

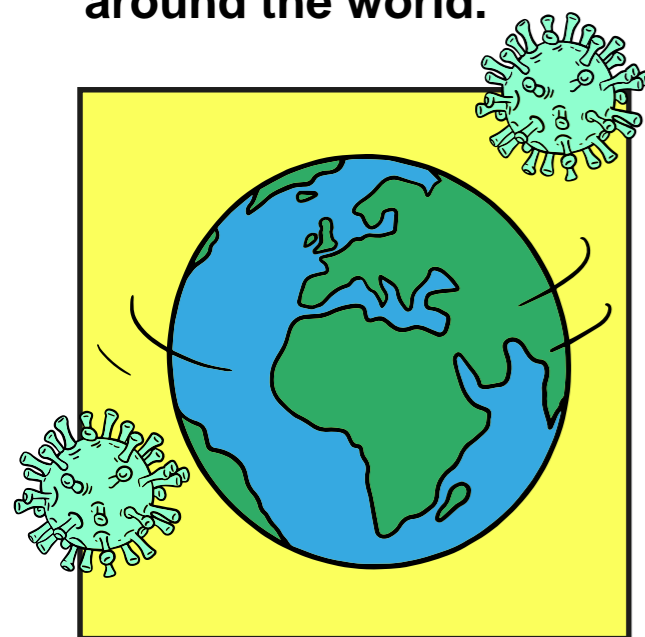
COVID-19 INFORMATION for YOUNG PEOPLE by Young PEOPLE

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COVID-19 is an infectious disease caused by a newly discovered

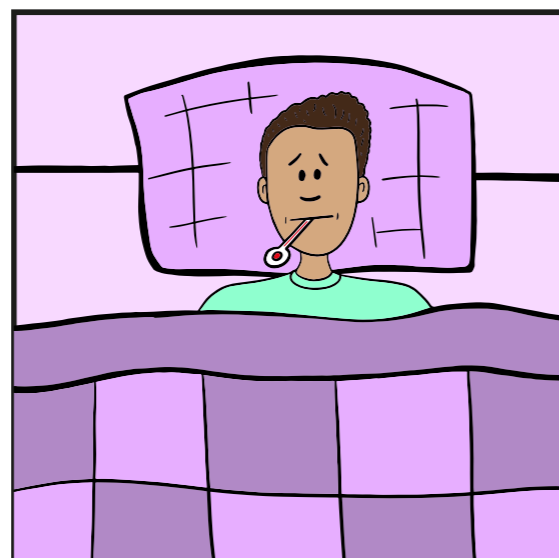
CORONAVIRUS.

Coronaviruses have been around for a long time, but COVID-19 is a **NEW** strain that was originally identified in China and has spread **RAPIDLY** into almost every country around the world.

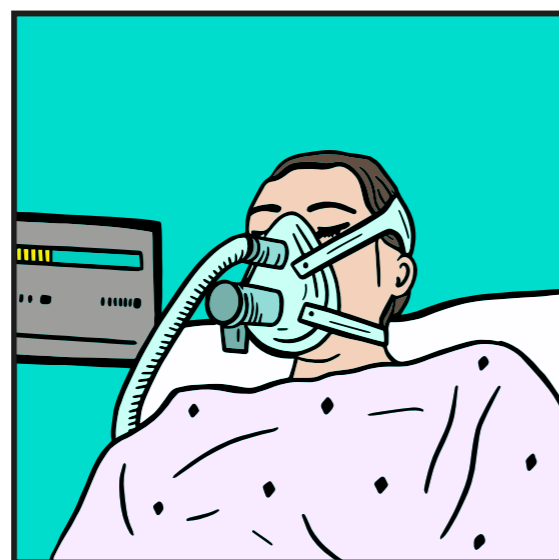


The World Health Organisation (WHO) have characterised it as a

PANDEMIC



Most people with **COVID-19** will have **MILD** to **MODERATE** symptoms including a high **TEMPERATURE** a **SORE** throat and a **COUGH** and will **RECOVER** without requiring treatment.



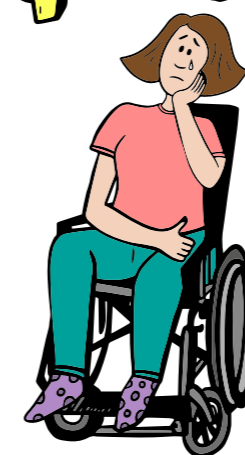
Other people can develop a **SERIOUS** illness and will need more **SPECIALISED** hospital care.

