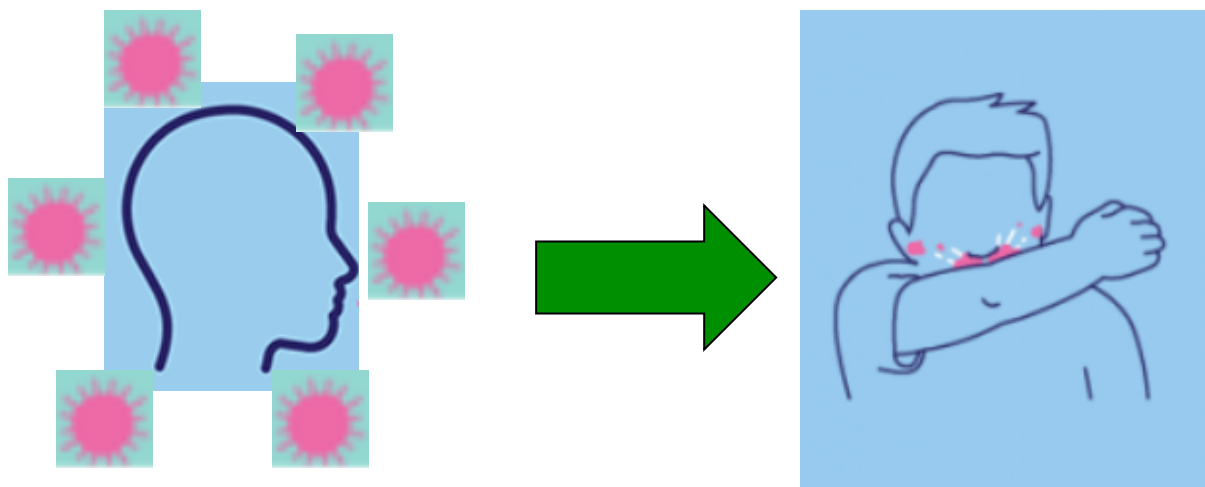


There is a sickness called COVID-19. Some people call it the coronavirus.



If you get sick with COVID-19 you will have COVID-19 germs. **But** COVID-19 is a bit sneaky and sometimes people have the COVID-19 germs before they start to feel sick!



Developed by Lynley Yeo  
Psychologist. 23.03.2020

Images and information source:  
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19>. Retrieved 23.03.2020.

