

Coronavirus (COVID 19)

At the moment, everyone is talking about the coronavirus.

The virus started a very long way from home in Wuhan, China.

It has made many people sick.

The virus has spread so quickly because China is a very populated area with crowded cities and transport systems.

The UK is thousands of miles away from China.

There are cases in other countries and in the UK but doctors in the UK are highly trained and very well prepared to deal with anyone who gets sick from the virus.

The virus is very low risk to young people.

You can help to reduce the spread of germs by washing your hands for 20 seconds at regular times throughout the day.

If you need to cough or sneeze, use a tissue and then throw it away.

It is also important to try and relax so try and think of an activity you do that relaxes you. It could be singing your favourite song, breathing techniques, drawing.

It is ok to feel anxious about the Coronavirus and it is important to share how you are feeling with someone else so that you are not keeping it all inside.

Here are some useful websites:

<https://www.bbc.co.uk/newsround/51342366> - gives good information

www.nopanic.co.org.uk- no panic- registered charity that supports feelings of anxiety

Redbridge Parents if you need help and support with supporting your SEND child/ young adult , please contact S.E.a.T.S.S on seats@redbridge.gov.uk