

Hello, my  
name is  
**Coronavirus.**

I'm sure you've heard my name  
before but you may not know an  
awful lot about me.

# I'm really really small!

Even if you used a microscope, you wouldn't be able to see me!

*Can you guess how many of me would fit on the end of a tiny pin?*

**Well, the answer is millions and millions!**

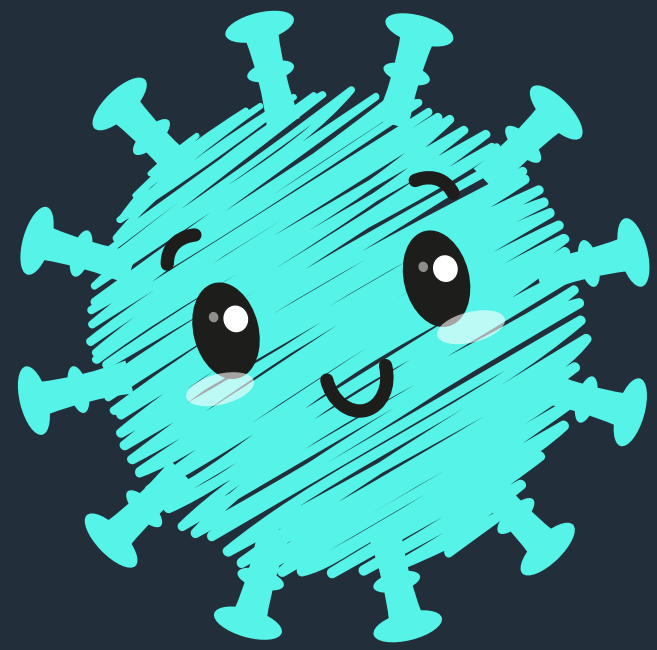
**There are lots and lots of copies of me.**

**Tehe... you can't see me!**



**SAFER  
SCHOOLS**

**Viruses like me are  
all over the world.**

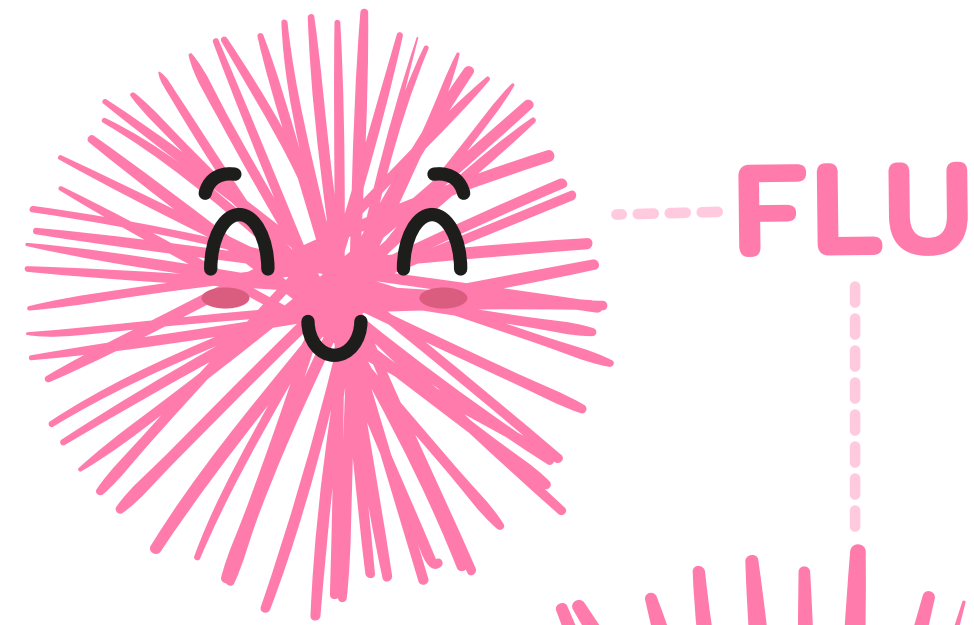


Most of my friends don't  
cause any problems -  
lots of us live on skin or  
clothes or toys.



**SAFER  
SCHOOLS**

But some of us,  
like my cousins **Flu**  
and **Common Cold**,  
sometimes make people  
feel sick.



