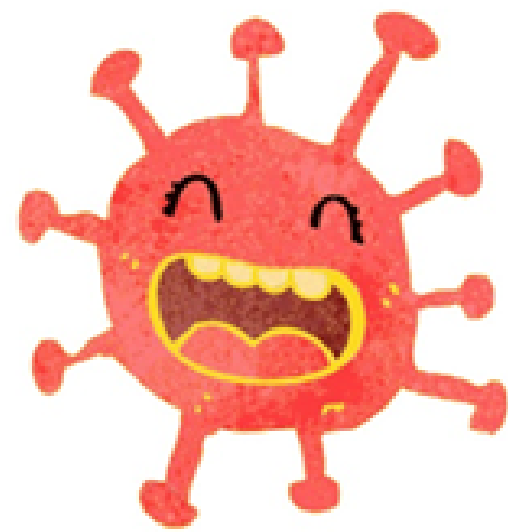



COVID-19

What you need to know about me.....



If you look at me under a microscope, I look like I'm wearing a crown! 



Who am I?

Hello my name is COVID-19. I'm a new virus that is travelling around the World. I come from a family of Coronaviruses. I was born in 2019. You can call me COVID-19.

How do I spread?

I travel from person to person. You can catch me by being close to someone who has COVID-19 and is coughing. I can also travel from surface to surface.

How can you stay safe?

- Wash your hands with soap and water regularly for 20 seconds (try singing happy birthday twice through)
 - Use a hand sanitizer
- Try not to touch your face too much
- Keep your distance from others when out and about

How do I make you feel?

It's mainly adults who catch me and most people only feel a little bit poorly, some may have:

- A cough
- A sore throat
- A runny nose
- A temperature
- Difficulty breathing
- Loss of taste and smell

I love to travel...

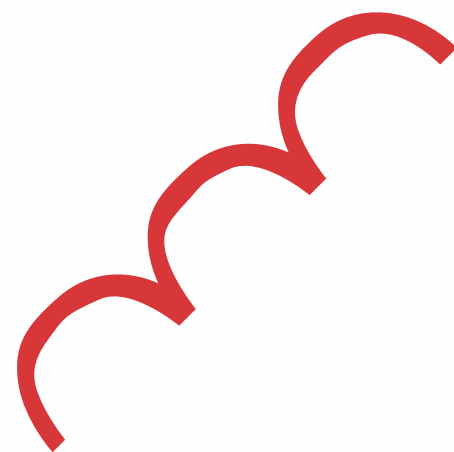


Most children who catch me will be looked after at home, but if you and your family need advice call the NHS 111 helpline.

Getting tested

Some children may need to have a test to see if they've caught me. The test is really simple, using something like a cotton bud, a nurse or doctor will rub the inside of your nose or throat. If you have me, the nurse or doctor will decide what to do next.

The nurses and doctors may look a bit funny as they will be dressed up in clothes to protect you and them. Masks, gloves and gowns help to stop me travelling.....



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