TERMS OF USE

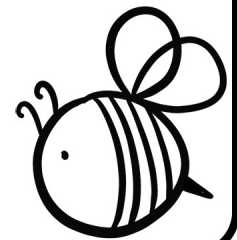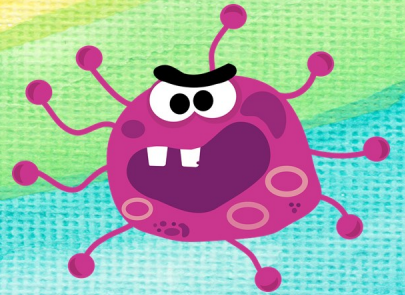ELSA support

www.elsa-support.co.uk

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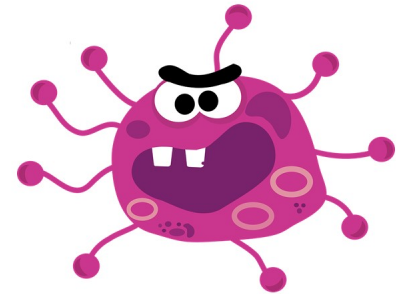# Someone I know has Coronavirus

by

Elsa-Support

People can catch coronavirus.

It makes most people a little ill. It is a bit like getting a cold or flu.

I bet you have had cold or flu!

You might know someone who has coronavirus.

They might have a fever.

A fever is when a person's temperature goes quite a bit higher than their normal body temperature. It can make them feel yukky!

They might have a bad cough. It is a dry cough which means there isn't any phlegm(snot) and it can be quite continuous. It goes on and on and on.

They might find they can't breathe as well as normal so they have to rest more and not do exercise.
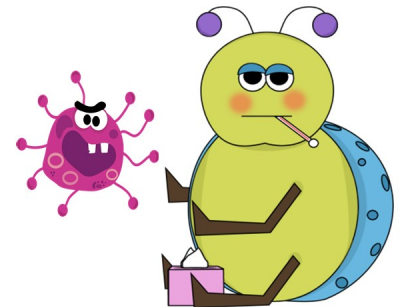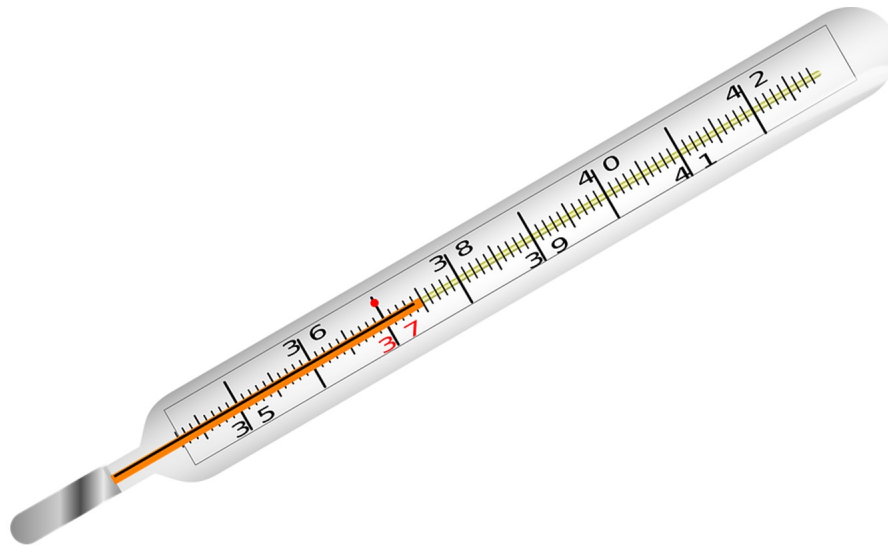
Some people get coronavirus and don't get ill at all. They don't even know they have had it.
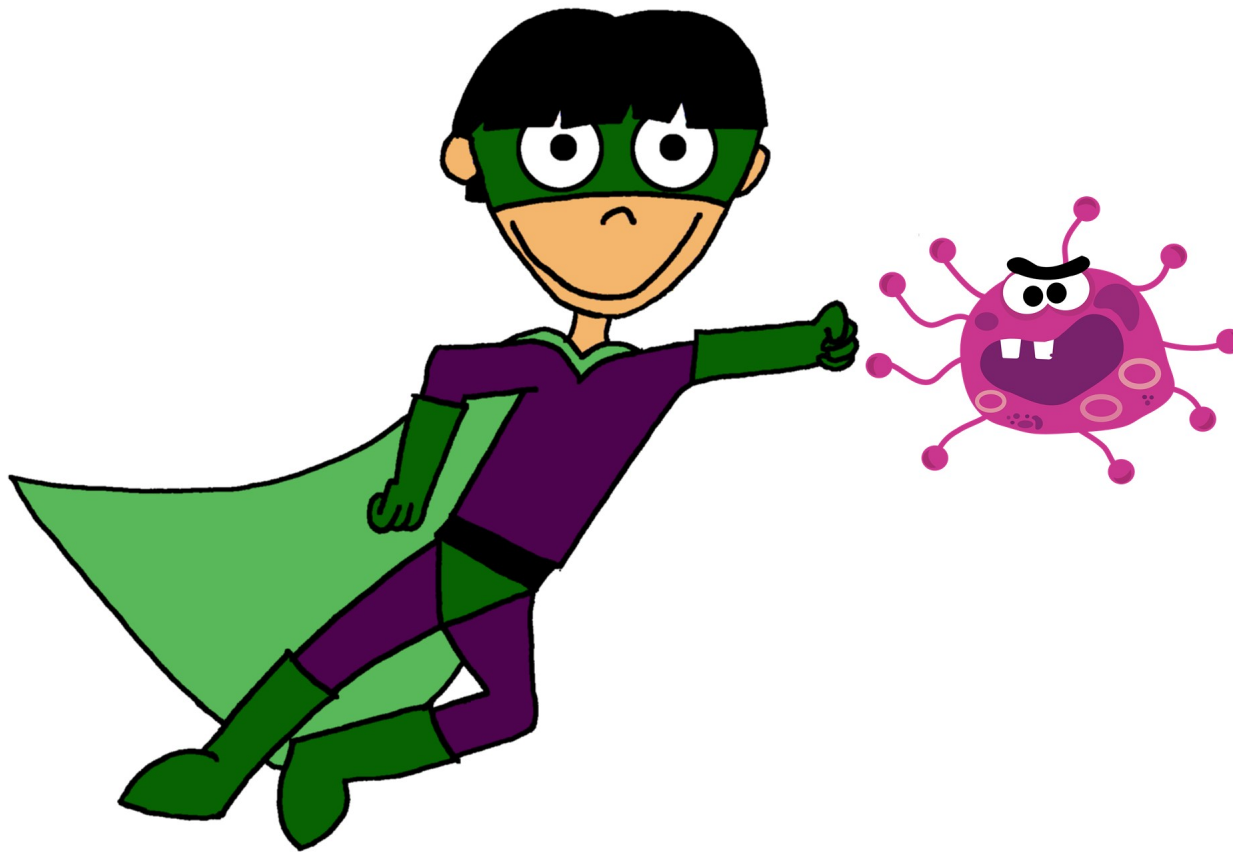
A few people get very sick and need help in hospital.

