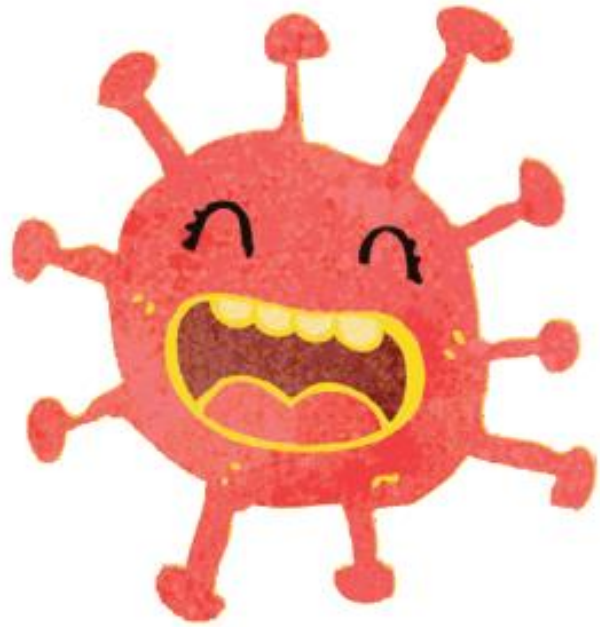


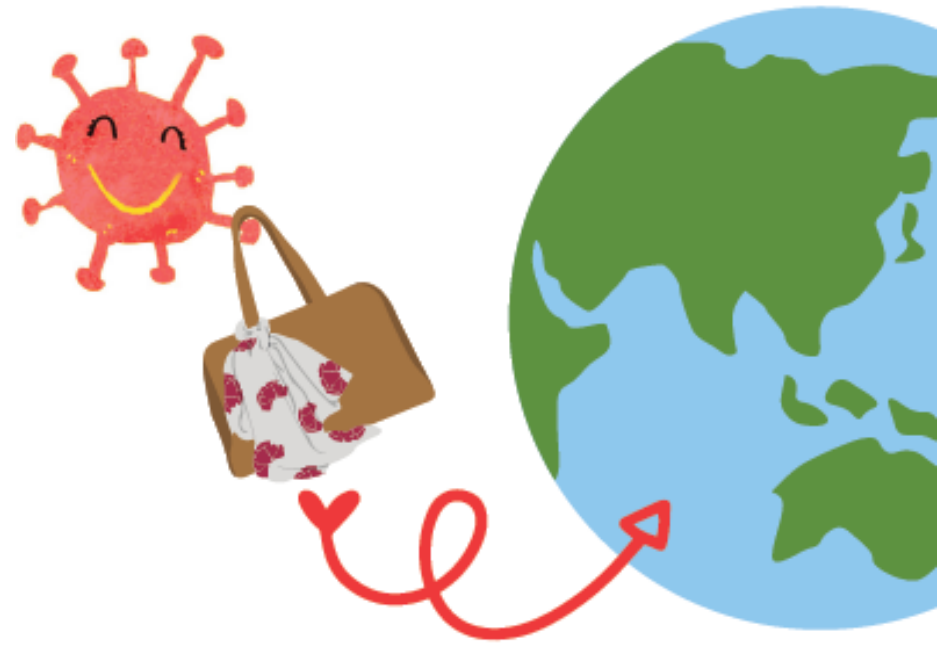
HELLO!

I am a VIRUS,
cousins with the Flu and
the Common Cold



My name is Coronavirus

I love to travel...



and to jump
from hand to
hand to say Hi

HIGH
FIVE



When I come to visit, I bring...



