



COVID-19 KIDS Q & A



HOW LONG WILL I BE OFF OF SCHOOL FOR?

In order to slow down the spread at which the Coronavirus is spreading throughout the UK, all schools are closed until further notice. Although this might seem really worrying, try not to panic too much as there are lots of people working incredibly hard to create a vaccine for the Coronavirus. Closing schools is one measure to help slow down the spread of the virus because it is a place where lots of people come into close contact.



IS SCHOOL CLOSED FOR EVERYONE?

Whilst the government has said all schools are closed, they have also said some will be open for vulnerable children and those whose parents are keyworkers.

Keyworkers are likely to be nurses, doctors and teachers amongst other people. Some children need lots of support and have an Education Health Care Plan (EHCP) and they may still be able to go to school as well as those who might need extra support and have a social worker.



ARE ME AND MY FRIENDS GOING TO DIE?

To date, no children have died as a result of getting the virus. You may find that you, along with some of your friends, develop a cough and a temperature but if you rest, you are very likely to recover quickly. To prevent the spread of the virus, you should follow guidelines relating to self isolation and be vigilant with personal hygiene and regular, thorough hand washing. Lots of experts are continually working to limit the number of people who become incredibly unwell because of COVID-19



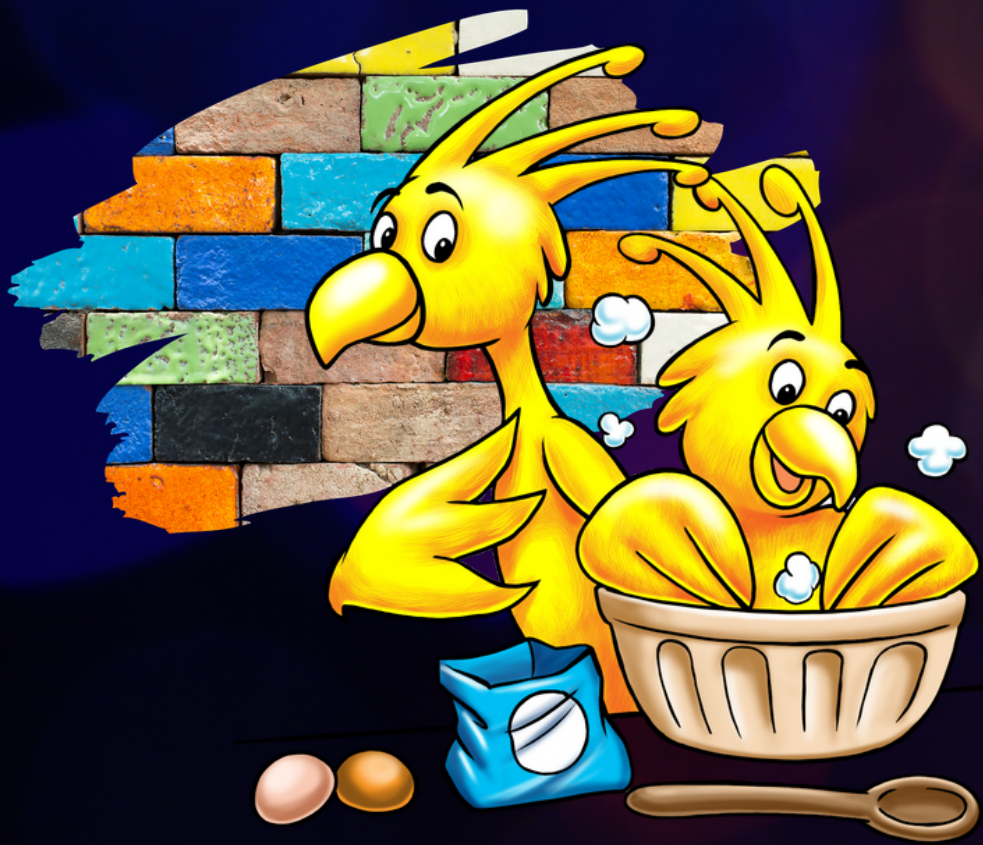
WILL MY GRANDPARENTS BE OK?

