

# COVID-19 Information for younger children



## Why do I have to stay at home?

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Some people are getting very poorly at the moment. This is because there is a new illness in our country. Often when we get ill, our mums, dads, carers or sometimes a doctor can give us medicine to help us get better. Because this is new virus, that is more tricky.



We know that younger children, like you, seem less likely to be poorly than other people. But sometimes, even though you seem absolutely fine, you might be able to pass the virus on to someone else.

This is why everybody is being told to stay at home.





It is really important that you wash your hands really well lots of times each day (you can sing some great songs while you do this to make it fun and do it right!).



You all need to keep away from crowded spaces, and not go to the shops unless your mum or dad or carer has to take you with them. If you have to go to the shops you must stay near your mum or dad and hold their hand.

It is also important that you do not visit people in your family who do not live with you.

It may make you feel sad that you cannot go to your grandad's or auntie's house to see them, but you will be able to say 'hi' by phone or on a video call, or you can make them a card or draw them a picture – there are lots of lovely ways to stay in touch.



You are doing a really important job to help them stay fit and well by staying at home. So, while we all feel sad that we cannot see friends and family and other people we love, this is a really important thing to do so we can help keep everyone safe.



Your mum and dad will have heard all the new rules and now you know what to do you can help them to do what everyone has been asked to do. Just think how exciting it will be when you can see all your family and friends again and have lots of fun!