COMMON  
COLD



COVID-19

When I make  
someone feel sick,  
they have a **illness**  
called **COVID-19**.

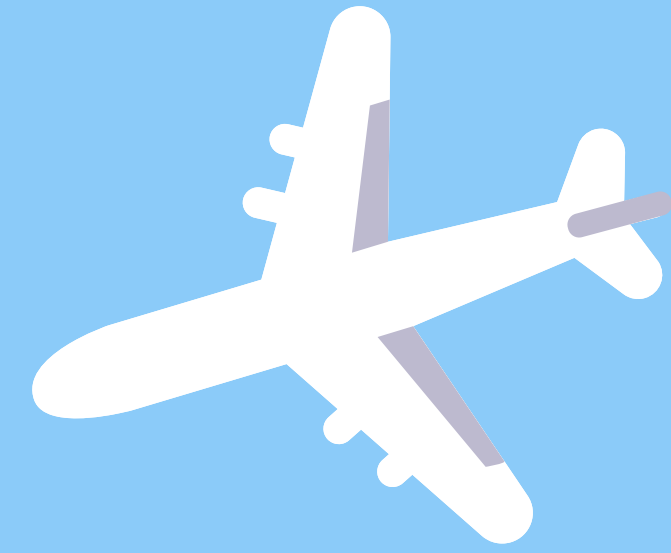
*I'm called COVID-19 because I  
was discovered in the year 2019*



I'm all over the news and social media at the moment, but it's important to remain **calm and sensible.**



You may hear a lot of *silly stories* about me online, or rumours about me from a friend...



**So let me introduce myself with some facts!**



*I really like travelling*

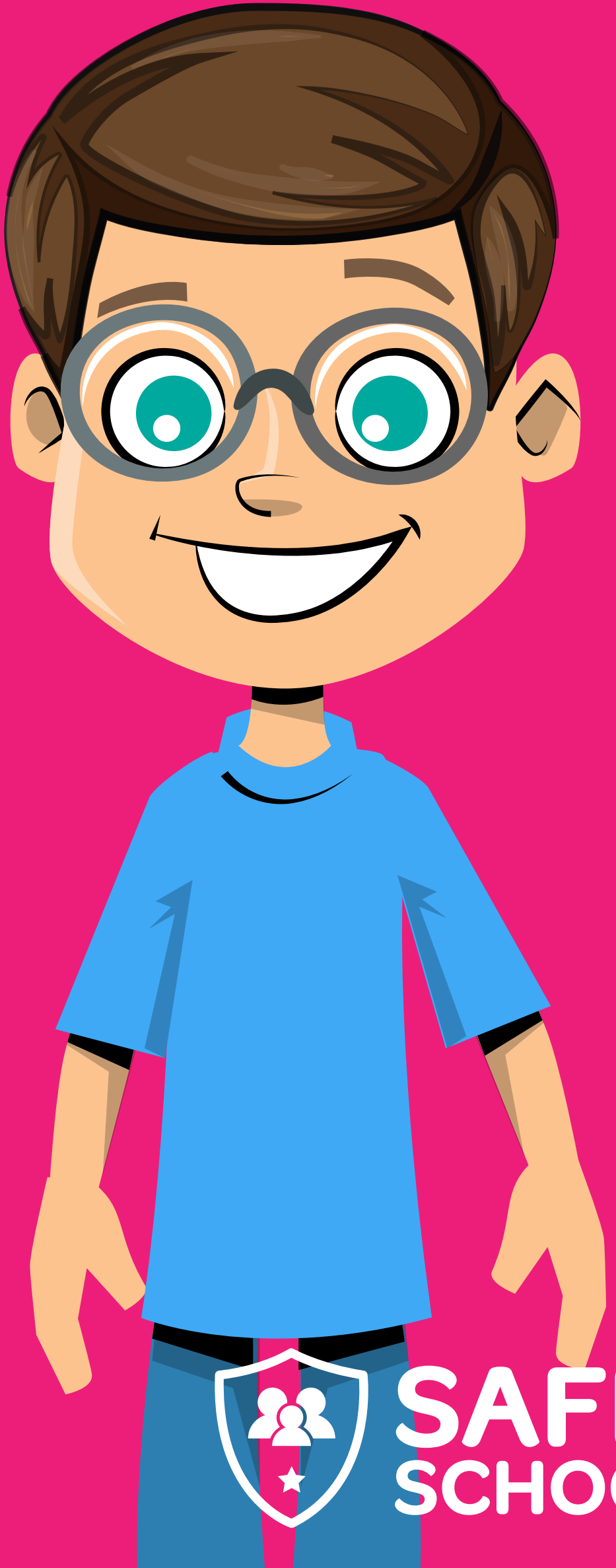
**I jump from person to person through...**



