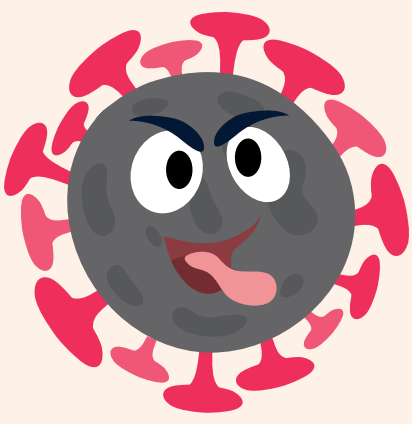
NHS

CORONAVIRUS

Fact sheet for kids



WHAT IS CORONAVIRUS?

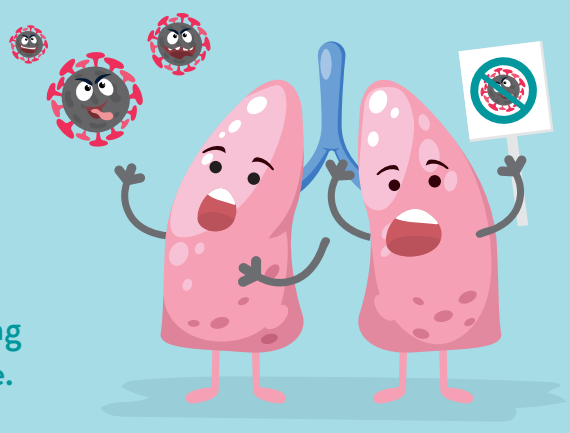
A coronavirus is a type of virus. Coronavirus (COVID-19) is a new strain of coronavirus, which means no-one has caught it before and our bodies are not immune (protected) from it yet. It spreads very quickly and is making a lot of people poorly at the moment.

HOW DOES A VIRUS WORK?

1. Your body is made up of millions of tiny cells.
2. Viruses can't survive outside the body for long, so they try to get into our cells.
3. When viruses get inside our cells, we get infected.
4. Once a cell is 'infected', the virus multiplies and can spread around the body.
5. Our body produces antibodies that fight the virus and help us get better.

WHY IS CORONAVIRUS DANGEROUS?

If the virus gets into the cells in our lungs, it can stop the cells from doing their job, which is to help us breathe.



WHO CAN CATCH IT?

Children can catch the virus just as easily as adults, but it doesn't make them as poorly.

Adults who are already poorly and elderly people are the most affected, but most people can get better from it.

HOW CAN WE PROTECT OURSELVES?

The virus can spread very easily and we carry it and pass it onto others even if we don't feel poorly ourselves.

There are 2 important things we can do to protect ourselves, our friends and our family.

WASH YOUR HANDS

Washing your hands with soap and water helps get rid of the virus. This will prevent the virus from getting into our bodies and spreading to other people. Let's all remind one another to wash our hands!

AVOID OTHER PEOPLE

To stop the virus spreading, we need to keep away from other people and stay at home for a time. But don't worry - life will go back to normal!

HOW ARE SCIENTISTS TRYING TO KEEP US SAFE?

Scientists are working hard to find a Coronavirus vaccine. A vaccine can help protect the body from being infected.

REMEMBER

IT ISN'T YOUR FAULT IF SOMEONE YOU KNOW CATCHES CORONAVIRUS.

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