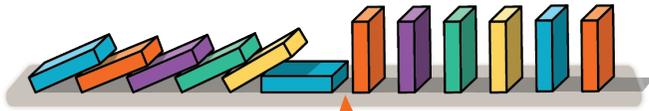


Lumbi answers your questions

Why can't I see people?

At the moment, there's a virus going around called **Covid-19**, which can make people very sick. To stop the virus from infecting loads of people, we need to avoid being too close to each other, this is what we call **social distancing**.

It's a bit like a domino run, if all the pieces are close to each other, they'll all fall but if one is removed the run will stop. That's how we can **stop the disease from spreading**.



The run stopped, because these pieces were further apart.

What happens when people get sick?

People who get the virus may have a cough, feel tired, find it difficult to breathe and have a fever.

But most people will get well again.



Hello, my name is Lumbi and I'm here to answer your questions about the coronavirus. Did you know it was called like that because it looks a bit like a crown?

I'm scared of getting the virus. What if I get sick?



It's normal to be scared but if you're feeling unwell, you may not have the virus, it could be just a cold. **Children can also carry the virus but not feel ill at all.**

To be safe and keep others safe around you, make sure you sneeze in your elbow, **throw away any dirty tissues**, **wash your hands** very well and regularly and also drink plenty of water.

You'll only need to see a doctor if you feel very unwell and have a high temperature, a cough or find it hard to breathe.



Lumbi answers your questions

Why do people wear masks?



If someone who has the virus coughs or sneezes, they'll spray small droplets through their nose or mouth. If these contain the virus, you could breathe them in if you're close by.

The masks will capture the droplets with the virus. It doesn't mean all people wearing a mask have the virus, but some wear it just in case they have it.

Why do I need to wash my hands?

We touch many surfaces with our hands and could pick up the virus that way. Washing your hands with soap and water, or using a hand gel with alcohol, will kill the virus that may be on your hands.

This is why it's also important not to touch your eyes, nose or mouth to avoid the virus getting into your body, in case it's on your hands.



Why don't you write to the people you miss. Use the next page to tell them about your day.



Why can't I see my grandma?

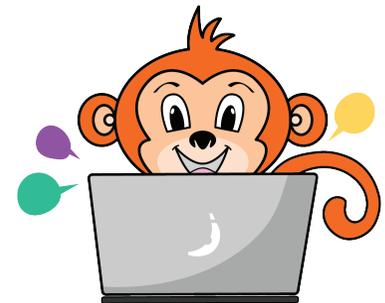
For people who are elderly like your grandma or grandad and also for people who are already ill, getting the virus would make them really sick.

So to protect them, they need to stay home and can't see other people who could give them the virus.

When will I see my friends again?

I know it's frustrating not to be able to play with your friends at the moment.

The important thing to know is that it's not going to last forever and, in the meantime, how about you ask your parents to organise a 'get together' online. You could also write to your friends, tell them what you're doing at home and say you're thinking of them. (you can use the next page to help you)



A SPECIAL MESSAGE FOR YOU



I'm thinking of you because...

My mini drawing for you

Let me tell you about my week...

Tastiest food I ate



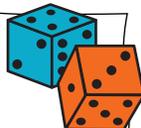
Toughest exercise I did



Best thing I've learned



Funniest game I've played



Greatest story I've read



Hardest chore I had to do