**coughs,**

**sneezes**

**and touch.**



Unfortunately, when I come to visit, I might bring a...



high temperature

and a


stubborn cough.



None of these things are very nice and can make **SOME** people very sick!







**But, I don't hang around for  
long and almost everyone  
gets better.**

To help make everyone safer, make sure that you...

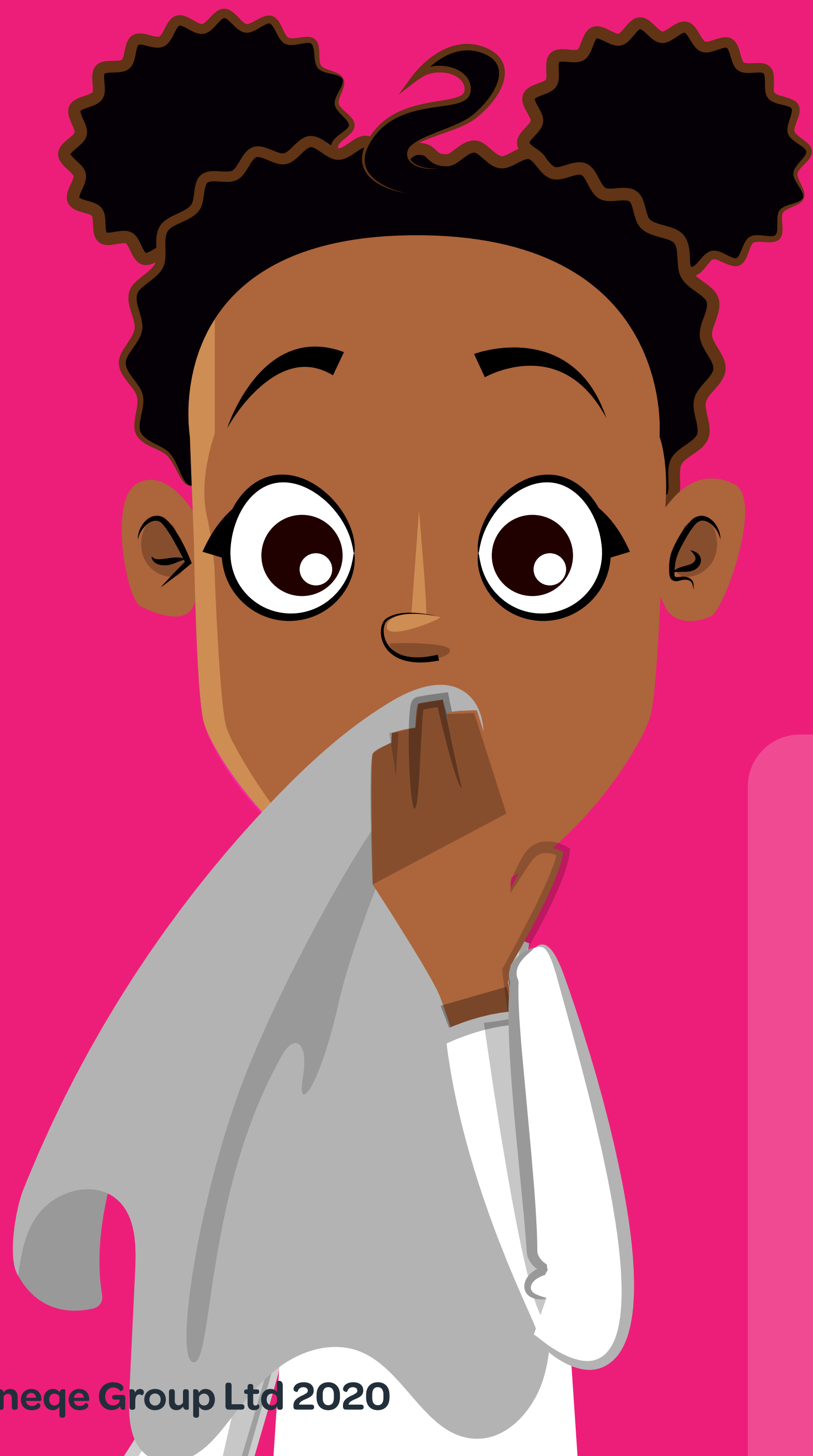


**1. Wash your hands with soap and water often and for at least 20 seconds.**

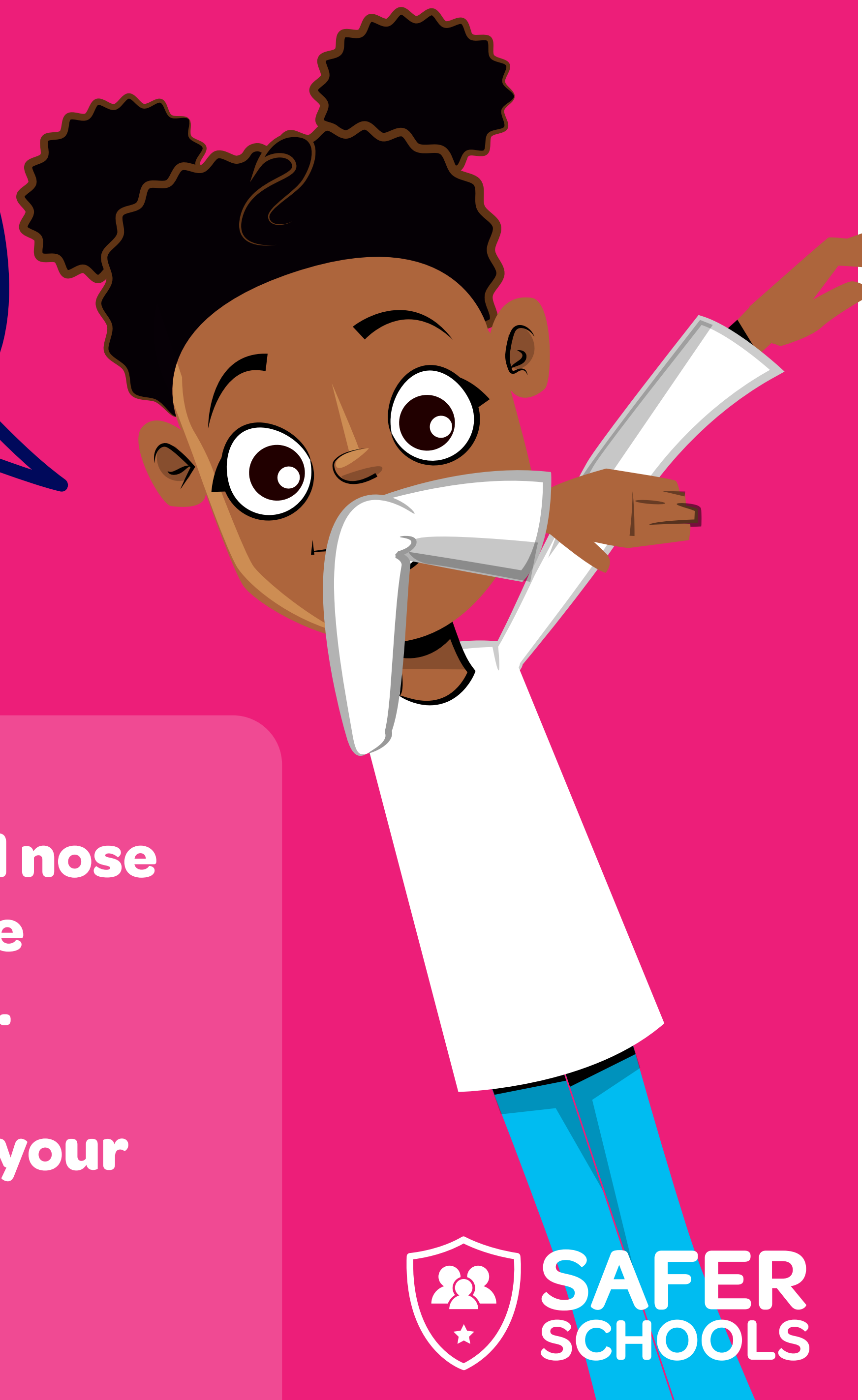
*You could make sure it's 20 seconds by singing 'happy birthday' to yourself twice while you wash*



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The 'dab' was  
made for a  
time like this!!



