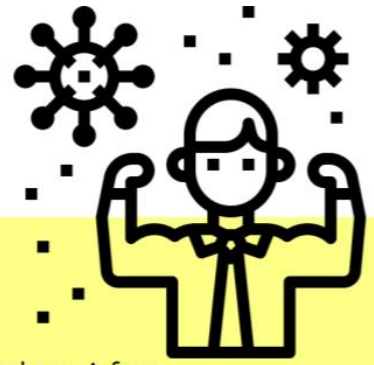# LET'S BEAT CORONAVIRUS
Information to help explain to children
24 MARCH 2020

What is COVID 19 or Corona Virus?
Corona is a virus that causes an illness called COVID 19.
People who are ill with COVID 19 often have a cough and a fever, and some have breathing difficulties. Most people get better by themselves. A few people might need help from their doctor or hospital and some people might die.

How is the virus spread?
When somebody has the virus, it spreads when they cough or sneeze into the air, or cough or sneeze onto surface like tables. Other people then breathe in the air, or touch those surfaces and then touch their faces.

How can we keep ourselves healthy?

| Wash your hands for 20 seconds | Eat Healthy | Exercise | Don't forget to brush your teeth | Get plenty of sleep |

Everyone in the country is also trying to not be in physical contact with many people (you might hear people talking about 'social distancing'). For your family this may mean:
- Not going out unless it's really necessary
- Not visiting people or having people visit you
- Some adults are working at home

What should I do if I'm not well?
For most children COVID 19 is a mild illness a bit like a bad cold. If you have a temperature you should have lots to drink and some food if you want to.

Adults might give you medicine. If you are ill or one of the people that you live with is ill, you will need to stay at home for two weeks.

For more information on Corona Virus
For information about Enfield Council

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