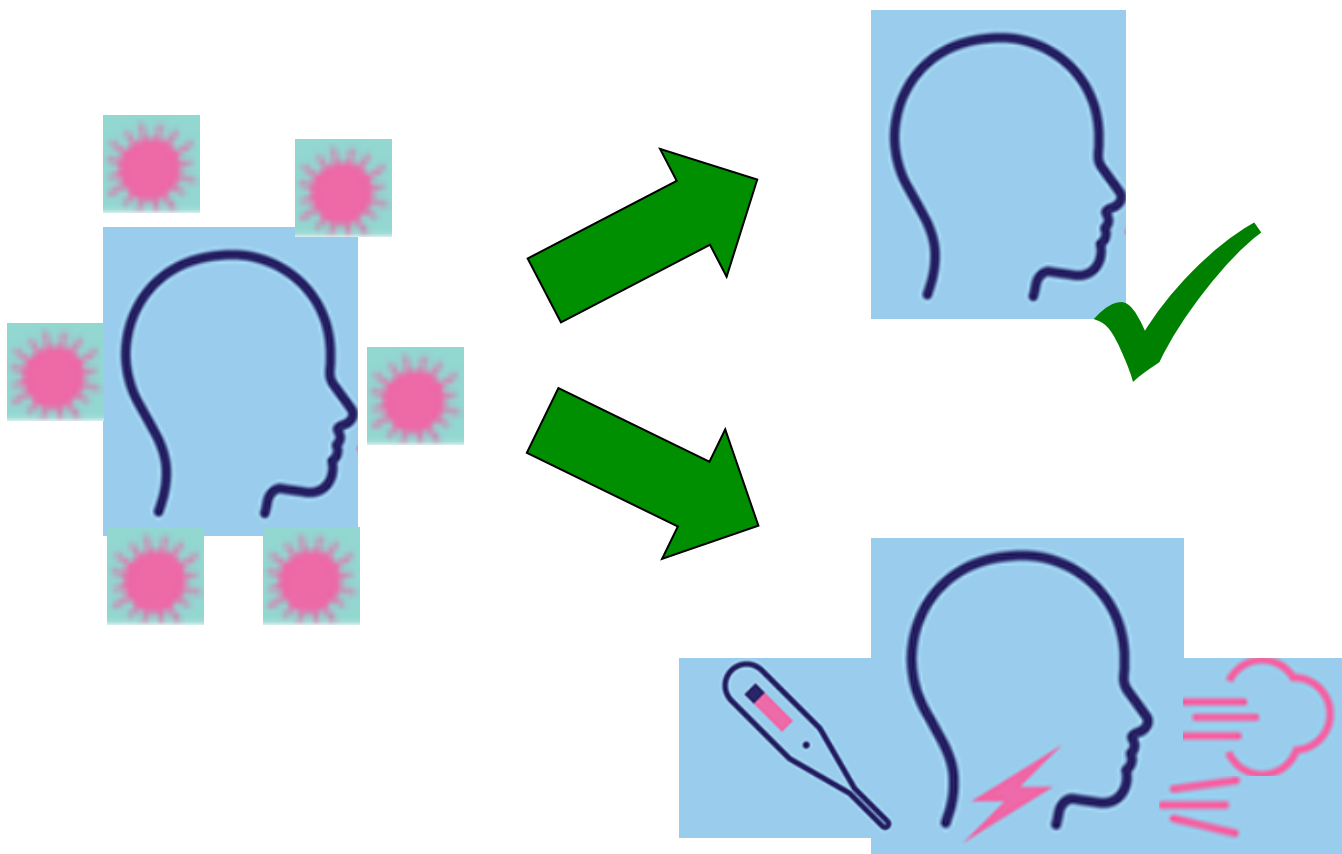
Just like when you get sick with a cold or flu, COVID-19 might make you cough and sneeze or get a fever.



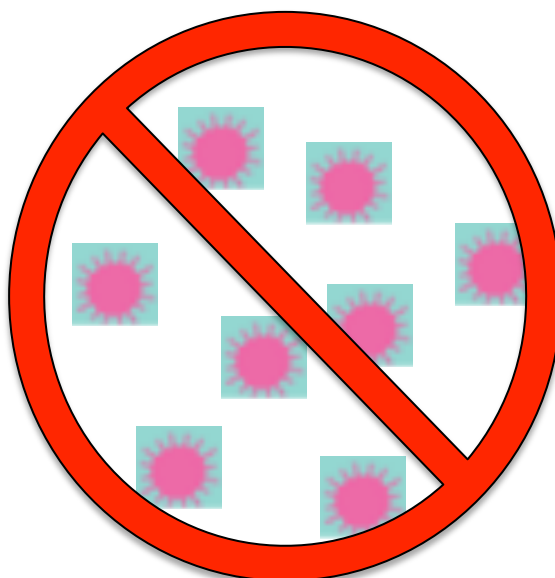
It might give you a sore throat, make you feel very tired or make it hard to breathe normally.