**2.** Cover your mouth and nose with a tissue or your sleeve when you sneeze or cough.

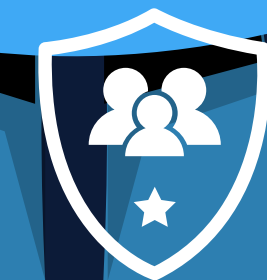
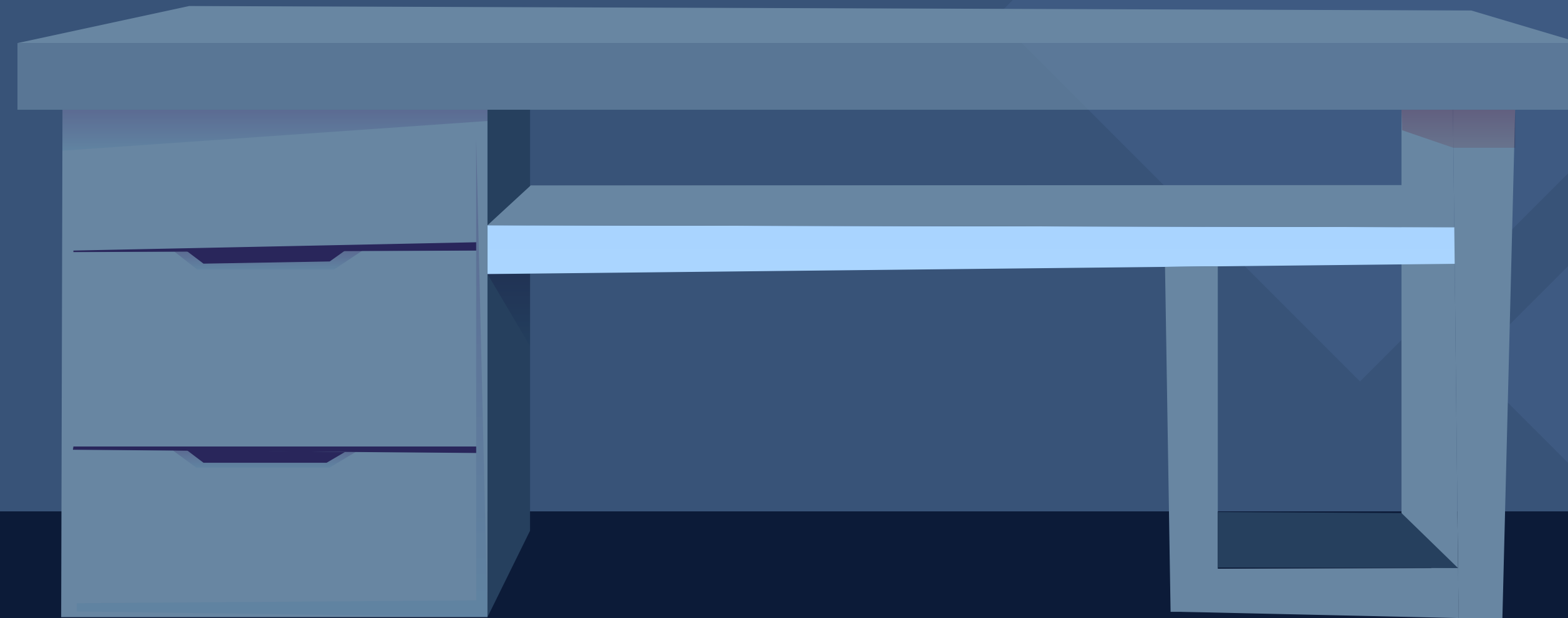
**3.** Try to avoid touching your eyes, mouth and face.



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**4.** For now, don't touch other people. No handshakes, hugs or high 5s.

