Hello
My name is Coronavirus

You’ve probably heard my name at school or on the TV or radio
Let me tell you about myself so that you know what it means if I come to visit you or your family

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Produced by R&A Strategic Communications
Do you know that

I am a virus and cause a disease called COVID-19

I am similar to the flu and the common cold and can spread easily

I travel from person to person when they touch or cough and sneeze around each other

I like to hang around on surfaces like door handles, counter tops, and clothes

In some parts of the world, I have already visited lots of people
I usually don’t visit children, but children can still pass the virus on to other people.

You’ll know that I’ve come to visit if you have a

- Fever
- Sore throat
- Cough
- Difficulty breathing

But some people won’t even know when I’ve come to stay, that’s why we all need to be extra careful at the moment.
But it’s important that you take extra special care to protect the people you love.

Especially your gogo or umkhulu or people who are already sick.

And the doctors and nurses in the hospital who look after sick people who need their help.

I don’t stay for long, and almost everyone gets better.
You can help to keep yourself and your family safe.

I won’t touch my face

I will use hand sanitiser and let it dry on my hands

I will sneeze into a tissue or my elbow

I won’t touch other people

I will wash my hands for 20 seconds every time

How long is that? It’s the time it takes to sing happy birthday twice

I will wash my hands with soap and water

Before and after I eat

Before and after I play outside
Don’t worry!

If we all work together, you and your family can stay healthy.

Scientists and doctors all around the world are trying to keep people safe and healthy.

If you are confused or afraid about me, please speak to someone that you trust. If your parents are worried, they can call 0800 029 999 for further information.