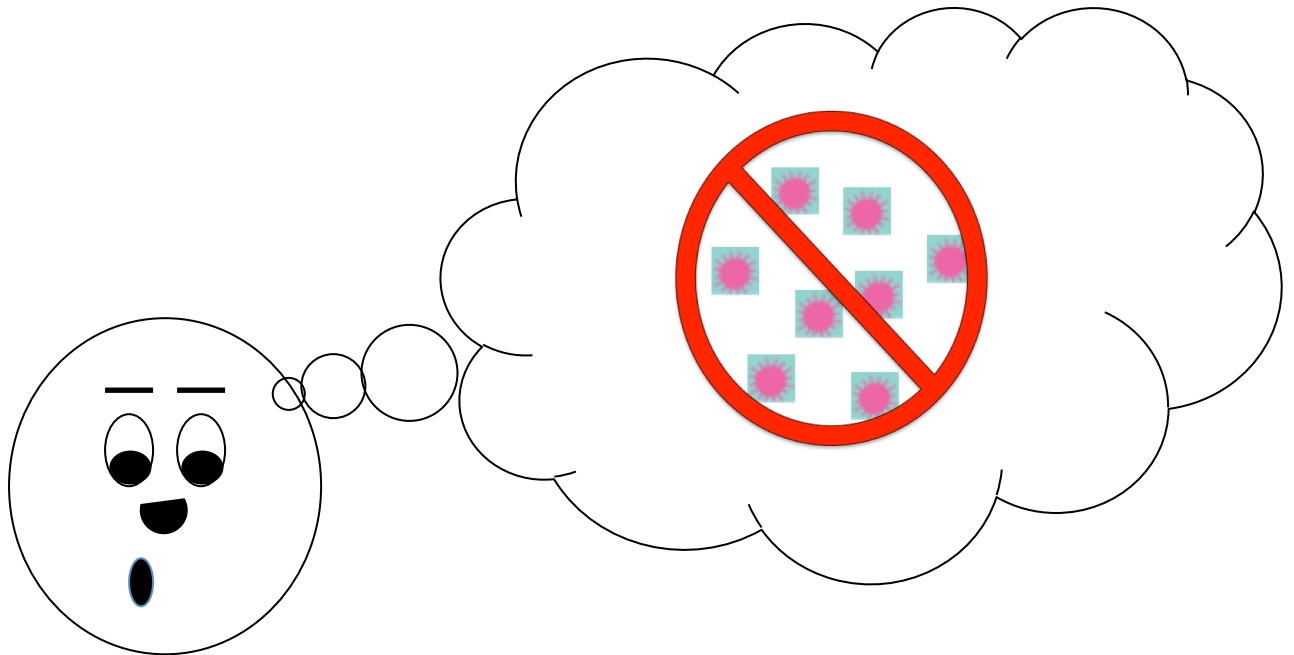
Most people will be ok if they catch the COVID-19 germs, but some people will get very sick or even die.



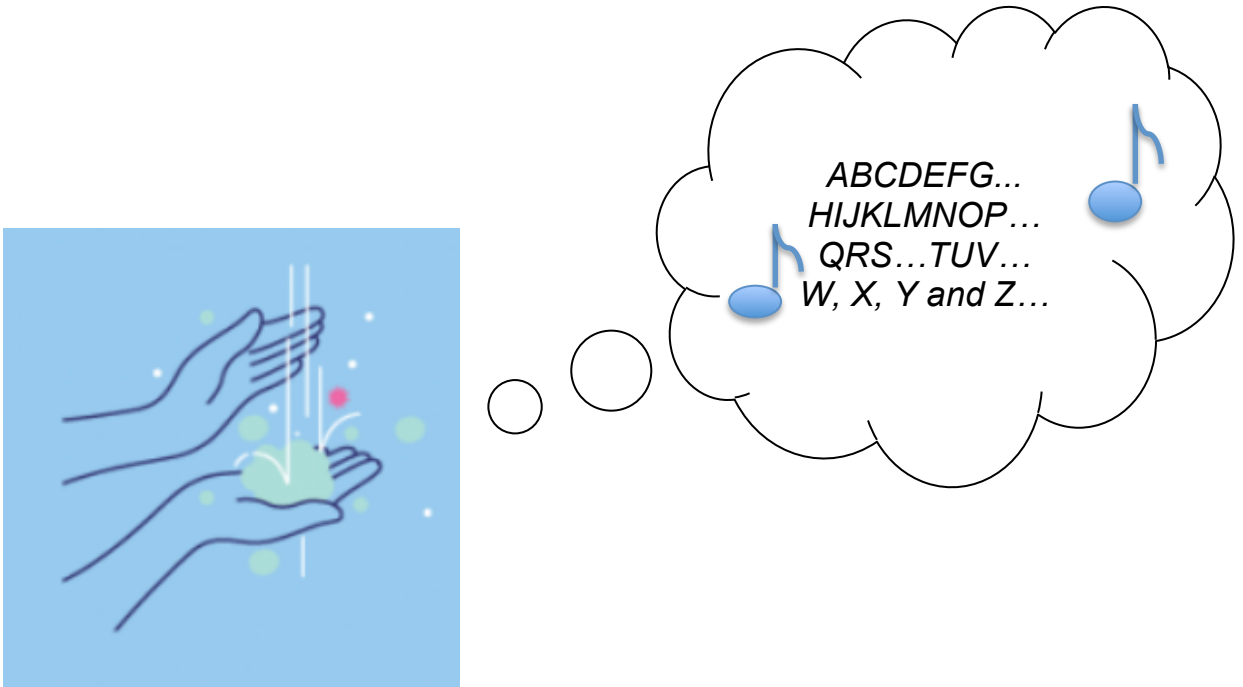
Because COVID-19 germs are a bit sneaky, we need to work together and be extra careful not to spread germs or to catch other people's germs.



