Hi.
This is coronavirus.
We cannot see it.

It is very small and makes some people sick.
It can make us cough,
feel hot and cold,
give us a sore throat
and make it hard to breathe.
Everyone is different.
Some people will get a little bit sick.
Others might get very sick and go to the hospital.
Coronavirus moves through our spit, coughs and sneezes.
Then onto people or things.
So it is important we stop it from moving.
We need to:

1. Cover our coughs and sneezes with a tissue or our elbow.
2 Wash our hands with soap and water before we eat and after play.
Remember to sing ‘Happy Birthday’ two times.
3 Stay at home from school if we are sick.
4 Clean tables, toys and door handles at home.
5 Try not to touch our mouth and eyes, pick our nose or bite our nails.
We also need to make sure we are not too close to others.

1.5 metres
We should be able to spin around without touching anyone.
Things might be a bit different for a while.
This means we cannot do things that we normally do like playing with our friends or playing sport.
Adults may be feeling sad but this will not be forever.

We can talk about our feelings together.
Doing all of these things can help stop it moving
So we can all play with our friends and family again soon.