To try to **PREVENT** the **VIRUS** from continuing to **SPREAD** we have had to make some adjustments to the way we **LIVE**. Schools, colleges and Universities have temporarily **SHUT** and students are

"HOME SCHOOLING"



People are working from **HOME** where possible and in some cases people will have **LOST** their **JOB**S



It can be really **HARD** if you have relatives or friends in hospital and you **CAN'T** visit them as usual, this is for their and your **SAFETY**. Hospitals are having to put **TIGHTER** restrictions on visitors at the moment to **REDUCE** the spread of infection. There are many ways you can stay in **Touch** with those you care about while in hospital. Please also know the staff will do **everything** they can to keep you informed about your **LOVED** ones.



If you are feeling **UNWELL** and begin to develop **COVID-19** symptoms yourself, **STAY HOME** and use the online **111**

CORONAVIRUS. service to find out what to do. The website is:

<https://111.nhs.uk/covid-19>

You can also call **111** if you need **ADVICE** for a baby or child. If they seem very **UNWELL** are getting worse or you think there's something **Seriously** wrong, call **999**

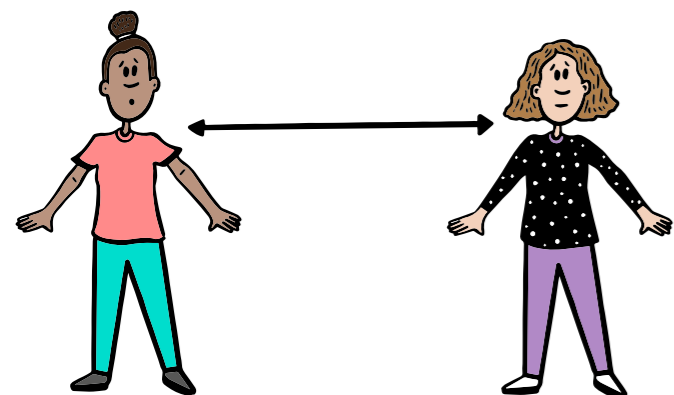
If you have an underlying health condition and need **HELP** please contact your **GP** or if an

EMERGENCY go to **A&E**

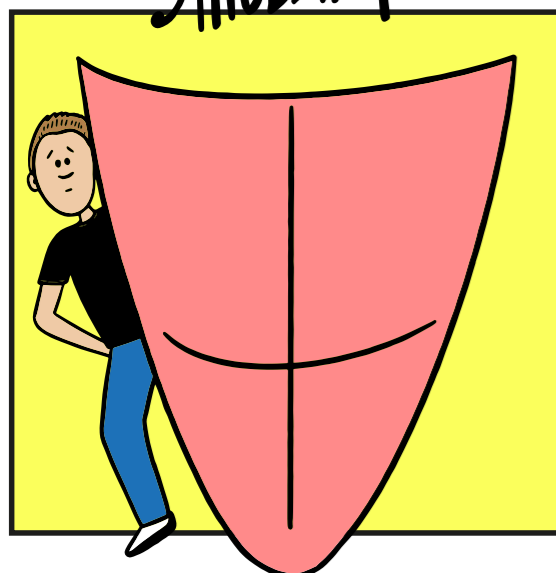
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We are all being asked to **PHYSICALLY** distance ourselves from others and to avoid any **UNNECESSARY** contact.



Those who are more **VULNERABLE** and at **RISK** of becoming unwell have been advised to **SELF-ISOLATE** completely, this has been called **SHIELDING**



We need to make sure that whilst **PHYSICALLY** distancing ourselves we don't **SOCIALLY** isolate ourselves from our **friends** and **LOVED** ones



When our regular **ROUTINES** are disrupted, it is important to **MAINTAIN** our daily **rituals** for our wellbeing and **MENTAL** health.



Eating healthy, participating in a **DAILY** exercise and maintaining a normal **SLEEP** schedule are all things we can do to **CARE** for ourselves during this time.



TALKING to people about how we are **FEELING** is also very important.



With the **CONSTANT** flow of information about coronavirus it is normal to feel **OVERWHELMED** and even anxious about the **FUTURE**

Make sure to use **Trusted** sources of information and know that it's okay to take **BREAKS** from the **NEWS** as needed.



Very sadly, not everyone will **RECOVER** from COVID-19. This can be especially **HARD** if it is your relative, or someone you know.



When you **LOSE** someone close to you, it's natural to feel **SAD** **DEPRESSED** worried or angry. If you're finding it hard to **COPE** with any of these new adjustments, you are **NOT** alone and there is lots of **Support** you can **ACCESS**

YOUNGmINDS

<https://youngminds.org.uk/>

childline

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>



GOV.UK

<https://www.gov.uk/>



<https://www.byc.org.uk/>

kooth

<https://www.kooth.com/>