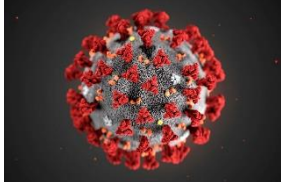

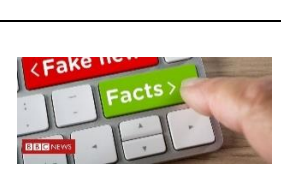







Coronavirus or Covid-19

	<p>A coronavirus is a common virus that causes colds and the flu. Most people are healthy and strong. However, there are some types of flu that are worse than others and this current flu- Covid-19 is one of them.</p>
	<p>There is a lot of mis-information or Fake News about Covid-19.</p>
	<p>Here are some facts that are scientifically true</p> <p>The virus kills 0.01 percent of the world population- that is 1 in 10,000 people. Most people who become ill with the virus recover and are fine. Some people have the virus and they don't even realise it.</p>
	<p>The best way to fight any virus is to:</p>
	<p>1. Make sure that you wash your hands with soap and water. You should do this at least 4 times a day, and when you come back into the house if you have been outside.</p>
	<p>2. Make sure that you go outside every day and get some fresh air and exercise. This is because the fresh air and exercise help keep our body and muscles strong, it encourages the blood flow, which will help the white blood cells stay strong so they can fight infections.</p>
	<p>3. Try not to worry too much. We all worry, and this is normal. However sometimes we can let our worries take over, and this can make us ill too.</p>
	<p>4. Find something you enjoy and try to do it every day.</p>
	<p>The world might look and feel different now, but it is different for everyone, and everyone is worried, so you are not alone. We will work out the new world together, we all need to try to at least go outside once a day to see it.</p>