

The plan for Defeating COVID-19



COVID-19 is a new virus.

Doctors and scientists are still learning about it.



This virus is making people sick because nobody has had it before.

Our bodies have to learn how to fight the virus. Our immune system will help us do this.



Our immune system is made up of special cells called antibodies. These cells are like an army of soldiers in our body that will help us 'Defeat COVID-19'.



Scientists and doctors think that most people will be **OK**, especially kids, but some people might need to go to the doctor if they are feeling very unwell.



Doctors and Scientists are working hard to help people stay healthy.

You can help by practising healthy habits at home, school and play.

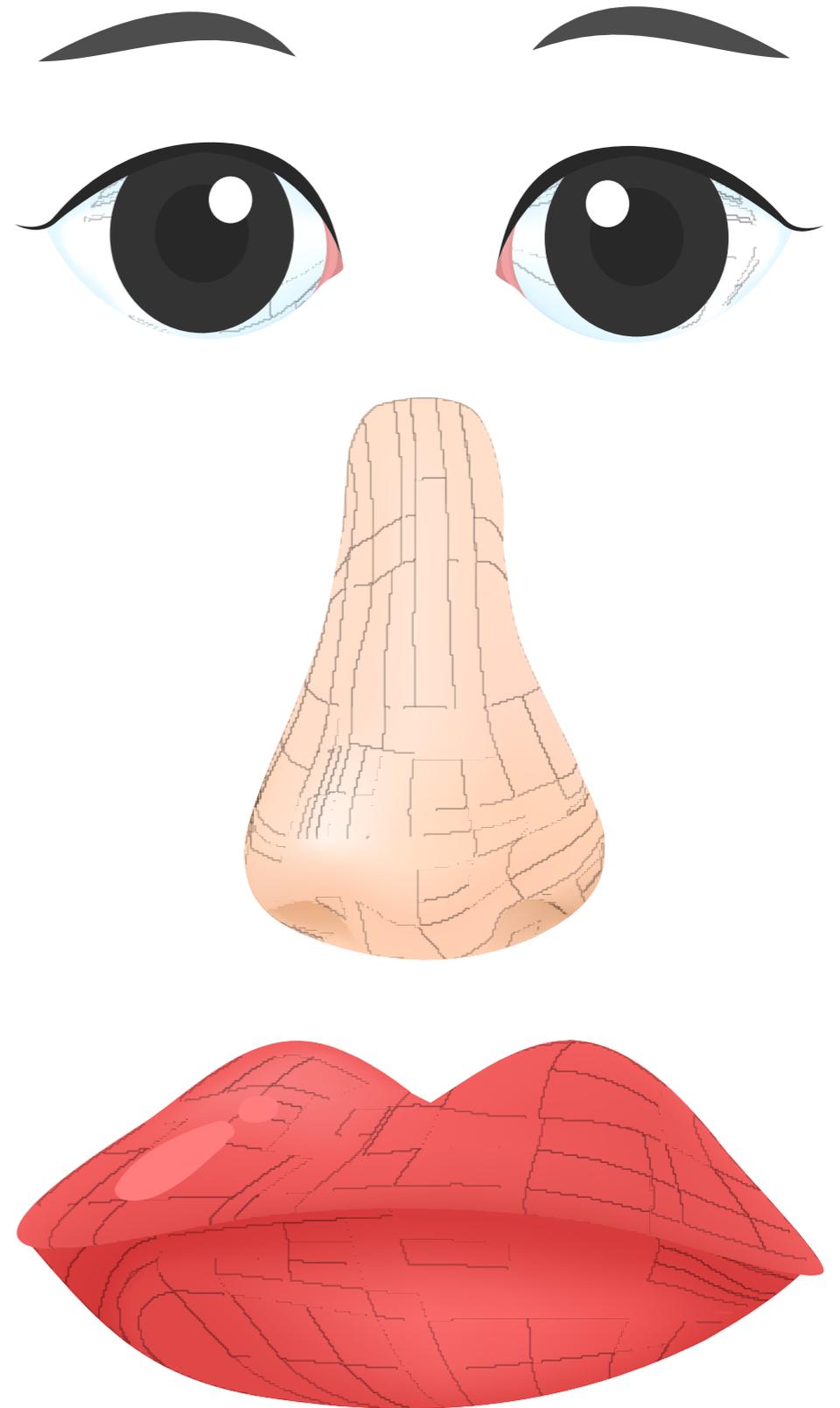




Cough or sneeze into a tissue or your elbow. If you use a tissue, throw it in the bin right away. Then wash your hands.

Try not to touch
your face.

Keep your hands
away from your
mouth, nose, and
eyes. This will help
keep germs out of
your body.



Follow
these five
steps: wet,
soap,
scrub,
rinse, dry



You need to wash for 30 seconds. Sing the “Happy Birthday” song twice while you wash to get the right time.

If you don't have soap and water, have an adult help you use a special hand cleaner.



We can work together and follow
the 'Defeat COVID-19' plan.

If we follow this plan we can help
each other stay healthy.

