What Is The Coronavirus?

The Coronavirus is a virus that makes people feel unwell.

MERS Virus
©Masoud zamani 2014
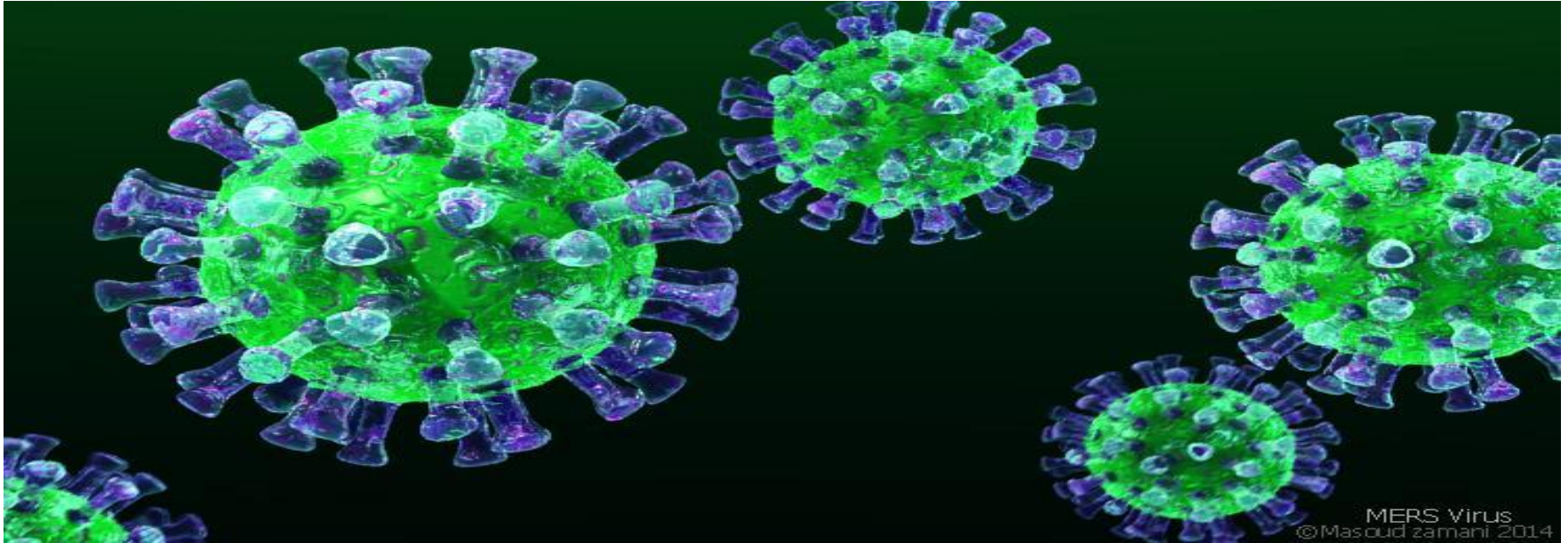
You may also have heard it called Covid-19.

Coronavirus makes you feel like you have a bad cold or the flu

You might get a cough/ sore throat

You might get a fever

You might find it hard to take big breaths
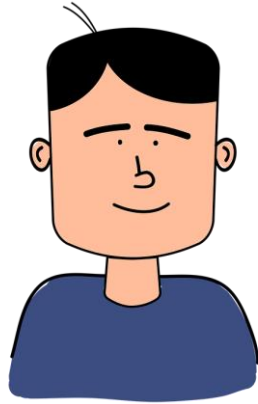
You might have to stay at home and get better.

Some people might need to go to hospital so the doctors can look after them.
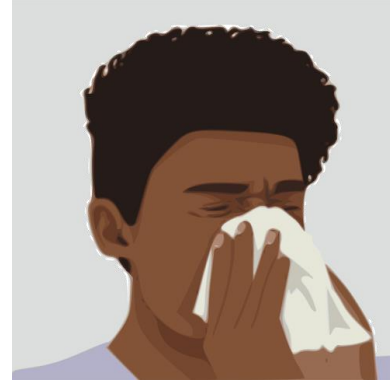
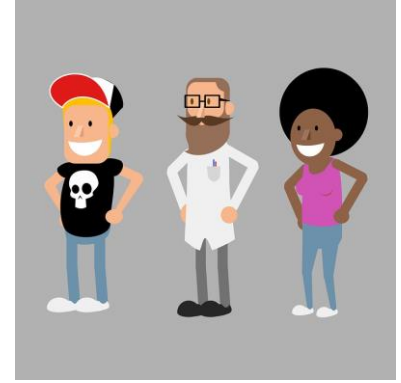# You can help to stop the Coronavirus from spreading by

Washing your hands regularly

Trying not to touch your face
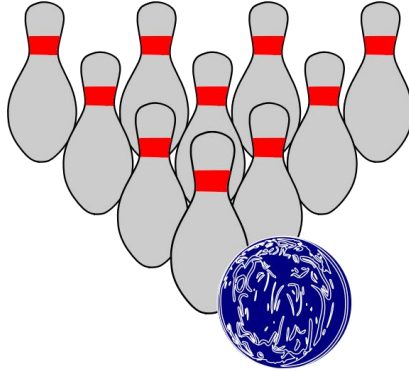
Sneezing and coughing into a tissue

Stand a little bit away from other people

If I get a bit of a cough/ sore throat/ temperature I might have to self-isolate. This means staying at home for a bit.

I won't be able to go to my favourite places whilst I self-isolate

But this will help the doctors stop Coronavirus from spreading whilst they learn more about it and help people get better.

Note to parents

Please use this social story to help explain the Coronavirus to your children but be aware that because it is a social story, it provides limited and very precise information. It is therefore not diagnostic.

If you require more factual information about the Coronavirus, please refer to the World Health Organisation (WHO), NHS and Government websites.

If you would like more information on how to support your child whilst they are off of school, or on well-being during periods of isolation, please go to our website:

www.openarmsupport.co.uk

Thanks, the Open Arms Support Services Occupational Therapists.