

Covid 19

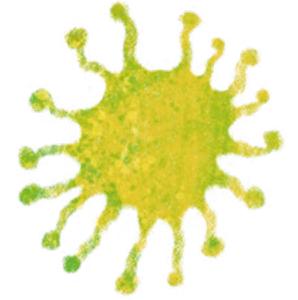
What can we do to stay safe
and keep others safe?



There is a new sickness

It is called Covid 19 and it is making people all around the world sick. Doctors and scientists are still learning about it.

Covid 19 is caused by a germ called Coronavirus. It is so tiny that you can't see it. But it jumps easily from person to person when we touch. It flies through the air when we sneeze and cough.

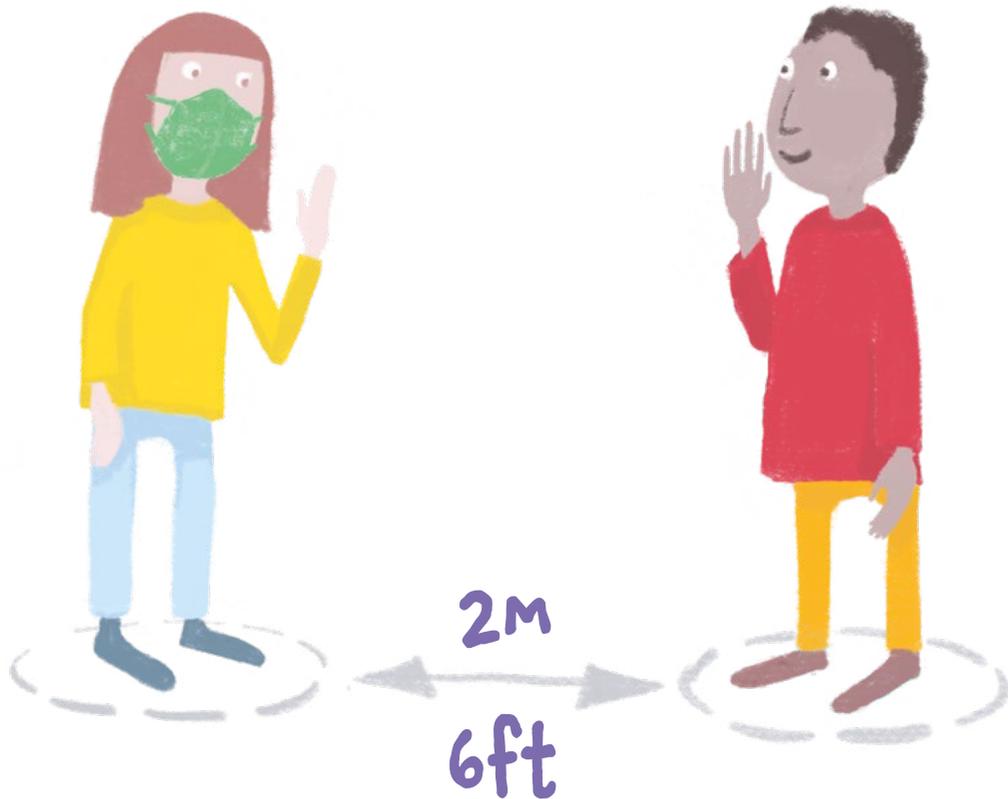


Children and young people usually don't get very sick from Covid 19 but older people do and sometimes they die from it. Everyone is working together to protect each other and stop the disease.



On the streets...

People are trying not to get too close to each other. This is how we stop the virus jumping from one person to another.



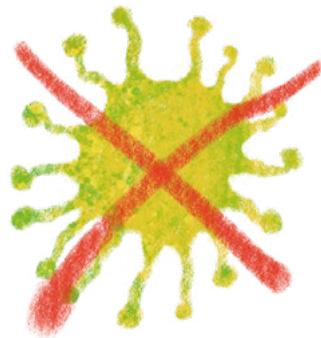
This might be very difficult for children and families on the streets or living in small spaces. There are other ways to stay safe, on the next page.



