



# WASH AWAY CORONAVIRUS

## What is it?

People are talking about a bug or virus called COVID-19 which can make people unwell. It is also sometimes called coronavirus because that is the name of the family that it is part of. Coronaviruses can also give us colds.

## What can happen?

Some of your friends or your family might get COVID-19 but that can be OK. Most people usually get a temperature and a cough a bit like the flu and get better soon. Some people might get more easily out of breath and some people will be ill for longer. Children usually get better quickly.

## Why is everyone talking about it?

Because it has managed to travel all around the world making a lot of people unwell in many countries at the same time. It spreads very quickly and easily so people are travelling much less, schools have closed and many people are staying at home to stop it spreading.



## WHAT CAN YOU DO TO HELP?

1 Wash your hands well and often with soap and water for more than 20 seconds to protect yourself and other people.

You need to keep washing for as long as it takes to sing Happy Birthday twice!



2 Catch coughs and sneezes in tissues and bin it.



3 Stay at home if you have either a new, lasting cough or high temperature.



## Do I need to worry?

Doctors and experts all over the world are working really hard to get people better, to keep people safe and to make new medicines - so you don't need to worry.

If you want more information see [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)