

AAAARGH!!

Everybody's talking about Coronavirus (Covid-19)!



And everyone is telling me not to worry but ...

***I AM STARTING TO WORRY
ABOUT IT!!! Aaargh!***



When I am worried about something, the best thing I can do is [find out the facts.](#)

I need to remember NOT TO LISTEN to people who are saying things that make me worry more (including myself!)

Finally, I [need a plan I can follow](#). That's what this booklet is for. I will read it through (with an adult) and I will write any extra notes I need.

This will help me to stay calm until things settle down again.

First, remember: **worrying is normal.**

Everybody worries about things sometimes.

I can ‘turn down’ the worrying voice inside my head by using my regulation tools. These might include:

- Going for a walk or run
- Wrapping myself up in a blanket
- Talking to an adult or friend about my worries
- Doing something relaxing like art, reading, or listening to music



Coronavirus or COVID 19



Coronaviruses (CoV) are a large family of viruses that cause illnesses ranging from the common cold to more serious breathing difficulties.

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

This illness is now affecting some people in England. It can be more serious for old people or people who are already ill. **For most people it is not serious.**

Covid 19 has not affected anybody at Holmewood.

All of the staff at Holmewood are keeping everybody safe by following guidelines from the Government and they will tell me if there is anything I need to do. They will answer any questions I have about Covid 19 to help me stay calm.



There are a few 'unknowns' ...

Unfortunately, when we can't predict exactly what will happen in the future, we worry more. It is important to use our regulation tools to help us stay as calm as we can. This applies to adults and children.

Unknown Monster no. 1



Could I or someone I know catch Coronavirus or Covid 19?

Yes. Most students and staff at Holmewood have had a cold or even the flu before and this is not very different. An affected person might have a temperature or cough and need to stay in bed for a few days. This is nothing to worry about.

The best way to avoid catching Covid 19 is to avoid contact with people who have been diagnosed with the virus and avoid close contact with people who are coughing and sneezing. It is important to wash your hands regularly with soap and water.

Unknown Monster no. 2

Is our school going to close?



This is not going to happen right now. Like all schools in the UK, Miss Camilleri is in control of this and has a plan just in case we do need to close the school for a while.

If the school did have to close for a little while, all of the teachers will still give students lessons over Google Classroom. The students will also be able to communicate with therapists and other members of staff.

Unknown Monster no. 3



Will there be other changes I can't predict?

Maybe! Maybe! Some people **may** have to change holiday plans as it might be tricky to travel abroad. Some places **may** need to close for a while, like theatres, cafes or shops. The tricky thing is, we don't know any of this information yet as it is in the future.

A space for my own questions / unknown monsters...

Some children or adults will have no more big questions, and some will have lots more. If I feel worried it will help me to say or write my questions down so somebody can help me work them out.

1. _____

2. _____

3. _____



How can I help?



You can protect yourself by **washing your hands** with soap for 20 seconds. You can do this before eating, after the toilet and after being out and about.

You can **protect other people** by covering your mouth and nose when you cough or sneeze. Throw used tissues away immediately. This will stop germs spreading.

At the moment, it is a good idea not to go too close to others or touch too many others so we can **limit the possible spread** of this virus.

But at the same time, **try not to overthink this!** Overthinking can lead to other monster-worries coming to visit you.

You can also help at school by making sure everybody can share their own worries and have their questions answered by staff. Some people might be feeling more anxious than you, and they may need your **patience** more than usual.