People in shops and using public transport are wearing masks. If many people in one place or country are sick, the government may ask everyone to stay home for some weeks. Some shops and businesses have to close.

Stay safe!

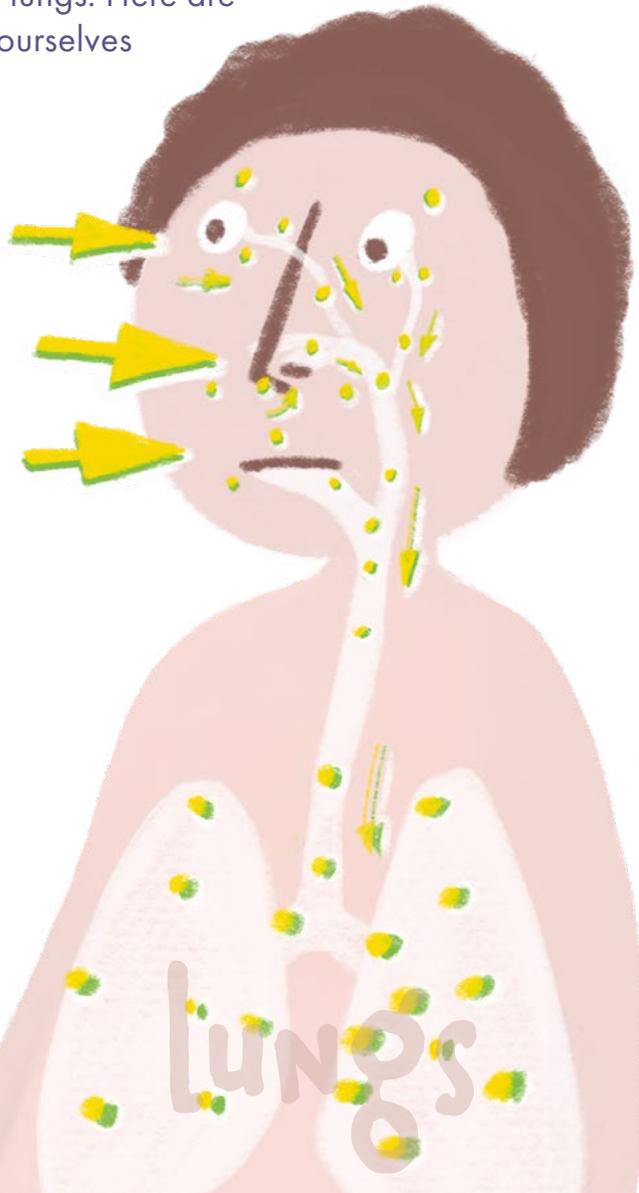
Covid 19 gets inside our body through our nose, mouth and eyes and attacks our lungs. Here are some things we can do to keep ourselves and others safe.



Wear a face covering or mask when you are inside or close to other people. Find out how to make a face covering on the last page of this leaflet.



The virus can get on your hands so it is good to wash them as often as possible.



If the virus is on your hands, it can get inside your body when you touch your nose, mouth or eyes. If you feel an itch, sing a song or do a dance to help you forget about it.



Catch your sneezes and coughs in your elbow so the virus does not fly through the air and jump to someone else!



Do you have Covid 19?

Most people who are sick with Covid 19 get better quite quickly. Children and young people don't often get sick with it at all. But even if you don't feel sick, you can carry the virus and pass it to other people. Be careful around people who are sick so that you don't catch it.

Covid 19 looks a bit like malaria but it's not! Here are some signs to look out for.



You feel hot and cold and are shivering. Your body hurts and you feel tired all the time.



Your chest and throat hurt and you can't stop coughing.