The Coronavirus does effect elderly people differently to the young. It can also have a more dramatic effect on people with pre-existing health conditions and women that are pregnant must take extra precautions. However, if these individuals practise self isolation and make every effort to maintain good health, then the risk of them being unwell remains small. You can help support vulnerable people by engaging in self isolation and practising good personal hygiene at all times.



DOES LEARNING STILL MATTER?

Maintaining your routine and keeping up to date with your learning will be more important than ever before. Your home education will give you something to focus on, a purpose and a structure that will help maintain good physical and mental health during self isolation. More importantly, when the virus has been contained and the many experts working to solve the problems it has created, succeed in the implementation of a solution, you will continue learning - and will need all the knowledge and experience you will be creating at home.



WILL THE SHOPS STAY EMPTY?

At the moment, it is really scary walking into the supermarkets you are used to seeing filled with food and drinks. Although there are currently lots of empty shelves, and lots of people panicking, the shops are restocked every day and there is no shortage of food or other supplies. The problem is that lots of people have bought far too much of certain products (like toilet roll) and the shops now need to limit the amount of items individuals can buy and have a few days to fill up the shelves that are currently empty.



WILL I BE ABLE TO GO ON HOLIDAY AGAIN?

The Coronavirus has effected lots of countries all over the world and to stop the virus from spreading further, all holiday travel has been cancelled. This is hard, particularly if you have a particularly break that you have been looking forward to. Airlines and travel agents are working with their customers to ensure that, as soon as the Coronavirus has been controlled, their customers can go on their holidays as planned. If your holiday was planned for in the UK, you may still be able to go.



IS THERE A CURE?

At the moment there isn't a cure for Coronavirus which is why we are taking so many extra precautions to limit the spread of the virus. Doctors are working very hard to find a cure and just like they did with the flu and the common cold, it is likely they will find one soon.

In the meantime you can dramatically reduce the impact of the virus by washing your hands regularly and remaining isolated wherever possible.



WILL I BE SAFE IF I SELF ISOLATE?

Unless you are identified as vulnerable, you are incredibly likely to be safe even if you do catch the Coronavirus.

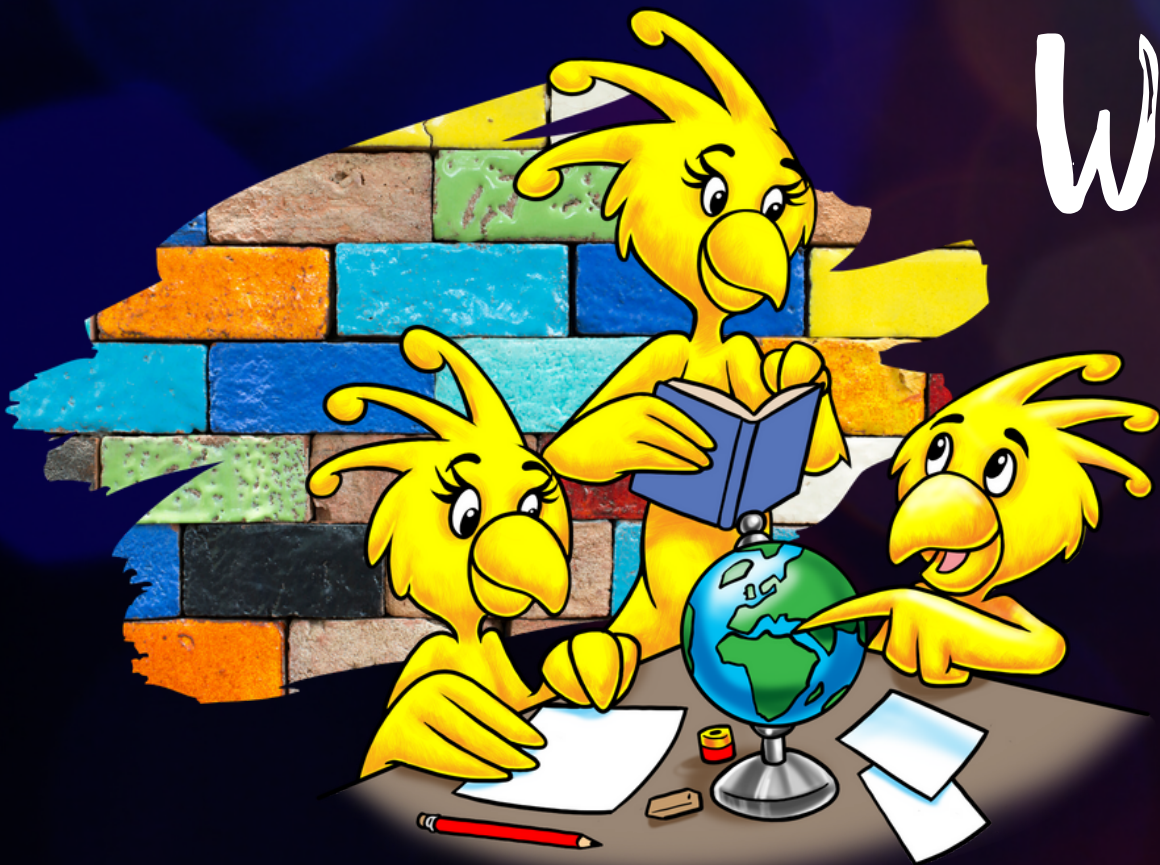
By self isolating, you are reducing the risk of a vulnerable individual (like an elderly person or someone with a preexisting health problem) contracting the virus and, in a few cases, dying because of it.

