

Coronavirus Story

Sheffield Park Academy

Sometimes people get ill, this can be due to different viruses. **The Cold and Flu are viruses** that people get every year. Right now, more people are becoming ill and this is because of something called the **Coronavirus**. These viruses can sometimes make you **very ill** or sometimes only a **little bit ill**.



These are the symptoms some people have:

- A Dry Cough (no phlegm)
- A high Temperature
- Harder to breathe

Have you ever had a cold or flu before?

Did you get better?



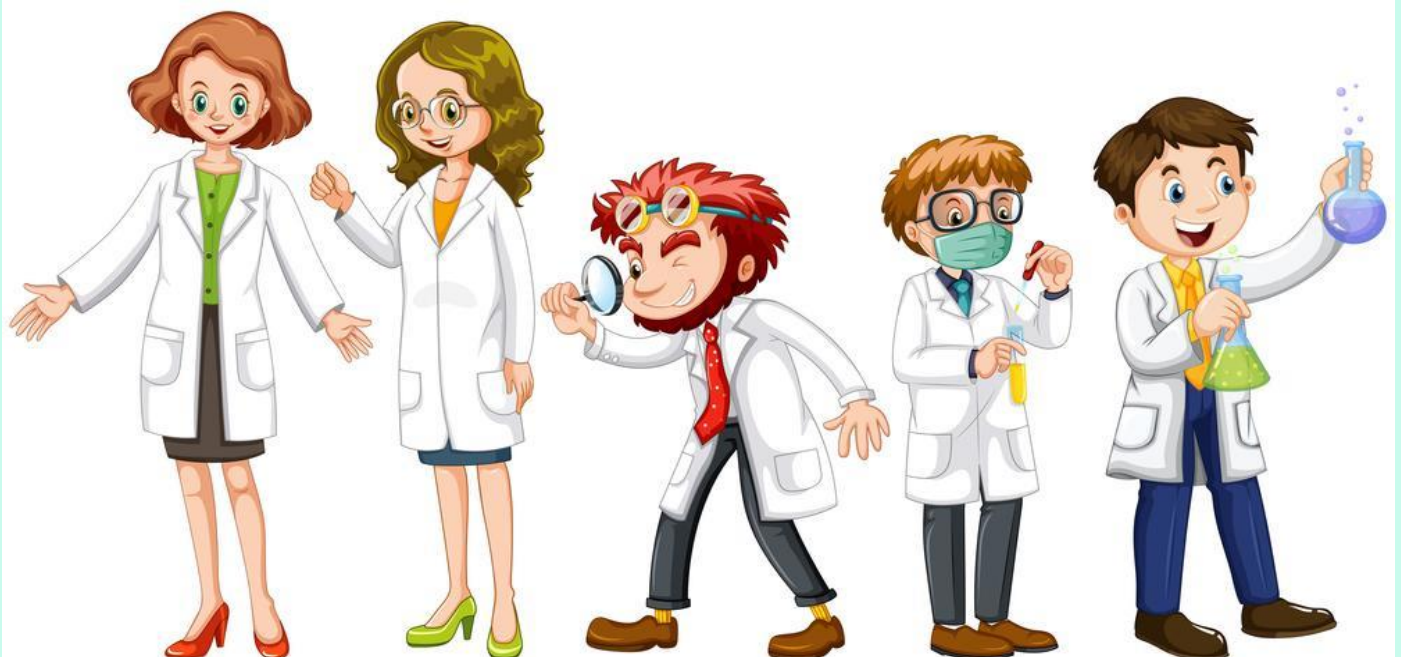
Nobody knows very much about Coronavirus yet because it is a **new virus** but, they do know they most people get it **mildly (a little bit)** and **will get better**.

There are lots of stories on the news and this can sometimes confuse people and make them worry more than needed. I'm sure you will have heard stories or adults talking about it.



Scientists are working extremely hard to find out more about the virus so they can create a vaccine to protect us.

Aren't they clever?



To keep healthy, you need to cover your nose and mouth with a tissue when you cough or sneeze, throw the tissue away, and wash your hands with warm water and soap.



These clever scientists don't know exactly how the virus can spread to people, they know that droplets from a person infected can infect another person but there might be other ways too. Therefore, people are being asked not to have too much **close contact** with others. This is called **Social Distancing**.

Social Distancing means, keeping your distance from social situations and other people. So, Waving or a thumbs up is ok. No physical contact.



Coronavirus can make people who are **vulnerable** such as **older people** and people with **health problems** very ill, so we need to stop it spreading.

You may have to have a break from visiting your Grandparents or elderly relatives. You can still Facetime or Skype.



If someone at your school gets the Virus, you may all be asked to stay at home for a while, this is for **Social Distancing**, like we said before and is called **Self-Isolation**. You will **stay in your house** for a while so that the virus is **not passed on** to the people you meet.

This means staying at home, **no play dates** or **playing out** (apart from in your garden) and **not meeting up with friends**. It probably **won't be much fun**, but your school will provide tasks and activities for you to do at home.



If you do have symptoms and **need** to stay at home, **that's ok!** Your family and teachers will **understand and be proud of you** for keeping yourself and others safe.

If you do have some symptoms such as a cough, it is **highly unlikely** you have the virus and probably just have a cold.

BUT! You can fight it off!



If we all do our bit to help, we will hopefully slow the virus right down and help it to stop spreading to lots of people. This will help all our doctors and nurses cope better in the hospitals and will also help to prevent our older and sick people from being infected.



If you or someone in your family does catch the virus. **REMEMBER**, it is **NOT** your fault! That Coronavirus is a bit sneaky, and like we said earlier the very clever scientists aren't sure of all the ways it can be spread. We just always need to be sensible and use good hygiene to **HELP** fight the virus.