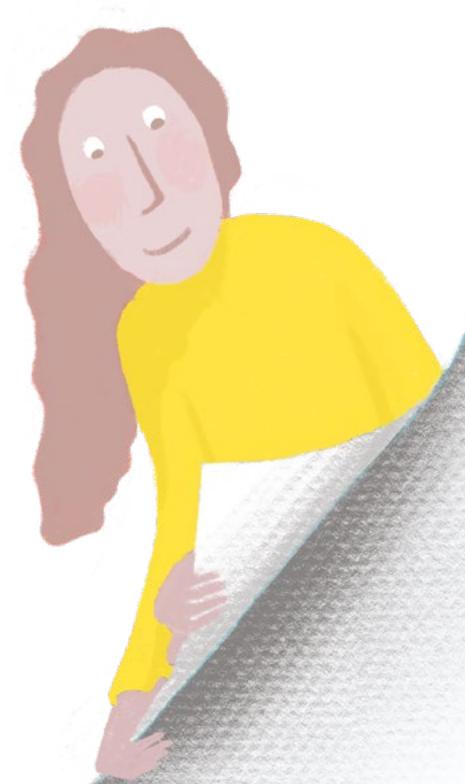


Your stomach hurts and you can't keep food in your body. Your poo is wet and watery.

You can't tell if your food is salty or sweet.

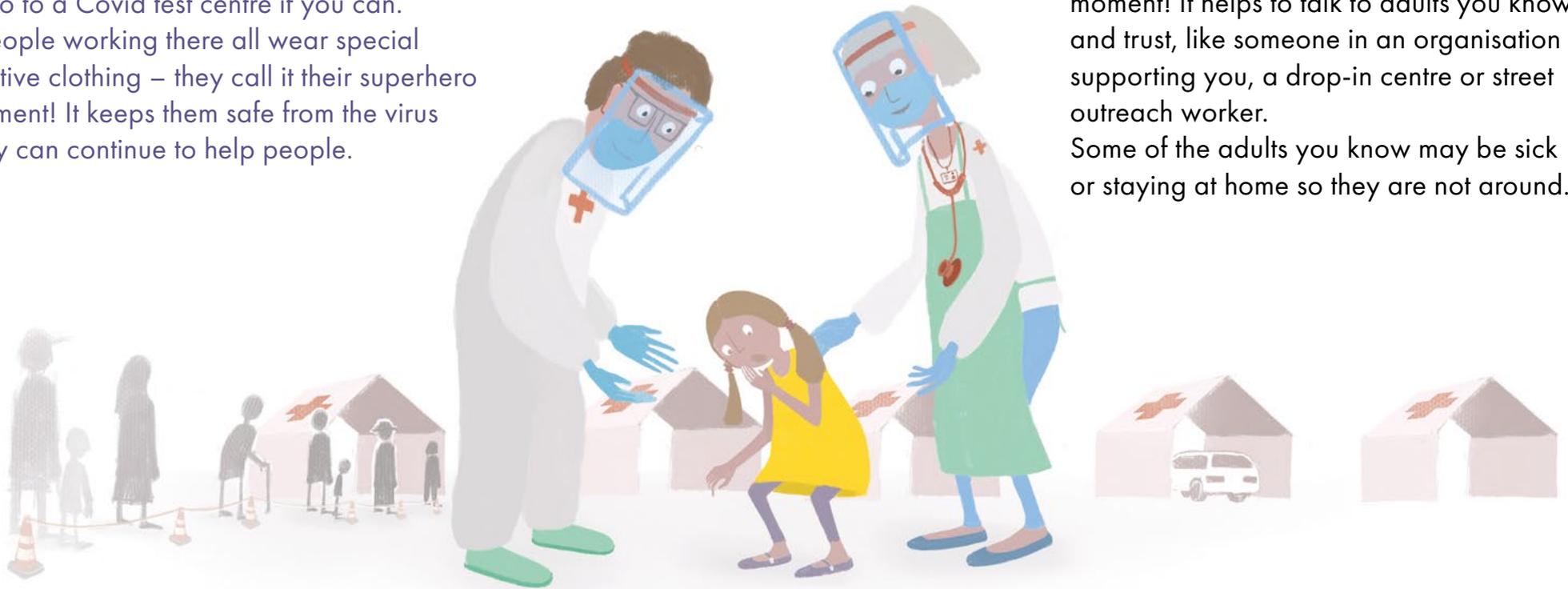


Your nose is blocked and dripping. You keep sneezing.