There are lots of ways we can make sure we don't spread our germs.

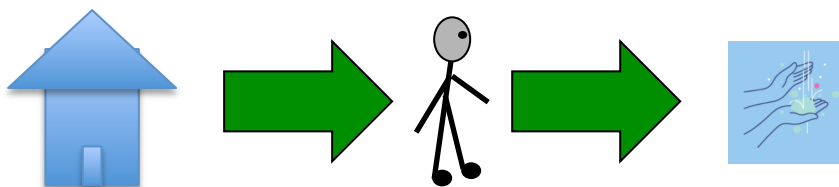


We can wash our hands with soap and water (count to 20 or sing the ABC song twice while you wash!).



## We should wash our hands

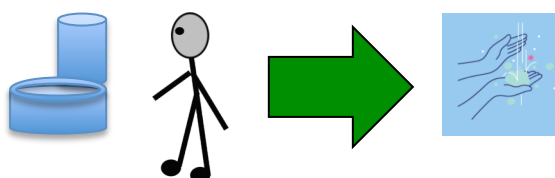
- When we leave one place



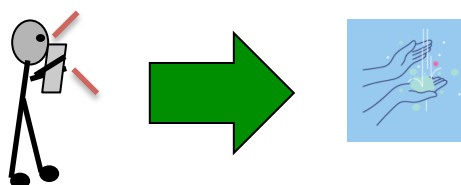
- When we arrive at another place,



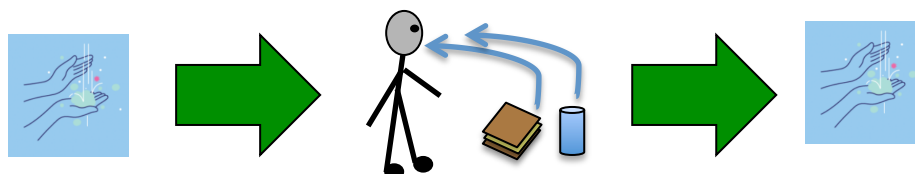
- After we use the toilet,



- After we use a tissue



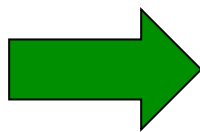
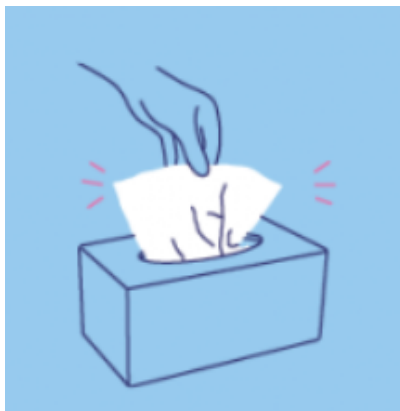
- Before and after we eat or drink



