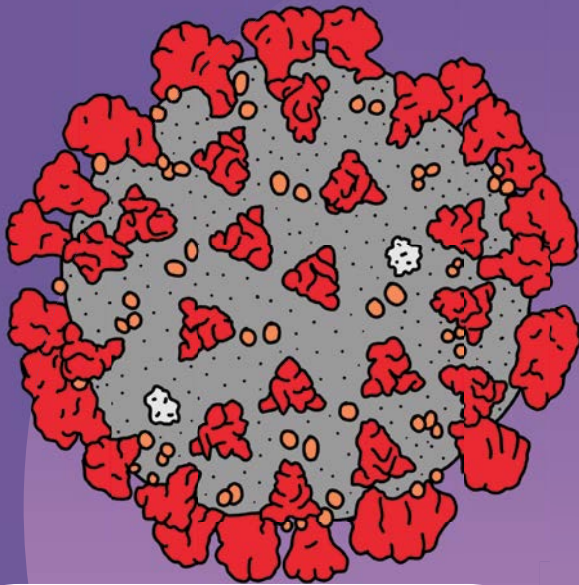


FREE RESOURCE

Covid-19 Coronavirus



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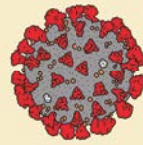
Designed for **dyslexics**,
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Covid-19 (Coronavirus) Glossary



Covid (coe-vid) 19: the short name for Coronavirus (kor-owe-na-vi-rus) 2019.



Coronavirus (kor-owe-na-vi-rus): a large family of viruses that cause illnesses. These can be a cough or fever to more severe diseases.



Coronavirus (kor-owe-na-vi-rus) 19: the name given to the virus that is spreading around the world now. It is a new type that was found in 2019.



Epidemic (ep-ee-dem-ik): when an infectious disease spreads a lot in a community at a certain time.



Fever (fee-ver): temperature of above 38°C.



Hand sanitiser: a gel that will help kill the germs on your hands. It must have an alcohol (al-ko-hol) content of at least 60% to work. You must not swallow it or lick your hands.



Infectious (in-fek-shus): a disease that is likely to spread to others quickly.



Pandemic: a disease occurring over a whole country or the world.



Questions: If you are unsure about anything, make sure you ask your parent, carer or teacher. They are all here to help you.



Self-isolating (eye-sol-aye-ting): staying at home. As much as possible, you should limit your contact with people other than the family members you live with.



Temperature: our normal body temperature is 37°C.



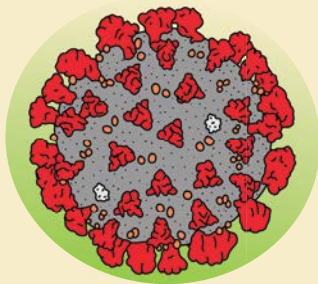
Virus (vi-rus): a tiny, infectious (in-fek-shus) particle that lives inside living organisms. The particle is too small to be seen with your eyes. Covid-19 is a virus.

Covid-19 (Coronavirus)

1

Covid-19

- **Covid (coe-vid) 19** is the short name for **Coronavirus (kor-owe-na-vi-rus) 2019**.
- This is a new **virus** that appeared in December 2019.
- Doctors do not yet know much about it, but they are learning.



2

Spreading

- Because we all travel and move around so much, **Covid-19** is spreading around the world very fast.



3

Symptoms

- Lots of us will get the **virus** but most of us will be fine.
- It will be a cough and **fever**.
- It does not seem to affect children very much at all.



4

Hospitals

- Some people who are old, or already ill, may get very sick if they catch it.
- They will then need lots of medical help and our hospitals and doctors will be very busy.
- That's why we all need to try our best to stop it from spreading too fast.

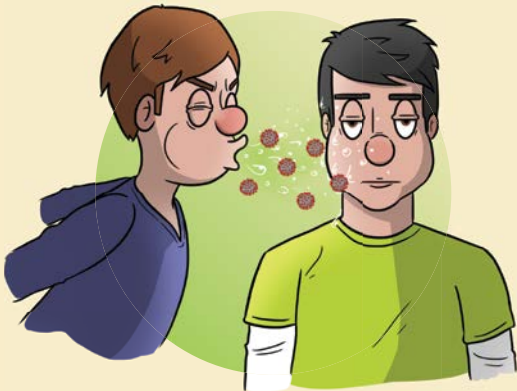


Covid-19 (Coronavirus)

5

How do we get the virus?

- We think it spreads between people who are close together.
- If an infected person coughs or sneezes, they can pass it on to others nearby, or on to something they touch.



6

What can we do?

- We all need to be very careful to be healthy at school and at home.
- Put soap on your hands. Rub them together to make bubbles.



7

Soap

- Scrub your hands with soap for at least 20 seconds (count 1 elephant, 2 elephant up to 20... or sing Happy Birthday twice!)



8

Washing hands

- Scrub in between your fingers.
- Scrub under your nails.



Covid-19 (Coronavirus)

9

Drying your hands

- Dry your hands with a clean towel.
- Make sure you wash your hands like this lots of times every day.
- Before you eat, after coughing, sneezing and going to the bathroom.



10

Don't touch your face

- Keep your hands off your face.
- This will keep germs out of your body.



11

Keep things clean

- You might be able to help at home.
- Wipe door knobs, light switches and remote controls with special cleaner (ask your parent or carer first though).



12

Sneezing

- If you need to cough or sneeze, make sure you use a tissue and throw it away afterwards.
- If you do not have a tissue, cough or sneeze into your elbow, then wash your top.



Covid-19 (Coronavirus)

13

Self-isolation

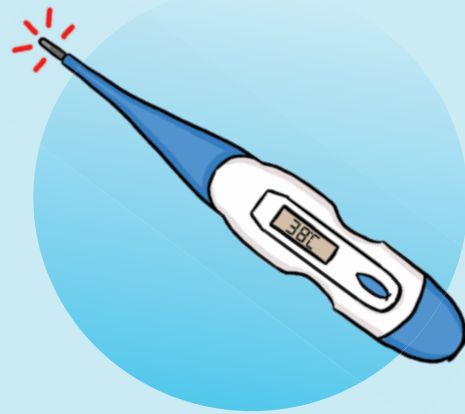
- If you feel unwell you need to stay at home.
- This is called **self-isolation (eye-sol-ay-shon)** and will help stop you spreading any germs to other people.
- But you won't be at home on your own, your family will be with you.



14

What does Covid-19 feel like?

- It is different for different people.
- Some people may have a **fever (fee-ver)** and feel very hot.



15

Breathing

- Some may have a cough and some may find it hard to take deep breaths.



16

Parents/Carers

- Your parents or carers might get the **virus**.
- They may feel unwell for a while.
- Most of them will be fine after a little while.



Covid-19 (Coronavirus)

17

Grandparents

- If you have grandparents you may not be able to visit them for a few weeks or even months.
- This is to try and stop them getting the **virus**.



18

Contacting loved ones

- They would really like to hear from you though, so make sure you send them messages.
- You can send them letters, text messages or even Skype them to stay in contact.



19

Stories

- There will be lots of different stories about the **virus**.
- Lots of them will not be true.



20

Ask questions

- If you are worried or confused, make sure you ask your parent or carer.
- It will be a confusing time and asking questions is a really good idea.



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