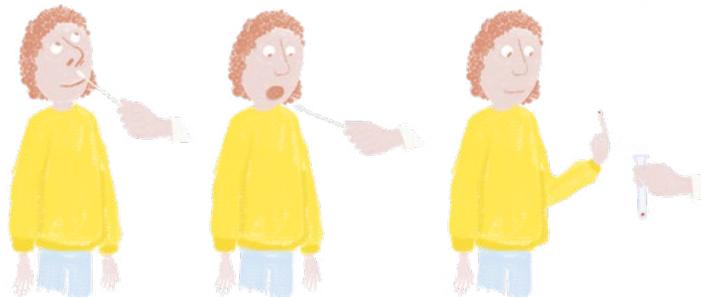
If you feel sick...

If you feel sick or you know someone who is sick, go to a Covid test centre if you can. The people working there all wear special protective clothing – they call it their superhero equipment! It keeps them safe from the virus so they can continue to help people.



Everyone is scared and worried at the moment! It helps to talk to adults you know and trust, like someone in an organisation supporting you, a drop-in centre or street outreach worker. Some of the adults you know may be sick or staying at home so they are not around.

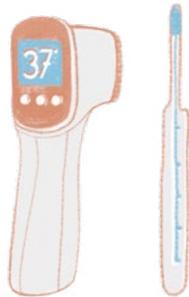
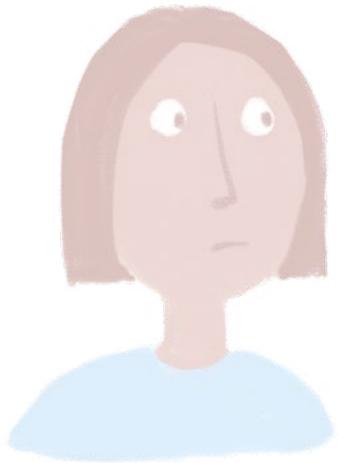
To test if you have Covid 19, a little stick is put into your throat and nose to get some of the stuff in there. Sometimes you may have a blood test. A needle is put in your arm to collect blood.



We don't have any medicine to cure Covid 19 yet but we can stop the fever and cough. The most important thing we can do is to try to stay safe so we don't pass the virus to other people.

What else is happening?

People must not get together in groups so there is not much happening in towns and cities. People are going out less, maybe only to work or shop for food and essentials. They are being told not to travel so you will not see many tourists visiting from other countries.



You may see people in the street with thermometers like these doing temperature checks. If you have Covid 19 you often get a fever. Your temperature goes up and you feel hot. You may have to be tested for Covid 19.

