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Staying Home



Children's Services
Since 1895



At the moment, there is a sickness called Coronavirus or COVID-19 that people can get from being close to others and catching their germs. Germs are tiny things you cannot see.



Because of this virus, things will be different for a while. People are staying home as much as they can. People need to wash their hands often and try not to touch their faces. This keeps the germs away.



Some people will still go to work or preschool or the shops.



I may not go to preschool for a while, but I can think about my friends when I play at home.



While I am at home, I might talk to my teachers on the phone or on a video call or they might give me some ideas for things I can do at home.



I can go out for some exercise with my family, but we cannot get close to people I don't live with.



I cannot play on the play equipment at the park because there might be germs, but I can walk through the park with my family.



I cannot visit my grandparents and other people. This is to make sure we all stay healthy. I can send them letters and drawings, talk to them on the phone or maybe video chat with them.



I cannot go out to do the activities I used to, like sport, music, dancing or art. I can do these things at home instead.



Sometimes the grown-ups in my family might be working at home. This might feel different. I might need to play by myself and they might ask me to play quietly sometimes while they work.



Sometimes I
might feel sad or
frustrated about
things being
different.

I can talk to a
grown-up and
they will help me.



I can spend
more time with
my family doing
fun things and
being together.



When the virus stops spreading, we will all be able to do the things we used to do again. Staying at home a lot for now helps everyone to stay healthy.