

Understanding Coronavirus for Kids

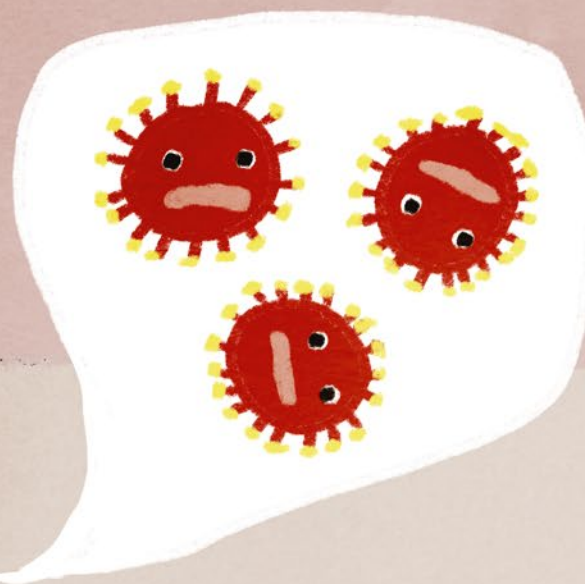


Coronavirus is a new kind of cold. It's so small that we can't see it with our eyes. It's quite sneaky and rude because it is traveling around from person to person without being invited. Coronavirus can go from a person who has it, to another person who hasn't had it, if they spend time close together.





Coronavirus has gotten people worried because we haven't had to deal with it before. There are many smart people in charge helping us work out ways to get over this virus. The scientists can see it with their microscopes. Right now they are figuring out how to stop it making people sick.



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Most people who catch coronavirus only get a bit sick- especially children. People who catch it might get a sore throat, cough, feel tired, or have a fever. Then they get better. We want to try to help people who are already sick, or who are very old not get the virus, because they have enough to deal with. That is why you might have noticed things changing a bit in your world.





You might have noticed people wearing face masks, or the shops being out of toilet paper, or activities that you usually do have been cancelled. You might be hearing the word coronavirus a lot. I wonder if you have noticed any of these things, or anything else that's different? How is that for you?



You might have noticed your mum or dad or carer seem to be a bit more worried than usual. Mums and Dads and carers get worried too, just like children. This might have felt confusing or worrying to you. It's normal if we see someone worried or scared for us to feel scared too. Your mum and dad or carer want you to know that they are ok.



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Day to day life might keep being different for a while with coronavirus around. You might get to be at home more than usual and get to spend more time with you family. Can you think of any fun games or favourite things to do together at home? Maybe you could make a list with your family?



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We can do things to help beat the coronavirus. We can wash our hands with soap and water or hand sanitiser before eating or after we go to the toilet. This is a big help.



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Your mum and dad or carer want you to know that they love you and that will never change. If you have any questions you can ask them. If they don't know the answer straight away, they will find out and let you know.

We will get through this together.



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