



COVID-19

COVID-19 is a new virus that is spreading across the world. Coronaviruses have been around for a long time but COVID-19 is a new strain. Coronaviruses are very small and look like they have a crown when you look at them using a microscope. COVID-19 was first identified in China but is now in almost every country around the globe.

Most people who are infected with COVID-19 will only have a mild illness. They may have a high temperature, a sore throat, a runny nose or a cough. So far there have not been many reported cases in children across the world.



COVID-19 is spread by droplets. That means you need to be very close to someone with COVID-19 who is coughing to become infected. The droplets can survive for hours on hard surfaces. You can help protect yourself and other people by preventing the spread of the virus. Washing your hands with soap and water and avoiding touching your face will help.

If you have a cough, difficulty breathing or fever, you may have an infection. Do not worry. You need to try and avoid contact with other people. Children will usually not be unwell enough to need to come to hospital. You can be looked after at home. The NHS 111 helpline can give you support and advice while you are at home. Avoid going in to areas where the infection may be passed to other people who may become more seriously unwell. If you are becoming more unwell then 111 can tell you where you need to go to be checked out.

Some children will need to be tested to see whether they have been infected with the virus. The test is really simple and does not hurt. It is a swab of your nose and throat. Some children will need to stay in hospital for treatment. Other children will be able to go home and wait for the results while avoiding contact with other people.



The doctors and nurses who will look after you if you are unwell need to wear funny clothes to protect you, to protect them and to protect other people. They need to make sure they are not spreading any infections. They are just normal people under the funny masks and gowns.