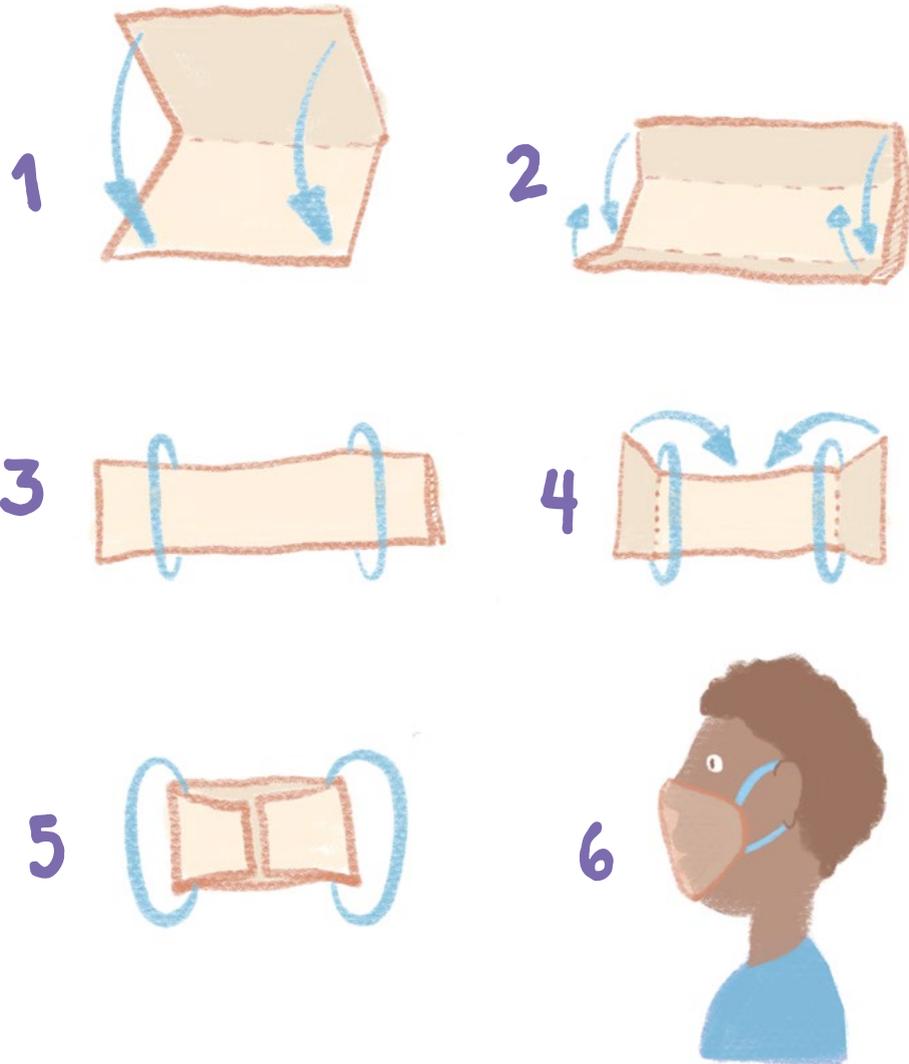


Some people who get Covid 19 will have pain in their chest when they breathe. They can't get enough air.



If someone is very sick they have to go to hospital. They may be in an intensive care unit (ICU) where there are special doctors with machines to help people breathe.

Make your own face covering



Covid 19 words

Coronavirus – this is the name of the germ that makes us sick with Covid 19. It's a virus (a tiny living organism) and it has little spikes all around it like a crown (or corona).

Covid 19 – this is short for **Coronavirus Disease 2019** because it was first noticed in 2019. It has now spread across the world to nearly every country.

Cure – to make people better when they are sick. Doctors do this with medicines and by looking after people in hospital.

Infection – this is the word doctors use to talk about getting a disease that comes from germs (like the coronavirus) and passes easily between people. If you are infected with a disease like Covid 19, it means you have the disease. But remember, not everybody who has Covid 19 feels or looks sick! Those people may still be infectious – they may still pass the disease to others – so we must all be careful.

Outbreak – when lots of people in one place suddenly get sick with a disease. The government may decide the way to stop the disease from spreading is to shut shops and businesses and keep people from getting together.

Pandemic – infectious diseases (like Covid 19) spread easily from one person to another, making many, many people sick at the same time. This is called an epidemic and when it spreads to the whole world we call it a pandemic.

Protective Personal Equipment (PPE) – this is all the special clothes the doctors and test centre workers wear to keep themselves safe from infection. They may have gloves, masks, visors, aprons, body suits...



Sanitiser – this is something that you use to clean your hands, like soap. When you sanitise something, you clean it really well. Salt can be a good sanitiser for example.

Symptoms – these are the signs that someone is sick. Every disease has its own symptoms, although some symptoms can be the same for different diseases. Covid 19 can give symptoms a little like malaria, a cold, flu... If children get Covid 19, you are usually asymptomatic. That means that you don't show any symptoms. But remember, you can still pass it on!

Vaccine – everyone is looking for a cure for Covid 19 but we don't have one yet. Scientists around the world are working to make vaccines that will protect us from this disease. A vaccine is usually given as an injection. It puts a little bit of the germ into you so that your body learns how to fight it. If you meet the germ later, your body already knows what to do and you don't get infected.



Hospital number:

Organisations that can help you:

Toll free child helpline:

Other helpful contacts and numbers:

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