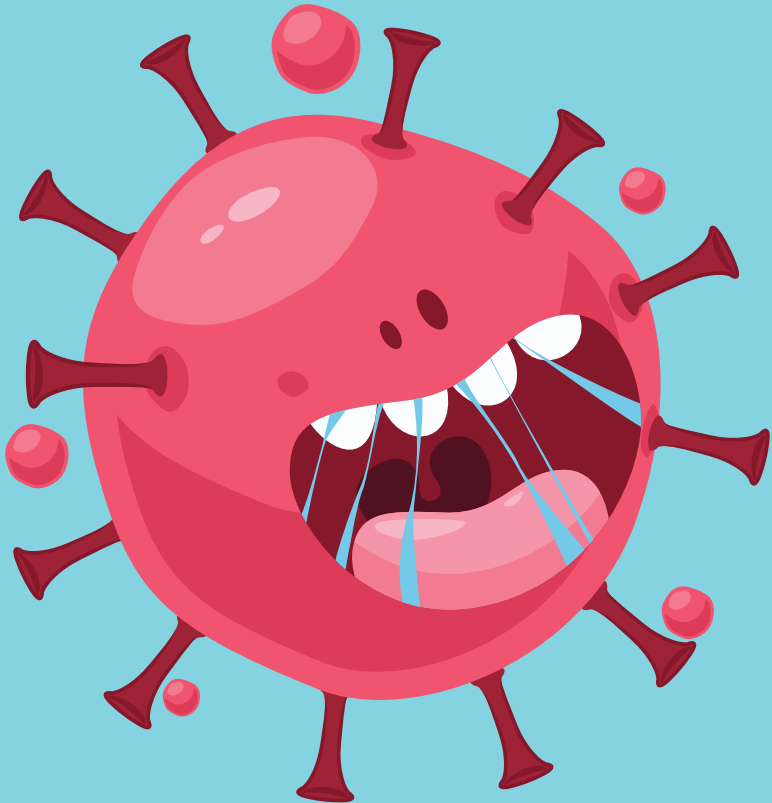


Hi.

This is coronavirus.



AH&MRC

We cannot see it.

**It is very small and
makes some people sick.**

It can



make us cough,



**make us feel hot
and cold,**



**give us a
sore throat**



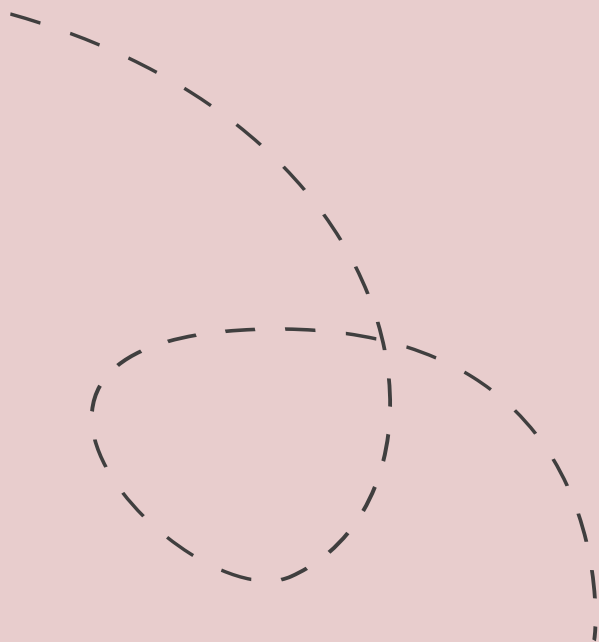
**and make it
hard to breathe.**

**Everyone is different.
Some people will get
a little bit sick.
Others might get
very sick and go to
hospital.**

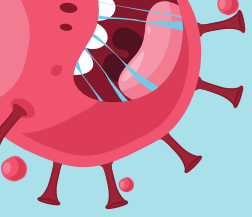


**Coronavirus moves
through our spit,
coughs and sneezes.**





**Then onto people
or things.**



**So it is important we
stop it from moving.**

We need to:

- 1 Cover our coughs and sneezes with a tissue or our elbow.**





2 Wash our hands
with soap and water
before and after we
eat and after play.

**Remember to sing
'Twinkle, twinkle'
two times.**



3 Stay at home
from school if
we are sick.





4

**Clean tables,
toys and door
handles at home.**



5 Try not to touch our mouth and eyes, pick our noses or bite our nails.

We also need to make sure we are not too close to others.



