### In hospital

If you need to come into hospital, some things will be a bit different to keep everyone safe.

Some of the doctors and nurses looking after you may have to wear funny clothes and a mask over their face. This is to protect everyone. They are still smiling at you from behind their masks!

They might need you and your grown-up to wear masks too – especially when you're moving through the hospital.

### **Testing for COVID-19**

You might need to have a test to see if you have the virus. This will involve swabbing the inside of your nose and mouth.

It's quite quick and shouldn't hurt although it may feel a bit uncomfortable.

After testing, some children can go home while they wait to get better. Other children will need to stay in hospital for a bit longer.



### Staying in hospital

If you need to stay in hospital, you and your grown-up will have to remain inside your hospital room at all times until you go home.

The Play Team or nurses can bring you some toys to play with or things to do so you don't get too bored. Your grown-up may be allowed to bring you toys from home.

If you are feeling a bit down or worried about COVID-19, it's okay. Lots of people feel the same as you.

It can help to speak to a grown-up. And keep busy to take your mind off it – here are some ideas of things to do.







## **COVID-19**

### (coronavirus)





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# COVID-19

#### (coronavirus)

Lots of people are unwell at the moment.

This is all because of a new virus called COVID-19.

Most people who catch the virus feel a little poorly and might:

- Have a cough
- Have a fever (feel warm and cold)
- Find it harder than normal to breathe

If you feel any of these, it is important that you tell a grown-up.

The virus spreads when people cough or touch things.

This is why it is important to wash your hands really well with soap and water for 20 seconds.