We can cough or sneeze into our elbows



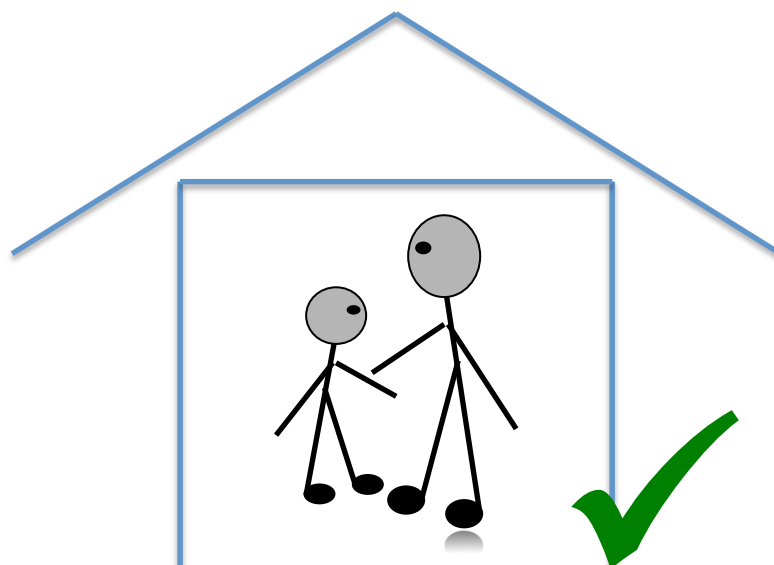
We can use a tissue to catch our sneeze or blow our nose, then put the tissue straight into the bin



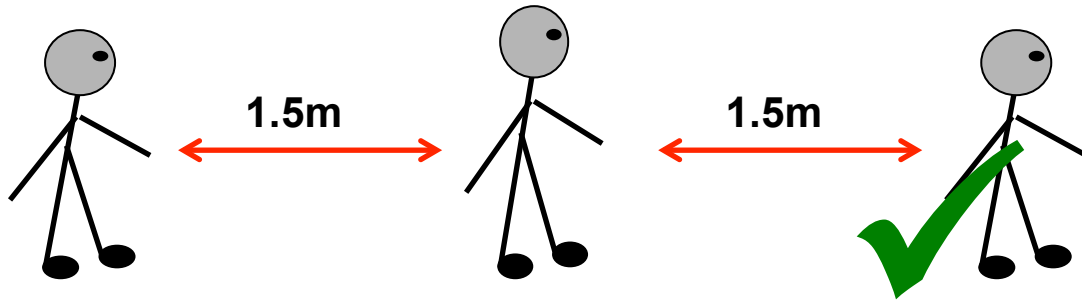
Because COVID-19 germs are a bit sneaky, there are some new rules to help us make sure we don't spread our germs. One of the new rules is called social distancing.



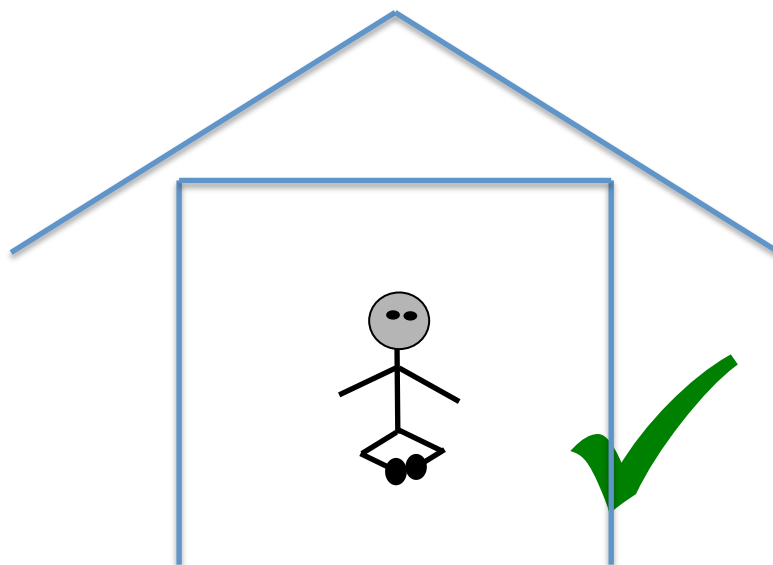
Social distancing means that we should only hug, kiss and touch people in the family that we live with.