**We should be able to
spin around without
touching anyone.**





**Things might be a bit
different for a while.**

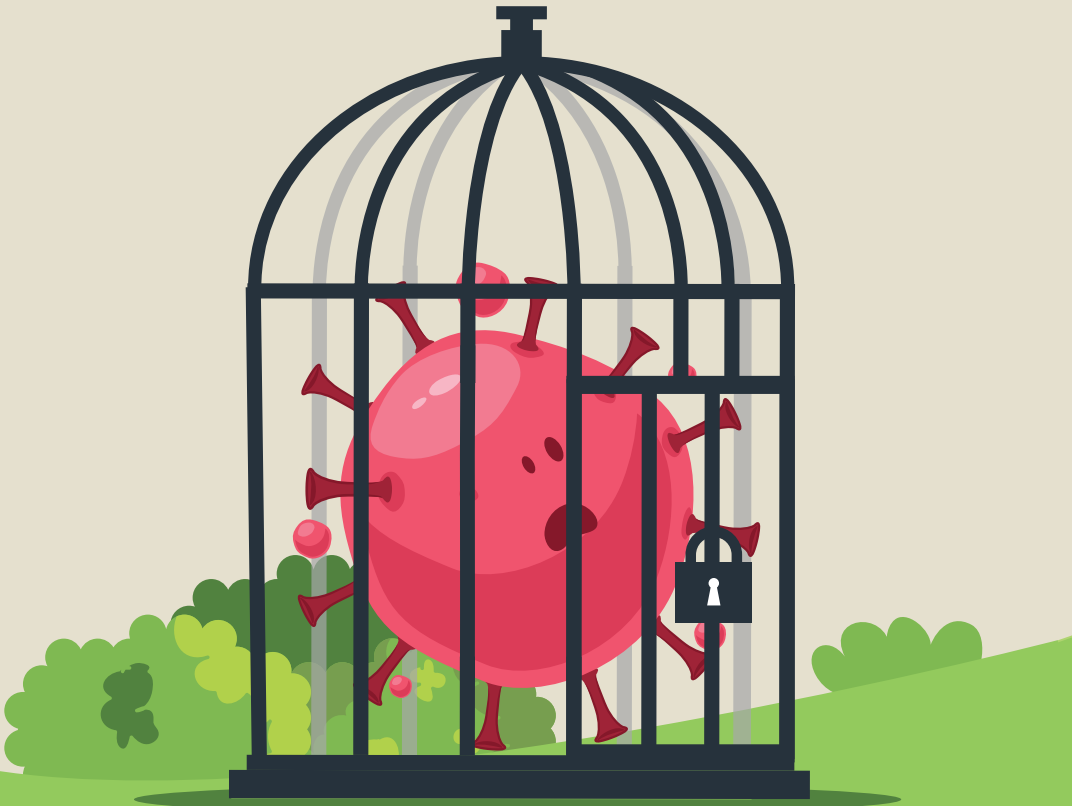
This means we may not always be able to do the things we used to be able to do, like visiting our Elders or playing with big groups of friends.





**If we're feeling sad,
we can talk about
our feelings together.
Things won't be like
this forever.**

**Doing all these
things can help stop
Coronavirus moving.**



**So we can all play with
our friends and family
again soon.**



For more information visit
www.health.nsw.gov.au/coronavirus.

