

COVID-19

A new illness called Coronavirus

There is a new illness called Coronavirus and this is a story about it.

What is the Coronavirus?

COVID-19

The coronavirus is a virus that is spreading fast across the world. Viruses are small. You can only see them with an electron microscope. This means we can't see the virus.



Lots of people around the world are getting ill with coronavirus and this is called a pandemic. A pandemic means that lots of people in a large area are sick. A pandemic is usually caused by a new virus.

What is the world doing about this pandemic?



Lots of people are working hard to learn more about this virus and to try to stop it.

In the meantime, people are being very sensible to stay safe.



We should wash our hands lots. We should try to not touch other people. We should cancel any trips or holidays and keep away from crowds.

If we are ill, we have to stay at home.

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The Makaton Charity
Westmead House
Farnborough
Hampshire GU14 7LP

01276 606760
info@makaton.org
makaton.org

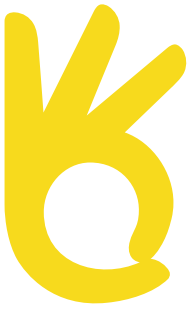
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How long will it last?



No-one knows how long this will last. But it is good to know that pandemics do not happen very often. They occur about every 25 or 30 years. It is important to remember that the Coronavirus pandemic will end; we just don't know when.



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If you get the coronavirus you will get



a new **cough**



a **high temperature**



and **breathing difficulties**.



We are all trying to stop coronavirus spreading.

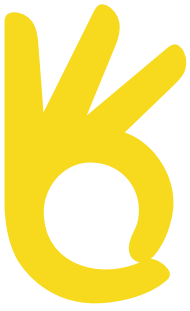
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This is what we can do to help.



Wash hands

Clean hands are really important to stop the coronavirus

This means we will wash our hands:



when we arrive at school/ college/ day service/
home



before tea break



before lunch



after using the toilet



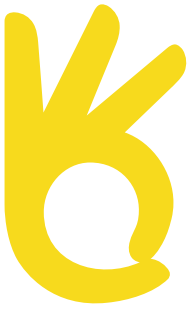
when we leave school/ college/ day service/ home



If we are unable to wash our hands we may use a
hand gel

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Touching



To prevent the Coronavirus we will try to keep our hands to ourselves. We will try to not touch other people.



This means we will greet people differently.

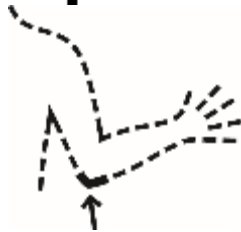
We could:



Smile



Wave



Touch elbows



Touch feet



Sign hello

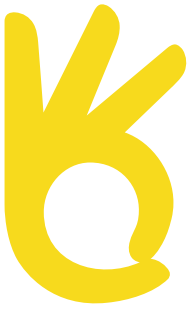
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Keeping clean



It is also very important to keep your building clean. Carefully clean the things you touch at the end of every day.



You should ask any visitors to stay by the front door or wash their hands if they need to come into the building.



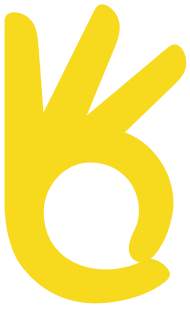
Feeling ill



It is really important to stay at home for 7 days if anyone is feel ill with a cough or a high temperature and 14 days if you live with other people.



you may need to take your temperature if you think you may be ill. If you are ill you should stay at home.



Feeling worried



If you are feeling worried, you can talk to family, friends, or staff within your school/ college/ day service/ supported living.



Family, friends and staff at your school or college or day service or supported living are happy to help you.