

# What does Covid-19 mean for me?

“Coronavirus”



**‘Social Distancing’**

**Changes to your routine**

**Learning at home**

**Better hygiene**

**Changes to mood**

**Information change**

## 'Social Distancing'

At the moment the UK is on Lockdown. This means that the majority of places, apart from supermarkets and pharmacies, are closed and we are all being asked to stay at home. Your foster carers WILL be asking you to stay at home for your own safety and the safety of others, this is the same for everyone in the UK.

## Learning at home

As many schools are closed you may have been asked to study at home. Your school will either have sent you a pack of work or you will have access to work online. It is important you don't think of this as a holiday. Otherwise, you may have fallen behind once it is time to go back.

## Changes to mood

It is normal for all this change to have some effect on your mood. Speak to your carers who will be able to listen and advise you. If you feel like speaking with someone else why not give ChildLine a call on 0800 1111

## Changes to your routine

Your routine will have changed a lot over the last few weeks. It is important to try and keep routine where you can, such as waking up as if you were going to school and eating your meals at the usual times.



## COVID-19

is a new virus that affects peoples lungs and airways. In some people they will only get mild symptoms, such as a cough or temperature. In other cases it can lead to hospitalisation and in some cases people have sadly passed away. **DON'T WORRY** – young people are much less likely to become seriously ill, but that doesn't mean you should take risks as you could pass it onto someone that can.

## Better hygiene

It is important that you regularly practice handwashing for at least 20 seconds as this will help to prevent the spread of germs. You may like to do extra things like change your clothes when you do come in from outside. Ask your carer what they would like you to do to prevent spreading germs.

## Information change

As this is a new situation information is changing all the time. This may mean changes to the date that government think the lockdown will end and things return back to normal. Please try to be understanding – your carers and social workers are doing their best to keep you up to date.