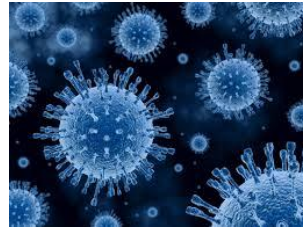


# Why do I have to stay at home?



The Coronavirus is very contagious. This means it can spread between people very easily.



Just like any other cold or flu Coronavirus will go away in a couple of months.

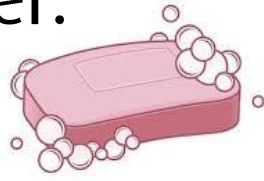
I can help stop the spread of germs by washing my hands with soap and water.



I can take my time when I wash my hands, making sure I wash between my fingers and all over my hands



If I can't use soap, I can use Hand Sanitizer.



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The Government has decided that we should stay at home to help keep ourselves and other people safe.



This will slow down the spread of the virus. Some people are calling this a Lockdown and others are calling it Self-Isolation.



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This means that I am only allowed to leave the house if I need to go to the grocery shop to get food or need medical attention. My parents will come with me.



I can also only go outside for a walk once a day.



This is to help stop the spread of the coronavirus. It will not last forever. But this will help keep everyone safe and slow down the spread of the virus.



My parents will tell me when we are allowed to go out more often.

This means that I will not be able to see my friends or other family members that do not live in my house.



But this is ok. I can still call/text my family and friends or even Facetime them if I want. To do this I must ask my parents first.



When I am at home there is lots to do

I can.....

Watch TV



Play my PlayStation/Xbox

Draw/Paint



Do schoolwork

Play in my back garden

Do chores for my mum and dad

Write in my journal

Bake with mum and dad



And

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This will keep me very busy.

My parents will be so happy that I am listening to them and staying inside to stop the spread of the virus. This will keep me safe and other people safe.



When the Lockdown or Self-Isolation has stopped the Government will let my parents know who will let me know. This means it will be safe to go outside again and mix with my friends and family.

