We have been staying in our houses because of an illness. It is called coronavirus.

Coronavirus can make people feel very sick.


To keep ourselves safe, we must be socially distant from others unless they live in our houses.


Social distancing means we have to stay at least two metres away from people when we are outdoors and not at home.


When we can go back to school, we will still have to try and stay two metres apart from our friends and teacher and we must wash our hands lots of times a day.


## Washing our hands will help us safe too.

We must wash our hands for $\mathbf{2 0}$ seconds using soap and warm water.


Some people might wear masks which cover part of their faces.
This is another way to keep safe and stop them spreading any germs.
It might look a little frightening but I will get used to it and can tell my teacher if I am feeling worried.


## We might have to start and finish school at different times to our friends.

This is to make it easier to stay two metres away from people who do not live in our houses.


Our playtimes and lunchtimes will be different too. This is to keep us safe.
We might need to eat at different times and play in our small groups.
This might make me feel sad but I will still have fun playing with the people in my group.


## Social distancing at school

It will feel strange because I cannot hug, high five or touch anyone who does not live in my house.


Things may feel different for a while, this might make me feel sad or worried.


## If I feel sad or worried, I can talk to people I trust at home or my teachers

 and they will help me feel happy and calm.

Social distancing may be strange but it will help keep everyone happy, healthy and safe.


