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ALL ABOUT COVID-19 (CORONAVIRUS)

Thank you for downloading our COVID-19 Information for Children pack.

Children are smart and observant and are hearing information from various sources on COVID-19. This pack intends to help inform them at an age-appropriate level of the facts about the virus and the ways in which they can keep themselves safe.

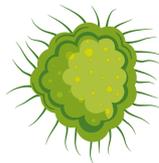
Some children are naturally more anxious than others and may need a little extra reassurance in the face of risk. You will know best how much information to share with yours. Please emphasise that not all runny noses and coughs are dangerous, only very few, however good management of these symptoms is always helpful.

All the suggestions in the pack are intended to empower children with actions that are achievable and will help them feel in control.

I have included two hand-washing charts at the end - feel free to laminate these (if you are able) and stick them up near your sinks/basins as reminders, you will hopefully enjoy some happy songs while washing hands.

Note: The official name for the latest strain of Coronavirus is COVID-19. I have used the general term Coronavirus as this is a more familiar term.

Wishing you health and peace of mind in the face of COVID-19.



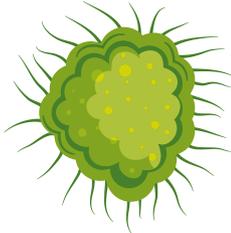
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For more useful resources and visual supports for children visit www.therapics.org

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ALL ABOUT COVID-19 (CORONAVIRUS)

The new Coronavirus is a new kind of sickness.



People who get it feel like they have a very bad dose of the flu.



Children can catch Coronavirus however they don't get as sick as grownups might.

Some people who are already sick might get extra sick if they catch Coronavirus, so it's better to keep them safe.

WET STUFF AND GERMS

The tiny little germ that causes coronavirus can be passed on from a person who is sick to someone else.



It's usually passed on in the wet stuff that comes from your face - like spit or snot.

People who are sick should be extra careful about not sharing any wetness from their mouth or nose.



STAYING SAFE

There are some easy ways to stop sickness germs from being passed on. If you are sick you should:



1 Catch your sneeze in a tissue or sleeve.



2 Blow your nose if it's runny and throw the tissue in the bin.



3 Wash your hands after you blow your nose.

If someone else has Coronavirus and has not been careful you could catch it. You can stop this happening by:



1 Washing your hands more often, especially when you've been out - Take your time, wash the front and back and don't forget your thumbs!



2 Trying not to touch your face, and keeping your fingers out of your mouth.



3 Using germ-killing gel if you are out and have touched things that other people might have touched.

Scientists are working hard to make medicine to stop us from getting Coronavirus. Soon this will be ready and then we can all relax. In the meantime, if the adults in charge are worried about someone having Coronavirus they may close your school or your parents work. This is a way to make sure that everyone stays healthy.

I CAN WASH MY HANDS!

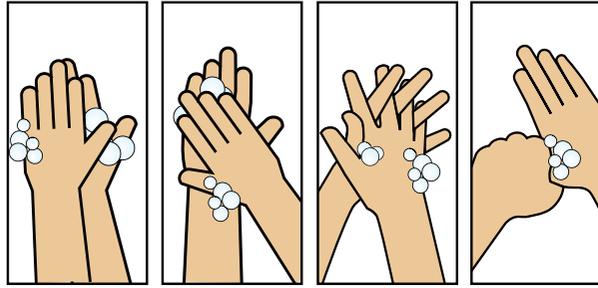
Sing to the tune of Row, row, row your boat (x3).



First I wet my hands,
then I add some soap



now I'm going to
make some bubbles
rub and rub and rub.



Rub the front, rub the backs,
between the fingers too,
don't forget to rub your thumbs
now you're ready to rinse.



Run the water over my hands,
rub the bubbles away,
all those germs go down the drain,
now I'm clean again!



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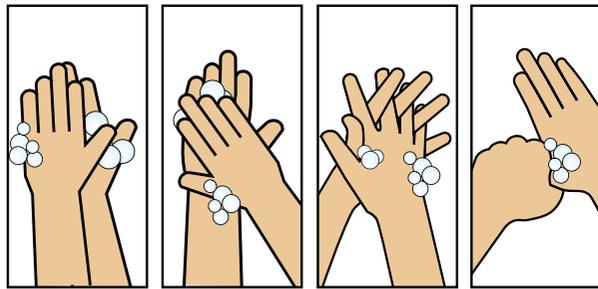
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