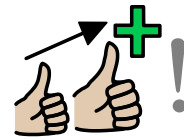
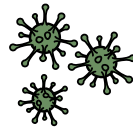
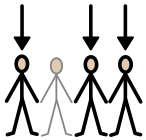


There is a new illness called **Coronavirus**.

=



It is like having a cold.

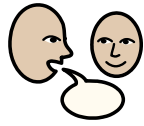


Lots of people that have coronavirus get better.



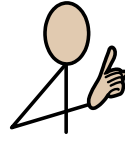
Doctors

have



said

it is



important

to



carry on



with our activities as normal.



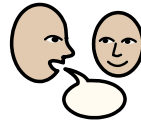
If this

changes,



adults

will



tell



me.



If

I

am

feeling worried,



I can

use



my



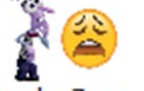

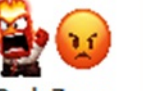


toolkit

to get back to the



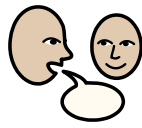
yellow zone.

				
Sad	Happy	Worried	Silly	Angry
Tired	Calm	Scared	Jealous	Too fast
Lonely	OK	Embarrassed	Annoyed	
Bored	Excited	Confused	Frustrated	
Ill				



Doctors

have

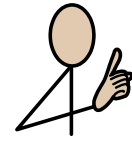


said



hand washing

is important

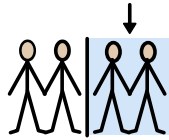


to keep

myself



and



others



healthy.



Washing hands



instructions

1



1.

Soap

on



hands

2



2.

Rub hands

for

20

20



seconds

3



3.

Wash soap off

4



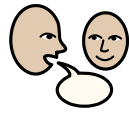
4.

Dry hands



Doctors

have also



said

that



when

we



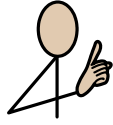
cough

or



sneeze

we



need

to...

Catch It



1



1.

Sneeze

or



cough

into a



tissue

2



2.

Put

the



tissue

in the



bin

Kill It

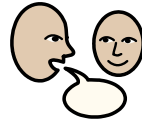
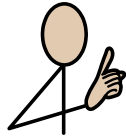


3



3.

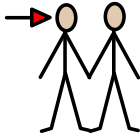
Wash hands



It is important to tell an adult if I feel



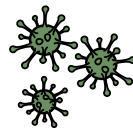
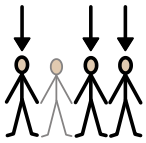
ill.



Then they can try and help me get back to



the yellow zone.



Lots of people that have coronavirus get better.