We should not touch other people and we should stay 1.5 metres away from other people.

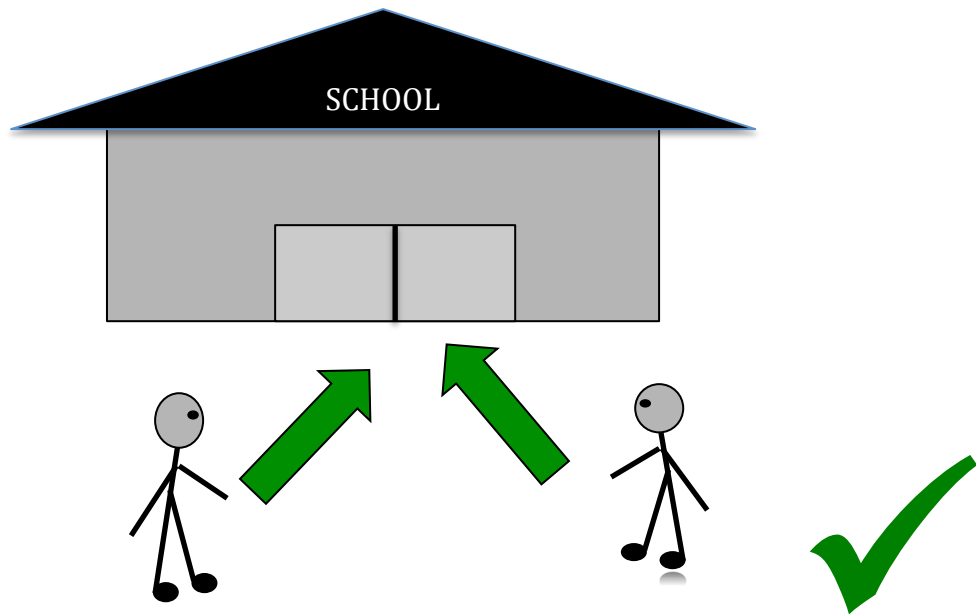


Another new rule is to stay home as much as you can. You can still go to the shops to buy food, or to the doctor if you feel sick. Remember not to get too close to other people.

