





# Be curious!



In my opinion...

I think that...

Thought of the Week:  
**What is Coronavirus?**





# Why are we talking about this?



Over the last few months, there has been a lot of talk about **a new virus that is spreading around the world**. There are a **lot of questions** that people want to know the answer to, such as:

**Coronavirus: What is the new virus and what's being done about it?**



**Coronavirus: Is there a Coronavirus vaccine and how do vaccines work?**

**Coronavirus: Why are people wearing masks and do they work?**



**Coronavirus: What is a pandemic?**

**What is happening** around the world, and **what you should be doing** to stay safe!



# What is Coronavirus?

There are actually **many different Coronaviruses**, including one that causes **you to get a cold!** But scientists haven't seen this type before and have called it **COVID-19.**



It began in China, but has now **spread to lots of other countries.** Governments around the world have been **working together to slow the spread of the disease** and **help to develop a vaccine.**

Although the number of people affected is relatively small, the **new virus hasn't been seen in humans before** so scientists are keen to **stop its spread.**





# What are the symptoms of COVID-19?

Even though the **virus is new**, here are some of the **things we know** already:

90%

of people will develop a **high temperature**.

80%

of people will develop a **dry cough**.

30%

of people will have a **shortness of breath** and **feel tired**.

4%

of people will have a **runny nose**.

Most people with COVID-19 will **feel unwell with the symptoms for 1-2 weeks before they recover**. However, very old or very young people, or people who are already ill can develop **pneumonia**.





# What are the symptoms of COVID-19?



Like the normal cold and flu bugs we sometimes get, the virus **spreads to other people by coughing and sneezing**, or by touching surfaces that have the virus on them.



To help stop the virus from spreading, the NHS are **encouraging people who have the virus to stay at home** until they have recovered from the illness.



<https://www.bbc.co.uk/newsround/51861089>



# What can you do to stay safe?



The best thing you can do to stay safe is to **wash your hands properly (for around 20 seconds) and do this often**. Using soap or hand sanitiser **kills most of the germs** on your hands, **preventing them from spreading**.

## WASH YOUR HANDS



1  
WATER AND SOAP



2  
PALM TO PALM



3  
BETWEEN FINGERS



4  
FOCUS ON THUMBS



5  
BACK OF HANDS



6  
FOCUS ON WRISTS

It sounds silly, but to make sure your hands are clean, sing “Happy Birthday” to yourself twice while washing!



The **NHS** have also advised that you **cover your mouth and nose with a tissue or a sleeve** (not your hand) when you cough or sneeze, and that you **put tissues in the bin straight after**.

<https://www.youtube.com/watch?v=bQCP7waTRWU&feature=youtu.be>



# 8 Tips if you are worried about the Coronavirus

<https://www.bbc.co.uk/newsround/51204456>





*Jesus,  
You're with us.  
Though you are not seen,  
We know that you stay by our side.*

*Jesus,  
you love us,  
More than we could know.*

*Jesus,  
We trust you to take hold of our  
hands,  
Protect us during this unusual time,  
And to find a cure for the  
Coronavirus soon*

*In Jesus' name, Amen*