Difficulty breathing



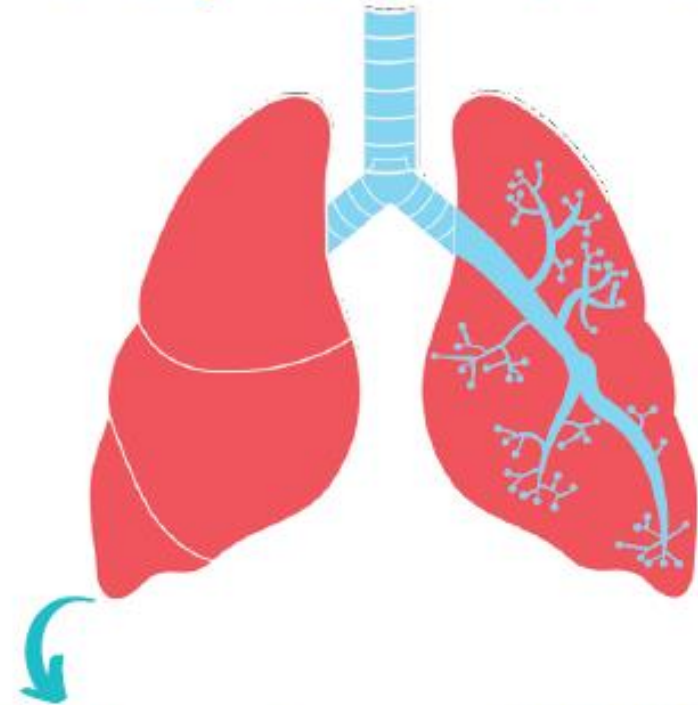
Fever



Cough



But I don't stay with people for long, and almost everyone gets better



Just like when you get a scrape on your knee and it heals

BYE BYE...



Dont you worry!

The adults who take care of you:

will keep you safe



And you can help...

1



By washing your hands
with soap and water
while singing a song



You can sign your favorite song,
the happy birthday song, or the
alphabet song

2



By using hand sanitizer
and letting it dry on
your hands



Without moving them count to 10

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get
back to playing!!

What Is Coronavirus?

Coronavirus is the name of a large family of virus. Under a microscope they look a bit like a crown. Corona is the Latin word for Crown

As it is new, scientists are still learning about it.

The UK government says that the "current evidence" is that most cases are mild. The World Health Organisation say that most people recover without needing any special treatment.

Its official name COVID-19 is made up of CoronaVirus Disease 2019.

Doctors and governments are keen to slow the spread of the virus.

This coronavirus causes symptoms, such as coughing, a high temperature and difficulty breathing.

This new type of coronavirus has spread from China.

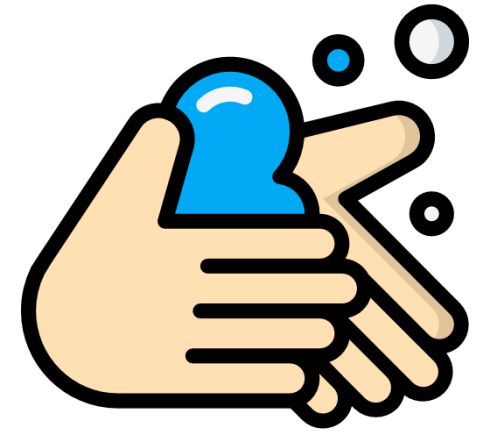
It can cause more serious symptoms for people who are older or already ill.



5 times to wash your hands



When we arrive at school
Before morning break
Before lunchtime
After lunchtime
Before going home



Children that go to After School Club will also need to wash their hands before they eat tea and again as they are collected by parents.

You should always wash your hands after going to the toilet. You must still do this.



If you have been given hand sanitiser to use by your parents your teachers will tell you when is a good time to use this.

We also have hand sanitiser in school that your teacher may give you. Just rub this into your hands!



7 STEPS OF HAND WASHING



Step 1 - Hands should be wet with liquid soap applied for a good lather. (Water temperature needs to be between 35 °C and 45 °C)



Step 2 - Rub your hands palm to palm.



Step 3 - With your right palm rub the back of your left hand. Swap hands and repeat.



Step 4 - Then, interlace your fingers and rub your palms together.



Step 5 - Interlock your fingers and rub the backs of them against your palms.



Step 6 - Enclose your right hand around your left thumb and rub as you rotate it. *Swap hands and repeat.*



Step 7 - Rub your right fingers in a circular motion in your left palm. *Repeat with your left fingers.*

After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.

Never use reusable towels as you will transfer harmful bacteria back onto your clean hands.

