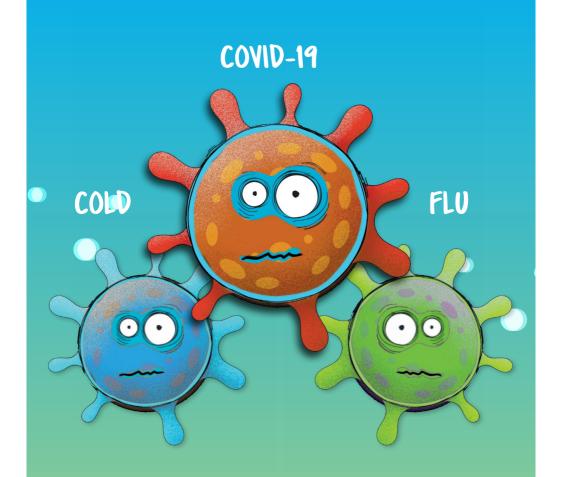


I'm travelling the world right now

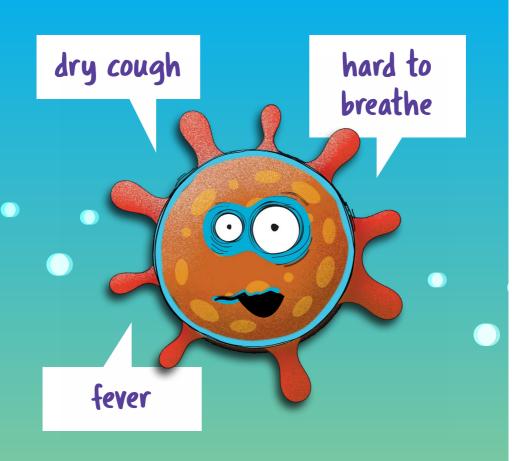


You might have heard of me



I'm a virus

Some of my friends are the common cold and flu

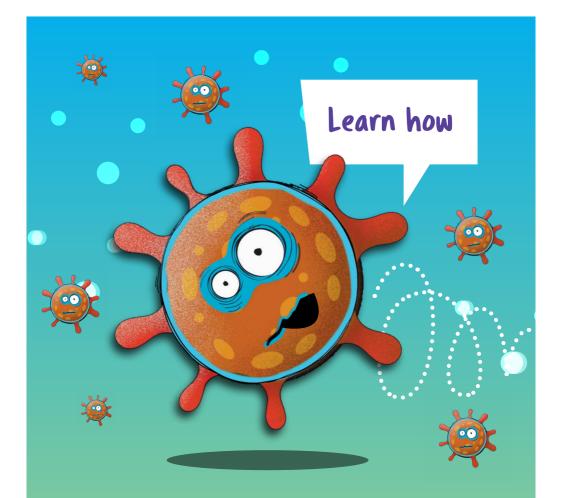


If you catch me I can make you feel like this

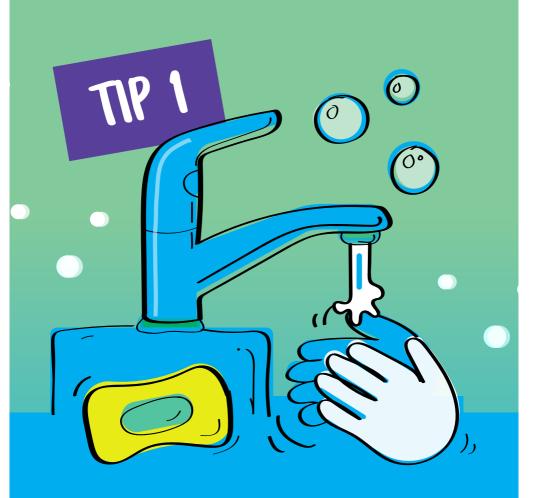


But I don't last long

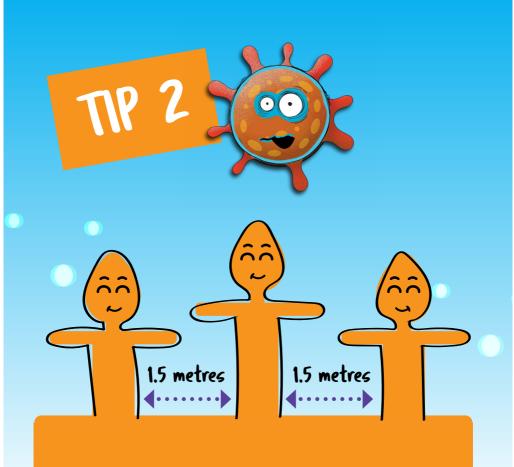
And most kids get better quickly



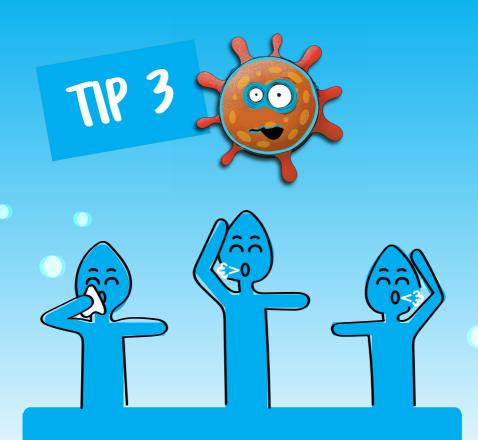
You can help slow me spreading



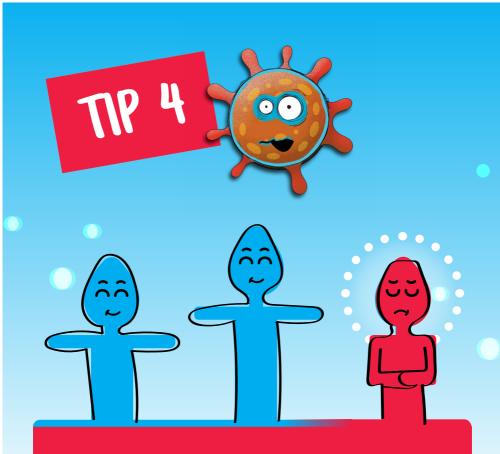
Regularly wash your hands with soap and water for 20 seconds



Don't get too close to other people including your friends



Cover your coughs and sneezes with a tissue or your elbow



If you feel sick, tell your parents straight away!



If you're worried about me, that's OK

Talk to your parents, carer or family

Make sure to follow instructions And we'll get through this together



Doctors are working hard to slow me down

