavirus sneeze or cough, it gets into the air.



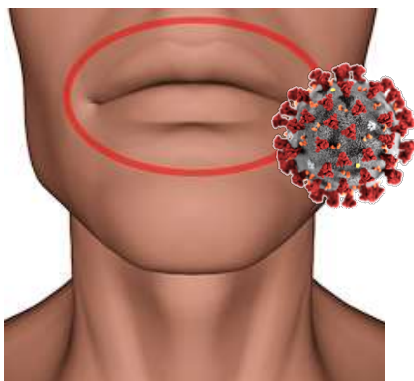
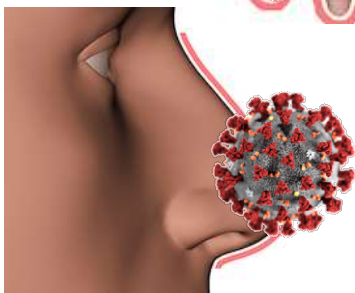
Other people might breathe it in.



If people with Coronavirus touch an object, it gets onto the object.



When the next person touches it, it gets on their hands.



If they touch their face, coronavirus gets into their mouth or nose.



Sometimes people don't know they have coronavirus.

This makes it easy to catch.



We don't want you to get coronavirus.

There is a plan for everyone in the whole country.



This makes the chance of getting coronavirus much smaller.



This will keep people safe and healthy.



The things we are doing are:

Everyone washing hands more often.

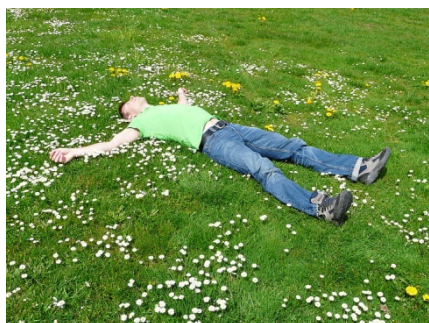
This is to wash off any coronavirus that has got onto your hands.



Everyone staying inside.



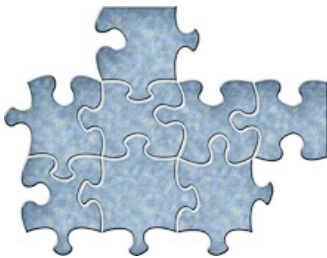
This means people will not pass coronavirus between them.



There are lots of things you can do to keep yourself well and happy at home.

If you have a garden you can go outside. You can:

- Do some weeding
- Relax and enjoy the fresh air
- Exercise



There are lots of things you can do inside the house:

- Play games

- Watch television

- Listen to music or people talking on the radio

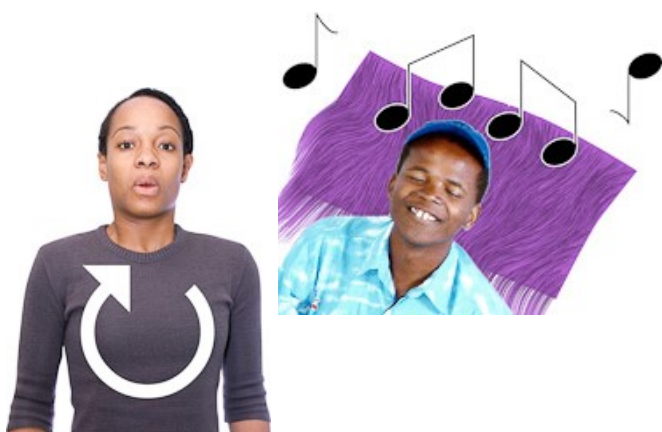
- Do some crafts



- Talk to friends or family on the phone



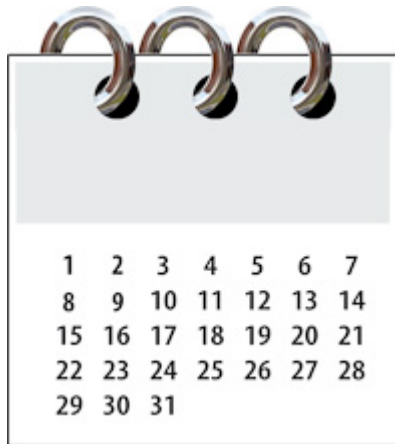
- Write about your feelings



- Practice deep breathing and relaxation



- Try baking and cooking new things



All these changes
will come to an
end in the
future.



We don't know
exactly when.



Life will go back
to normal.