Those people are usually older than 70 and those who were ill before with some conditions such as heart problems or diabetes.
Their immune systems might not work as well as yours does.

The doctors and nurses in the hospitals are working very hard to help keep everyone safe and help to make people feel better. They can help the person fight off the virus so they can get better again.

If you know someone who has coronavirus it can make you feel worried. It is normal to feel worried about someone you care about.

It is a really good idea not to listen to the news on the television right now. The news can make you think that everyone is really sick when they really aren't.

You need to remember that MOST people get better.
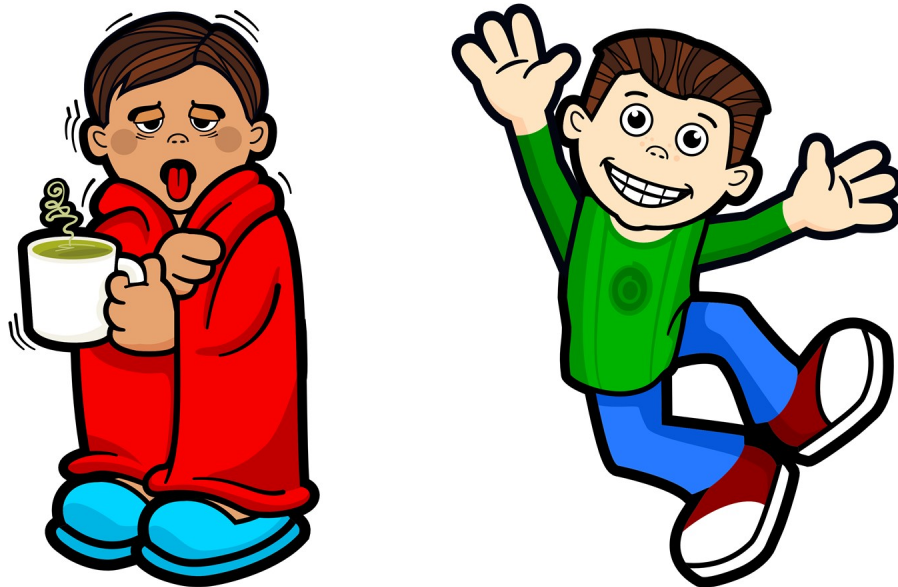
If you feel worried a lot of the time then you need to:

• Talk to someone about your worries.
• Try to do something positive for that person who is sick, such as make them a nice card with a cheery message.
• Use some of your calming or coping skills to keep you calm.
• Try and think positive thoughts!

Remember you are in the Superhero team so you can help to stop the spread of coronavirus by:

➢ Social distancing, that means keeping a distance of 2 meters (3 large steps) from anyone else when you are outside of the house. You are can get close to the family you live with though!

➢ Washing your hands with soap and water for at least 20 seconds when you have been outside, when you have been to the toilet, when you are about to eat or prepare food. Remember to count elephants!
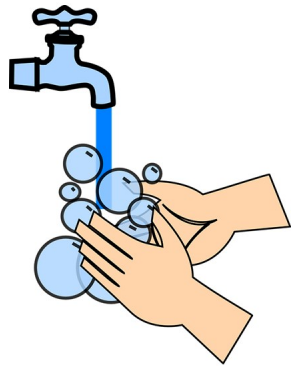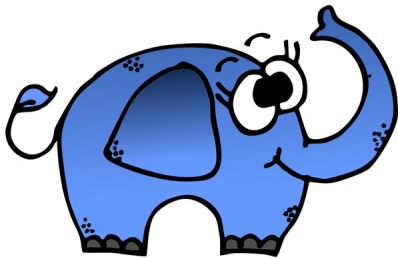
1 elephant 2 elephant 3 elephant 4 elephant 5 elephant ……..20 elephant

So be a SUPERHERO and HELP to FIGHT the virus and slow it right down!