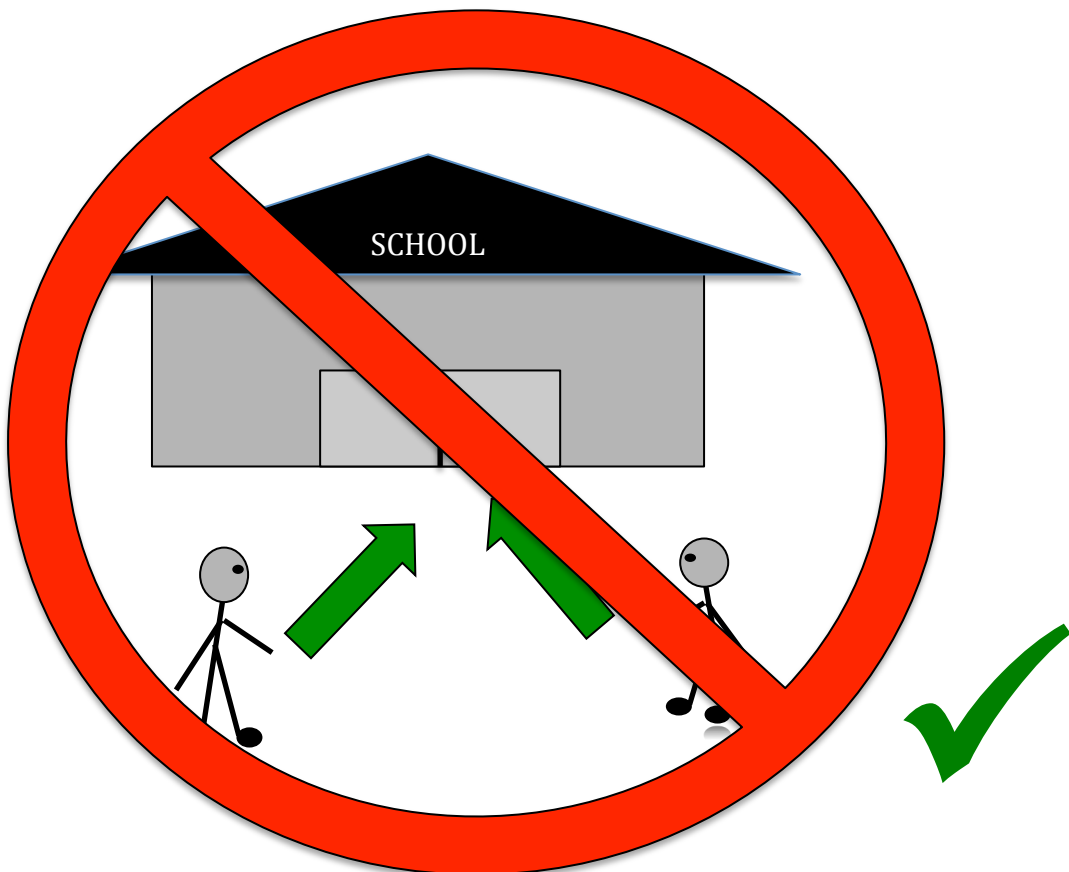




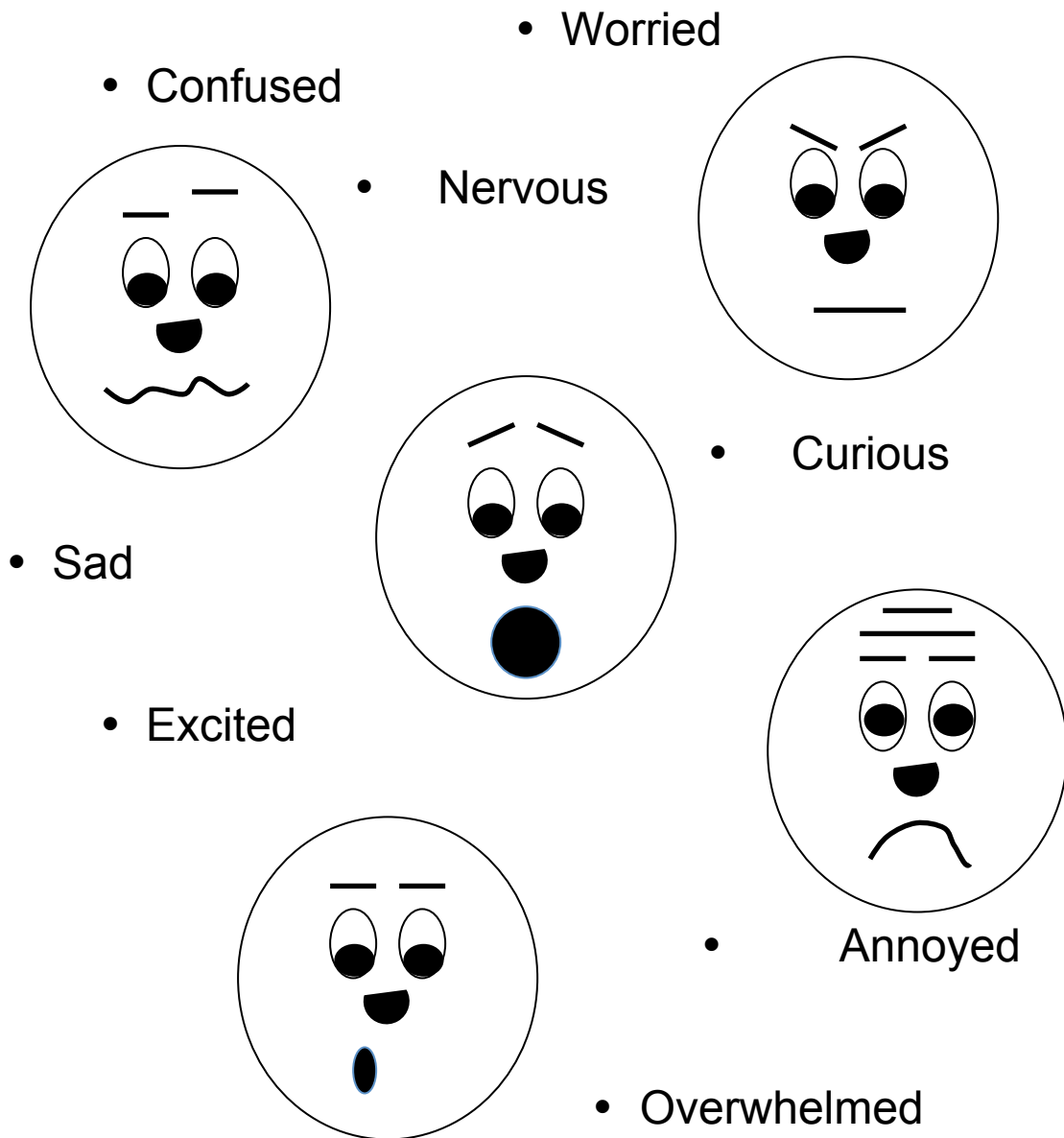
Some kids will still go to school.



Other kids might not go to school. They might stay at home and learn at home for a while.



You might have lots of different feelings about COVID-19.  
You might feel...

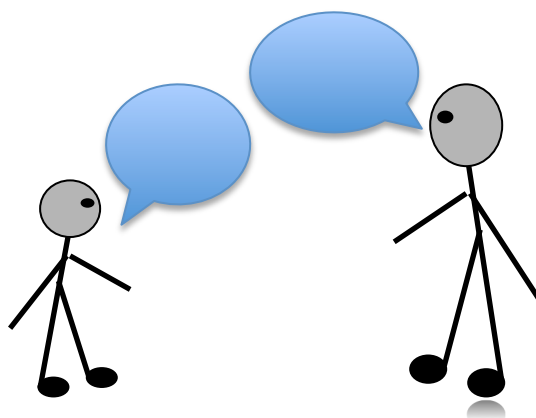


**It is ok to feel like that!**

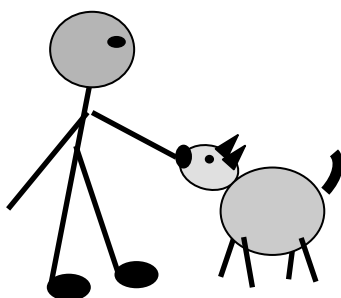


If you have big feelings you can

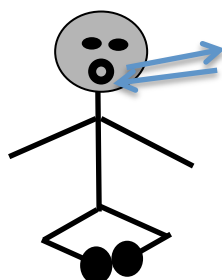
- talk to someone you trust



- do something fun like...
  - dance to your favourite song,
  - play a game,
  - watch a funny TV show,
  - or play with a pet



- do some exercise or take some deep breaths



It can be hard when things change,  
but if we all work together we can beat the sneaky  
COVID-19 germs!

