



Children's Factsheet

Many people are talking about Coronavirus and how lots of people might catch it and feel unwell, **but what is it?**

Coronavirus is a virus. It belongs to a family of illnesses which includes things like flu and colds. Coronavirus has travelled around the world by being passed around when someone coughs or sneezes without properly covering their mouth and nose, or by hand to hand. You might be worried about Coronavirus, but there is lots you can do to stay well. If someone has Coronavirus, they will feel hot (have a fever/temperature). A lot of people who get a fever will feel tired and may get achy muscles. Many of those people will get a cough. Some people might find that breathing becomes harder than usual – these people might need to be looked after by doctors and nurses until they feel better.

Coronavirus doesn't last long and people usually feel better after 5 days – this is similar to when you have a cold or the flu. There are some simple things which you can do to take care of yourself by doing some simple things to help stop Coronavirus spreading quickly. The adults you live with can do them too.

1. **Wash your hands with soap and water for 20 seconds**
(this is the same amount of time it takes to sing Happy Birthday twice)
2. **Make sure you wash your hands for 20 seconds:**
 - Before you eat food
 - After you cough or sneeze
 - After you arrive home if you have been out somewhere where other people may have been, like in a food shop



Doctors are working hard to find a jab (injection) to stop us catching Coronavirus.

If you have Coronavirus, you won't need to visit a doctor. The adult that takes care of you will usually be able to look after you at home until you feel better again.

Information for children in care

To help slow down the amount of people that catch Coronavirus at the same time, some of the things we all normally do will have to stop. The Prime Minister has told everybody that we need to stay at home and avoid crowded places or close contact with people to help stop the spread of Coronavirus.

What does this mean for you?

This will affect how you keep in touch with your friends, family members and any other adults you might normally see. These changes will make it harder for the virus to jump from one person to the next person, so they are really important.

If you are in care this means that the contact you have with your social worker will change for a while. If your social worker isn't able to come out and see you we will make sure that they keep in touch with you and your family over the phone. It is important that we still know how you are doing and that the adults looking after you have everything they need. If your social worker can't do this for any reason, we will make sure that someone else they work with will get in touch with you instead.

If you have an Independent Visitor or an Advocate they will not be able to come and see you for a while but they will be able to talk to you over the phone. There may also have to be some changes to meetings that take place, such as your Review, as we won't be able to have lots of people coming together like we normally do.

It will also be harder to see some of your family members and friends. If you are not living with your family, we realise this is likely to be really difficult for you. We know it isn't the same, but there are other ways to stay in touch with these important people. It might be that you can speak over the phone, have contact with each-other online or send letters, photographs or pictures you have drawn. This is something that your carer and social worker will take to you more about.

You might have lots of questions about what this all means or you might think it all sounds a bit scary. It is really important that you talk to someone if you have any worries and please remember that adults are working hard to keep everyone safe.

Your Social Worker can be contacted:

Phone

Email

Their working hours are