2 METRES



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When I come to visit, older people are **more likely to get sick.**

This means grandparents may have to **stay at home** by themselves for a bit.





This is a great chance to phone or video call them to see **how they're doing.**



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SCHOOLS**

If I come to visit your home, you'll be asked to **stay at home for a while** with your family so that you **don't pass me onto others**.

*You can use this time at home to:*

-  Keep up with schoolwork
-  Play with your toys and games
-  Help out at home
-  Keep in touch with your family and friends on video calls



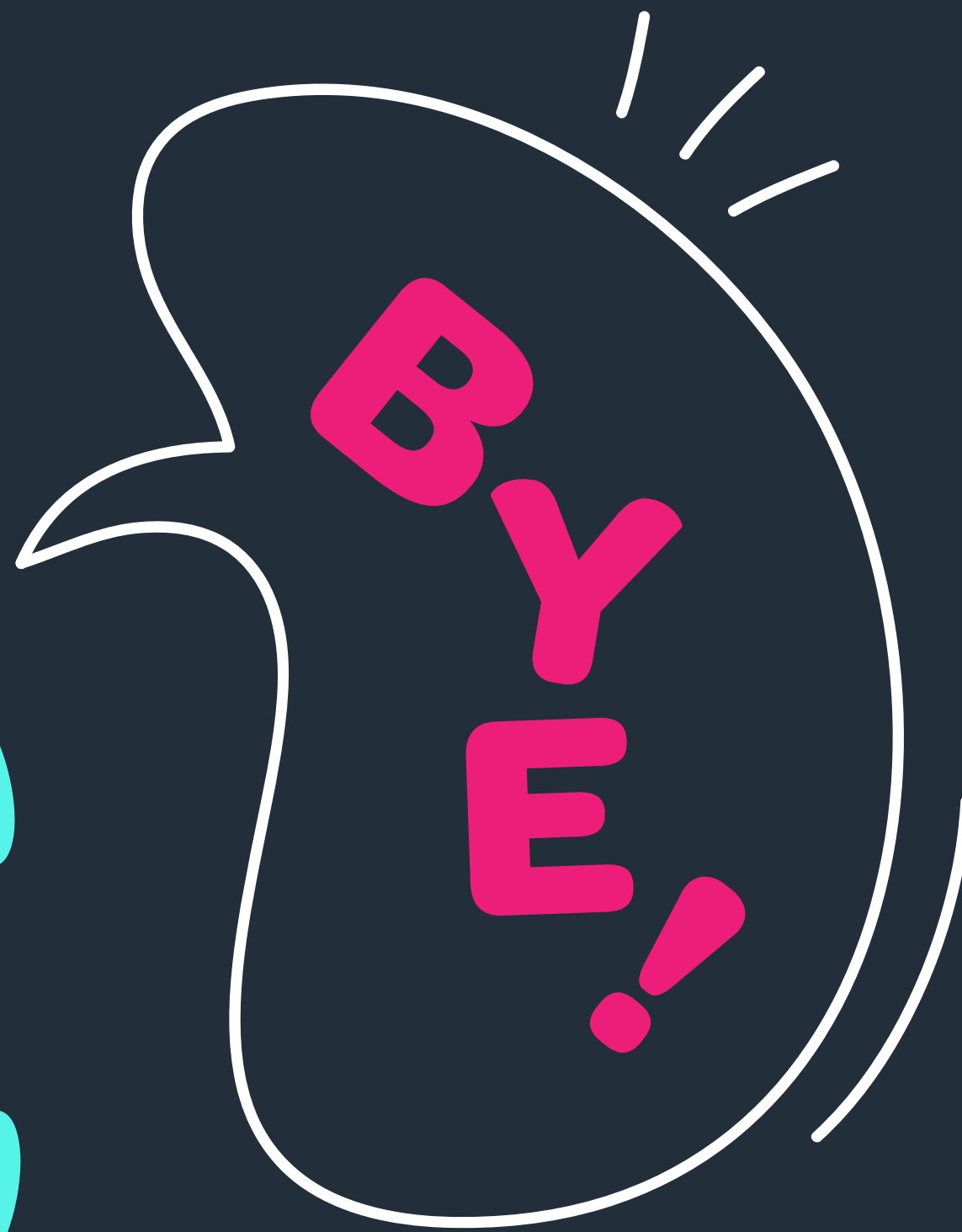
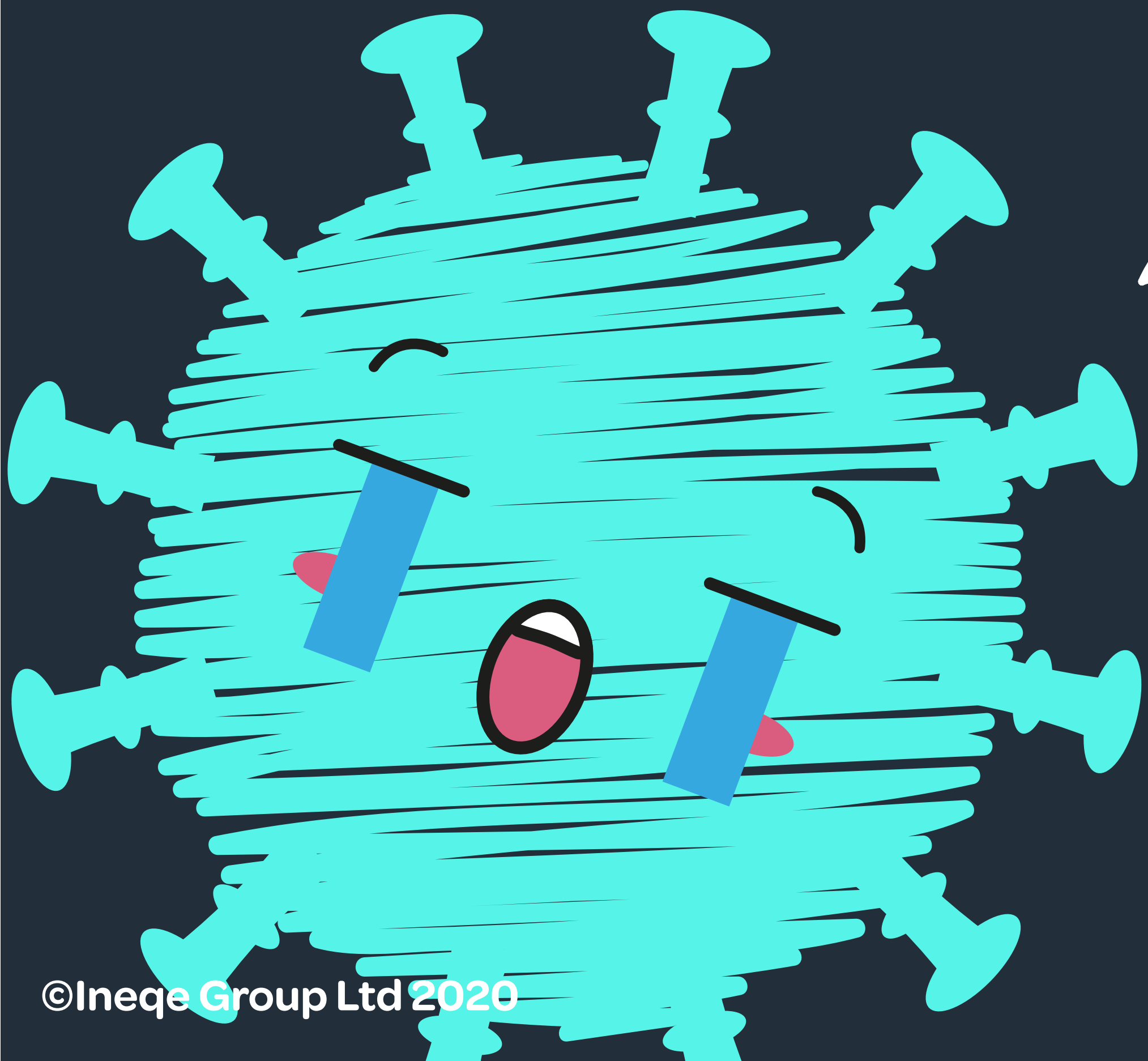
# Make sure you tell whoever is looking after you if...

- ✓ You have a high temperature or a stubborn cough.
- ✓ You are worried or nervous.