If you do experience symptoms, you will soon feel better with rest, fluids and paracetamol but do wash your hands regularly to prevent the spread of COVID-19



WHO IS MAKING DECISIONS?

There are many, many people involved with trying to keep us safe and minimise the damage Coronavirus can do to us as individuals and to our world as a whole. For the UK, we have Boris Johnson making decisions as our Prime Minister and he will be using information from the World Health Organisation to support him. The World Health Organisation have considered all information relating to the Coronavirus and have lots of expertise and experience in the area of public health.



WHAT ARE MY TEACHERS DOING?

Many of your teachers will also be in self isolation but they will still be working hard to make sure you still have work to do from home whilst also providing a safe place for children of Doctors, Nurses, Firefighters, Police and the other people working hard to keep us safe every day.

If you are finding it hard to learn at home, you can ask your parent or responsible adult to look for support online or ask for help on social media where many teachers will be willing to answer questions from home.



WHY CAN'T I HAVE FUN ANYMORE?

Whether it's playing football or going to the cinema, we know that self isolation has put an end to many of the things that you enjoy. You might feel particularly lonely if you have a birthday coming up and have had to cancel your plans and we realise you will miss your friends and the activities you are used to participating in every week. However, it is important to remember the people whose lives would be at risk if they contracted the virus whilst being reassured that it won't last forever.



WHY DO I HAVE TO SING HAPPY BIRTHDAY?

Singing Happy Birthday is a way to ensure that you wash your hands for a minimum of 20 seconds. This amount of time is needed to ensure that germs carrying the Coronavirus have been killed. If you don't like 'Happy Birthday, you can pick any song at all as long as it lasts twenty seconds and is easy to recall every time you wash your hands and do a little bit more to keep the world safe and help everyone getting back to normal as soon as possible.

WHAT DO ALL THE NEW WORDS MEAN?



COVID-19

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. Symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath.

SOCIAL DISTANCING

Social distancing is the act of staying at least 6 feet away from others in order to prevent to spread of infection. This is important to bear in mind when you are in public places like supermarkets.

ISOLATING

You are in isolation when you are keeping away from people, often in a separate room in your house, in order to prevent the spread of infection.

PARACETAMOL

Medicine that can be taken to reduce temperature, which is a common symptom of Coronavirus. Always ask a grown-up if you are allowed it and don't take medication without the permission of your parent/caregiver.

STILL HAVE A QUESTION?

GET IN TOUCH.



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