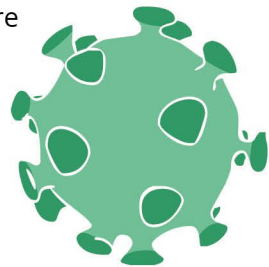


Help! Corona!

What is the new coronavirus Covid-19?

We have known about different types of coronaviruses for a long time. Now there is a new coronavirus: **Covid-19**.

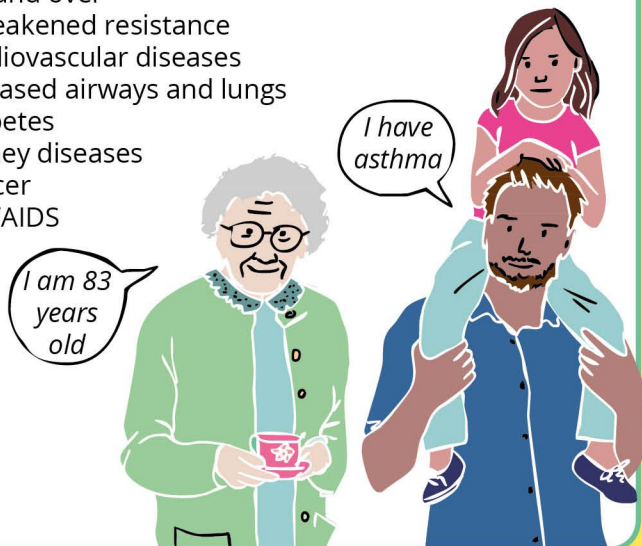
Most people who get sick from this get a **fever** and a **cough**. Usually, they can just stay at home. Vulnerable people (see below) can become seriously ill and die from the virus. This is why we are trying to reduce the spread of the virus all over the world. **Will you help?**



Which people are vulnerable?

Vulnerable people are individuals:

- aged 70 and over
- with a weakened resistance
- with cardiovascular diseases
- with diseased airways and lungs
- with diabetes
- with kidney diseases
- with cancer
- with HIV/AIDS

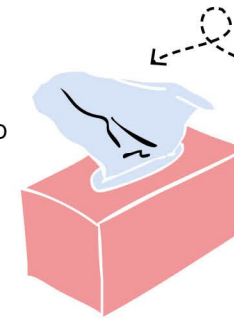


What can I do?

The Covid-19 virus mainly spreads through **hands, coughing** and **sneezing**. You can help to slow down the spread of the virus:



Wash your hands often and thoroughly with soap and water.



Only use **paper tissues**. Throw them in the trash immediately after use.

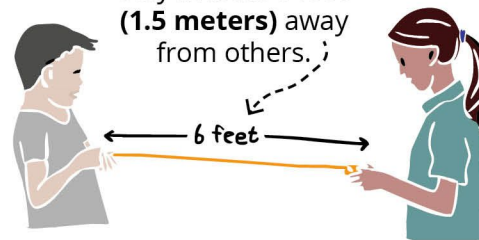
Cough or sneeze on the **inside of your elbow**.



If you have a **sore throat**, a **runny nose** or a **fever** or a **cough**, stay at home. Stay at home until you have had no symptoms for 24 hours.

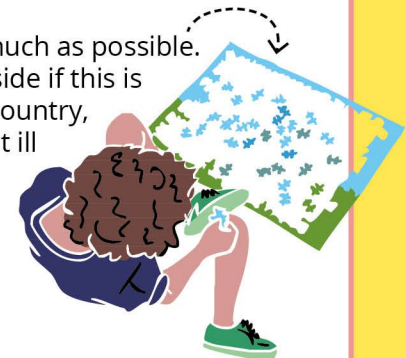


Stay at least **6 feet (1.5 meters)** away from others.



Stay at home as much as possible.

You can play outside if this is allowed in your country, and if you are not ill and don't have a cold. But use your common sense!



If we **all** do this, the virus will spread less. **Then, fewer vulnerable people will become ill.**

Oh no! Do I have it?



If you have a **fever**, **sore throat**, a **runny nose**, a **cough** or have difficulty **breathing**, you may be ill with Covid-19. You could also just have a '**normal**' **flu** or a cold. We can't be sure if you have Covid-19 until a **test** is done.

Covid-19 rarely makes children very ill, so you don't have to worry. However, it is important to **stay at home** to slow down the spread of the virus. If you are ill (or a little ill), you should not play with other children.

Only call your doctor when you start feeling worse (**fever** higher than 100 degrees Fahrenheit / 37.8 degrees Celcius and difficulty **breathing**).

Vulnerable people

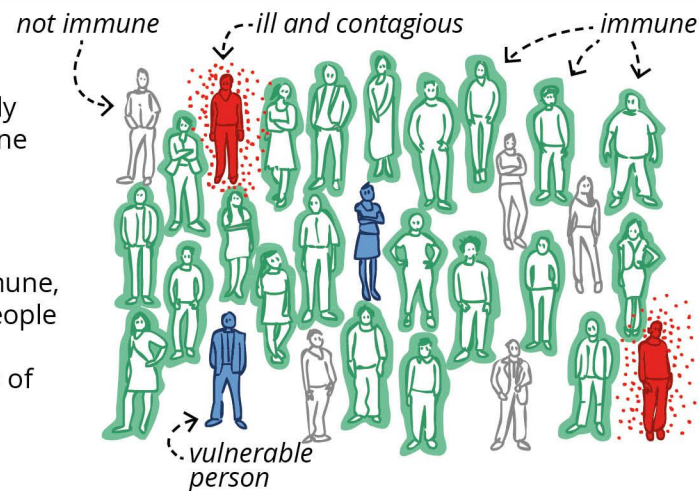
Vulnerable people become very ill from Covid-19. They have to go to the **hospital** then. Some people **die** from Covid-19.



Immunity and group immunity

If you have been ill with Covid-19, you are usually **immune** afterward: your body has made immune cells and antibodies against the virus. You will therefore be better **protected** during the next possible infection. You won't become ill again.

If a lot of people in a group (or country) are immune, we call that **group immunity**. Because many people in that group will no longer be ill, the virus may spread less rapidly. This will reduce the chances of people who are not immune from becoming ill. **This is how we protect each other.**



Well, won't it be better for us to become ill now?

Isn't it more sensible for us to become ill now? For faster group immunity? No, **unfortunately not**; all **hospitals would fill up quickly**. Then there wouldn't be space left for all the seriously ill people. Because Covid-19 spreads so fast, hospitals in Italy, for example, are already overcrowded.



Will there be a cure?

Scientists are now looking very hard for a **vaccine** or **medicines** to fight Covid-19. Vaccination protects us from the disease. But before there is a vaccine, we need to have patience.



I'm worried

Maybe you are worried about your grandfather or grandmother or someone vulnerable. Or maybe you still have questions.

Talk about it with your parents or other adults. Search for **reliable information** together.



More information

You can find reliable information at:
www.who.int
www.bbc.co.uk/newsround
www.cbc.ca/kidsnews