**They will listen and can help you.**



If you follow this advice,  
I'll visit less people.







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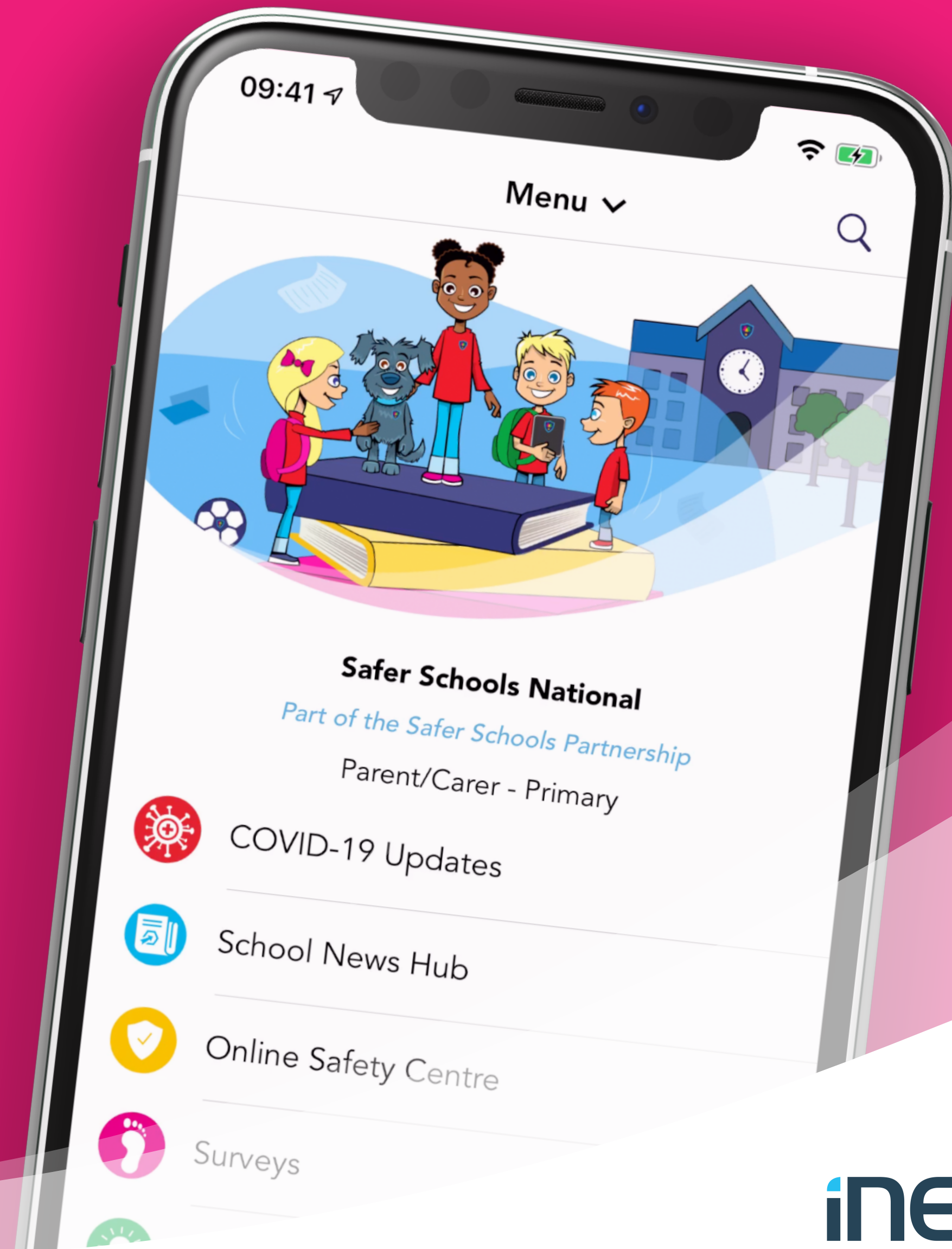
***NHS***

**For more  
information please  
visit the NHS  
website.**



[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

“The information you need, when you need it, where you need it, in your pocket.”



The Safer Schools App is available for free to school and LA customers that have their insurance programme with Zurich Municipal.