# What is the Coronavirus?

Coronavirus (COVID-19) is a new illness that can affect your lungs and airways. It is caused by a virus called coronavirus.

# What Are the Signs & Symptoms of Coronavirus (COVID-19)?

COVID-19 causes a fever, cough, and trouble breathing. Symptoms are a bit like what people have with a cold or the flu.

# How Does Coronavirus (COVID-19) Spread?

Experts are still investigating how COVID-19 spreads. In general, coronaviruses spread through droplets sent into the air when people cough or sneeze. The virus can spread in communities from one person to another, and through contact with surfaces that have germs on them.

# Is the Coronavirus (COVID-19) Dangerous to Children?

Experts are still learning about COVID-19, so we don't have a lot of information about it yet, but there are far fewer cases of the virus reported in children. Most of them caught the infection from someone they lived with, or a family member. The virus seems to cause a milder infection in children than in adults or older people.

# How Is Coronavirus (COVID-19) Treated?

Most people with COVID-19, including children, do not have serious problems. They usually get better with rest and fluids, but it is important to keep children with COVID-19 away from others, who may have a harder time with the virus.

# How Can I Protect Myself From Coronavirus (COVID-19)?

As with other viruses, the best ways to protect yourself and your family are:

- Avoid people who are sick. Since COVID-19 may be contagious before a person has any symptoms, avoid large gatherings and busy places, until the outbreak is under control.

- Try to stay at least 6 feet (2 metres) away from someone who is coughing or sneezing.

- Wash your hands well and often. Wash for at least 20 seconds with soap and water, or use hand sanitizer with at least 60% alcohol.

- Try not to touch your eyes, nose, and mouth.

- Follow recommendations from your local health authority, especially if there are people with coronavirus in your area.

# Key Messages:

- The average sneeze or cough can send around 100,000 contagious germs into the air at speeds of up to 100 miles per hour.
- Always cover your mouth when you sneeze or cough
- Please do not pretend to cough, thinking this is funny - germs still spread every time you cough!

There are lots of videos on Newsround, so please watch these to ease your mind!