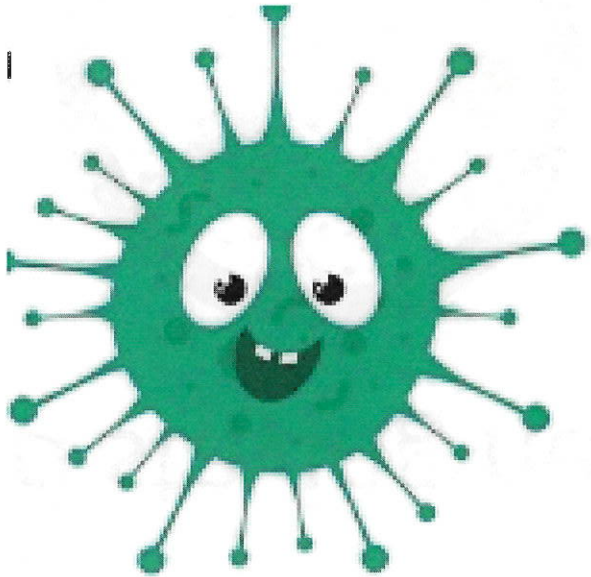
A Story about Coronavirus and staying healthy

Coronavirus is a type of germ that can make us unwell.



It can make us cough, feel very hot or make it hard to breath

Sometimes I worry about Coronavirus and becoming unwell

Its totally normal to feel a little worried about this

If I let my worry get too big this could also make me feel unwell

Things I can do to help stay healthy are...

Sneeze into my sleeve or a tissue, put the tissue straight into the bin and then wash my hands

When I do the these things I can relax.

I might be asked to stay at home with my family

This is to help me keep others healthy

When I stay at home I can be proud that I am helping.