



### Worrying About the Coronavirus Pandemic?

---

Coronavirus is a new illness.

It is described as a 'pandemic' because it is affecting so many people all over the world.

Most people are worried about Coronavirus.

It is normal and understandable to have worries about it.

For most people getting Coronavirus is like getting a bad cold. You feel rubbish for a few days and then you feel better. It doesn't feel nice to have it, but it's not a big deal.

For people over 70 years old, who are not very healthy, it can be more serious. That is why the government are asking them to stay at home for now. Staying at home will help keep them safer from the virus.

The government has done some other things to reduce the spread of the virus:

1. They have decided to shut schools for most pupils.
2. They have told people to avoid busy places like cinemas, cafes etc.
3. They have told people to stay home if they think they might have the Coronavirus.
4. They have told people to wash their hands a bit more often – especially after using the toilet and before and after meals.

The government are getting advice from experts in viruses to try to solve the problem. So it is important that we try to follow the advice.

WISDOM  
HOPE  
COMMUNITY  
DIGNITY  
EQUALITY

I can try some strategies to help me deal with worries about Coronavirus:

1. With help from adults I trust, I can follow the advice from the experts.
  2. I can talk about my worries with adults I trust and they can help me to make the worries smaller.
  3. I can make 'Worry Plans' with the adults I trust to help make the worries smaller.
  4. I can try to think positively, for example 'I have had bad colds before and got over them. A bad cold is not a big problem for me'.
  5. I can focus on the things that make me happy like \_\_\_\_\_  
\_\_\_\_\_ to help me think about other stuff.
- 

