

This is a story about pandemics and the Coronavirus. You might have heard this talked about on the news, at school or at home.

A pandemic is when many people in a large area become sick. Usually, a pandemic is caused by a new virus. A virus is a type of illness.



The Coronavirus is a virus that is spreading fast. It is causing a worldwide pandemic now. Viruses are so small that you need a microscope to see them. People can't see a virus even if it is near them.

People are very clever. They know what to do even if they can't see the virus. They use healthy habits to keep safe. These healthy habits make it harder for the virus to spread. This will help to keep people healthy during the pandemic.

People wash their hands often. Adults make sure children wash their hands properly. They will remind children to wash their hands a lot!

The corona virus has been spreading fast from one person to another. When lots of people are close together, in the same place, it is easier for the virus to spread. More people can become sick faster.

Sometimes schools close during a pandemic. This is to keep children further apart so it's harder for the virus to spread.



Adults at home might be watching the news to find out information about Coronavirus. The Prime Minister is updating daily to let people know what he is doing. He will tell people what they should do to keep us healthy and safe. If I have questions, they might be able to answer them for me.

If you are upset by the news, this is okay. Lots of people will feel the same. You can talk to an adult that you trust and tell them what you are worried about. This can help you to understand what is making you worried or sad. It can help those feelings go away.



It's important to remember that being sad, worried or angry about awful things that happen in the world around you is okay and perfectly normal. You won't be the only one who feels that way.

Doing things that make you happy and calm can help you to feel better. You can read a book, play on the computer, listen to music or play in the garden.

Pandemics don't happen very often. This is good to know. They occur about once every 25-30 years. This is about 3 times every hundred years.

It's helpful to remember the Coronavirus pandemic will probably end. Probably not by tomorrow morning, but it will end.