



What is coronavirus?

Coronaviruses are a family of viruses that affect animals. Occasionally, coronaviruses have been known to move from animals to humans. The coronavirus we're talking about today is a new virus, which causes an illness called COVID-19.

How did the coronavirus outbreak start?

It's not completely clear how the outbreak started, but it's thought it's likely to have begun in Wuhan, China at a local meat market known to sell wild animal meat.

How is coronavirus spread?

Coronavirus is mostly spread through the air, when people are in close contact with each other. This is why it's very important that we socially distance from other people, and wear a mask. Wearing a mask over your mouth and nose helps

to stop your water droplets from reaching other people. If we all wear masks, we all keep our droplets to ourselves!

What are the symptoms of coronavirus?

For the most people, including kids, this coronavirus isn't dangerous. It will make them feel poorly for a short time, before they make a full recovery. For a few people, like the elderly and people who have long-term health conditions such as diabetes, heart disease or asthma, the risk of becoming very ill is more serious. That's why these people are making extra efforts to have less face-to-face contact with others at the moment.

Coronavirus symptoms include:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell and taste

If you feel poorly, tell a trusted adult like a parent, guardian or teacher.

What can I do?

- Wash your hands more regularly, for at least 20 seconds - that's about as long as it takes to sing Happy Birthday twice! Dry them with a paper towel and then chuck it in the bin!
- If you can't wash your hands with soap and water, then use hand-sanitiser.
- Avoid touching your face, especially your eyes, nose and mouth.
- Wear your mask properly, everywhere that you need to. Make sure it covers your mouth and nose, and don't forget to put it in the wash regularly, too!
- Cover your nose and mouth with a tissue when you cough or sneeze. Bin the tissue and wash your hands afterwards.
- Avoid contact with people who feel unwell, or if you feel poorly, let a trusted adult know.