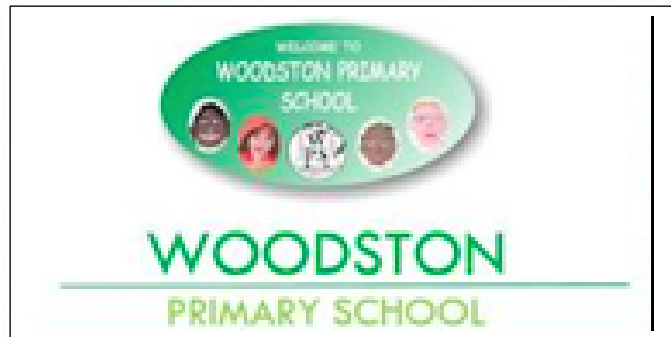


My mum and dad will be able to tell me when I can go back to school again.



I will miss my friends but it will be great seeing everyone again when I get back to school.



Staying at home



The government is the group of people who are in charge of the country.



Sometimes they need to make rules to make sure everyone stays safe.

One of the rules is about staying at home.

We may be asked to stay at home so that we don't spread the virus.

When this happens the school will close.



This means that I will be off school for a while.



This is ok, because no-one will be at school. My brothers and sisters and all my friends will be at home too.

I might not be able to see my friends for a while but I can 'phone them or speak to them online.



My teachers will let my mum and dad know what work to do with me at home.

This might last a while but it won't be forever.



Coughing and sneezing



Coughing and sneezing can spread a virus or infection.



There are things I can do to help with this.



When I cough or sneeze I should try to catch this in a tissue,



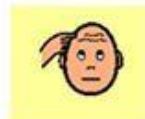
put the tissue in the bin,



then wash my hands.



Or I could cough or sneeze into my elbow.



There are some things I should try to remember.

I should try **not** to



touch my eyes, mouth or nose



cover my mouth with my hand when I cough



put my fingers in my mouth

If I can remember these things I will be helping to keep everyone healthy.



Why do I need to wash my hands?

A virus is like tiny bugs that we can't see.



Usually when we have a virus we don't feel well.

Lots of people are talking about coronavirus.

Coronavirus is a bit like having the worst cold.



Most people feel really hot and they have a cough.



They don't feel well. They might feel really tired.

Some people need to be looked after in hospital.

Most people get better by staying at home.

Washing my hands can stop me passing the virus on but I should tell an adult if I don't feel well.



Washing my hands



Coronavirus can be passed on by touching things or people.



That is why washing my hands is important.

There are things I can do to make sure my hands are really clean. I need to ...



Wet my hands



Put soap on my hands



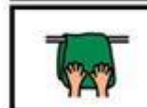
Rub my hands to make bubbles.
Rub the backs, palms, fingers and thumbs.



Sing "Happy Birthday twice"



Rinse the soap off with water



Dry my hands with a towel

When should I wash my hands?



When?



There are times when everyone should wash their hands.

If we do this we will help stop the virus from spreading.

I can help by trying to remember when it is important to wash my hands.

If I can remember to wash my hands at these times I will be helping to stop the virus.

I will try to remember to wash my hands:



Before eating



When I get into school



When I get home



After using the toilet



After coughing or sneezing



After touching my mouth, eyes or nose



After break or lunch time.

If I can remember to do this I will be helping to keep everyone healthy.



The other important thing is about touching people.

I should try not to touch other people.
This means that when I see my friends I should try to remember **not** to



hold hands



shake hands



high 5



fist bump



hug



kiss

Here are things I could try to do instead:

I could ...



Say "Hi" or "Hello"



wave



elbow bump



dab

If I can remember to do these things I will be helping to keep myself and everyone healthy.

