



What does coronavirus mean for you?

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Hello

My name is Deidre, and my job is to make sure that all the people around you are taking good care of you. We all want you to be safe, well and happy.

Have you heard about the coronavirus?

Sometimes, it's called COVID-19. It's a virus, like the cold or flu. People who catch it can get very sick. Coronavirus likes to travel from person to person if they spend time close together.

If you feel worried or have some questions about the coronavirus, there are lots of adults around you that you can talk to. This could be your parents or other people in your family, your carers or your child safety officer.

You might have noticed that some things have changed to keep you and your family safe. To try and stop the virus from spreading, you may have to spend more time at home with your carers.

If it's safe, you can still have visits with your mum and dad and family. But to stop people getting sick with coronavirus, you might need to talk to them over the phone or on the computer instead for a while. You can write letters, do drawings or send pictures to your family too. We know it's not the same as being together in the same room, but we hope this is only for a short while.

We want to help look after you and keep you safe and healthy. Your child safety officer will always talk to you first so you know what is happening.

Did you know you can help keep people safe too? Wash your hands with soap and water, cover your nose and mouth with your elbow when you sneeze or cough, and stay away from anybody who has a cough or cold. The CREATE Foundation has a great video on their website, of Gus talking about coronavirus with kids!

If you feel sick, you must tell your carer or your child safety officer straight away.

Even though the people around you might be looking worried, it's okay to still have fun and play. Things will be back to normal soon.

Just remember, there are lots of people around you who care about you and want you to be safe.

Take care,

Deidre