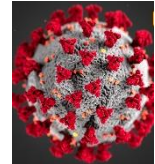


A Guide to Coronavirus for Older Children and Young People (Approximately 11-18 years old)

You might also find our 'guide to Coronavirus for younger children' helpful

What is Coronavirus?

You will probably be hearing a lot about 'The Coronavirus' at the moment. This is because this is a worldwide disease that has spread from China to most other parts of the world, including the UK. The Coronavirus (which can also be called 'COVID-19') is a virus that can make people feel unwell. It can cause a high temperature, a cough and / or difficulty with breathing. Most people who get the Coronavirus will get better at home. Sometimes it can make people feel very unwell and they might have to go to hospital for treatment. You might have some questions about the Coronavirus— most people will as this is a new disease and we do not know lots about it yet – please talk to a trusted adult at school, college, university, home or in your community who might be able to help you. You can also follow some of the links below:



- Here is some easy read information to tell you about what the Coronavirus is, what to do if you think you have it, and how you can help stop the spread – you might like this if you like information with pictures and small, bitesize chunks.
<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>
- Here is some information from the BBC and Newsround – this also includes videos on what the Coronavirus is and what this means <https://www.bbc.co.uk/newsround/51204456>

What can I do to keep safe?

We can all help to stop germs spreading by coughing and sneezing into our elbows and washing our hands thoroughly for at least 20 seconds. You don't need to wash your hands all the time but maybe before / after eating, or after going outside, for example.



We can also help stop germs spreading by reducing our contact with others as much as possible. For some young people, this will mean not going to school. It may also mean not going to visit family and friends for a while. This won't last forever.

Some people might wear facemasks to help avoid the spread of germs. You don't have to wear a facemask. Please remember that because someone is wearing a mask, that does not mean they have Coronavirus or are unwell. It is also important to remember that this is a challenge for the whole world and not to blame any person or group of people for the Coronavirus— people will need support and not blame at this time.



Keeping busy at home

It will probably be useful to think about keeping a routine to the days that you would normally have been at school. A good idea could be to make a timetable for the week so that you can keep yourself busy. Your teachers / lecturers might have already sent you some ideas; in case they haven't, we have

included an example below and added a blank one at the end of this document for you to create your own:

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3

Learning

As your teachers / lecturers might not to be with you over the next few weeks, you might need to do some learning at home.

- BBC Bitesize might be able to help you with this: <https://www.bbc.co.uk/bitesize>
- As well as learning, BBC Bitesize has some games and other ideas for keeping busy. <https://www.bbc.co.uk/bitesize>
- Twinkl might help you with some home learning activities such as stories, problem solving activities, colouring, creative writing, reading revision and lots more. <https://www.twinkl.co.uk/resources/covid19-school-closures>
- Creative writing exercises http://www.expressumpoetics.org.uk/wpcontent/uploads/2016/07/04_c_creative_writing_exercises.pdf
- Maths activities <https://www.myhomeschoolmath.com/visualperception.html>
<http://www.amathsdictionaryforkids.com/>
<https://www.10ticks.co.uk/>

- Problem-solving games and activities: <https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>
- Story line Online has lots of free on-line stories read by actors and with animations <https://www.storylineonline.net/>
- Mindfulness colouring <https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>
- There are lots of games and activities you can do without the computer too. You could: play cards, play board games, read a book or do some exercise, for example.

In addition to this information, please also refer to the information your school, college or university has supplied for you online.

What should I do if I am worried?



You might be feeling a little bit worried about what is happening and this is completely normal. Remember, not everything we see and hear in the news and on the internet is always right. It's important during this time that you keep acknowledging how you are feeling and do this regularly. We know that things might continue to feel overwhelming or scary. It's good for you to talk about this where possible – know that you can say 'I feel anxious about...' whenever you need to, and as regularly as you need to.

Exams being cancelled – older pupils, you may be feeling a range of emotions and have concerns and questions about your exams being cancelled. You may feel unsure about what this means for you and your future and you may feel worried or disappointed that all your hard work is not being recognised. The Prime Minister has said that all children and young people will get the qualification they have worked towards. The Government and Department for Education are working on a plan to get things right for you.

Here are some tips to help you feel more relaxed from www.youngminds.org.uk:



- **Talk to someone about how you're feeling.** Whilst it is normal to feel worried, if you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's a friend, a family member, a teacher or a helpline.
- **Arm yourself with the facts.** There is a lot of information about the virus out there and false reports can fuel anxiety. Stay on top of what's happening by using the [Government website](#): it is the most up-to-date and reliable source of information. The [NHS common questions](#) about the virus can also be useful if you are worried about symptoms or family members. You might see stories or posts on social media that make you feel anxious. It can be very hard to know whether or not social media posts are true, so try not to rely on updates from there.
- **Don't overexpose yourself to the news.** Staying informed can make you feel in control but the constant news reports could also become overwhelming. Try to get your information from reputable websites (like those we've mentioned above). If you do want to read or watch the news, try to limit the amount of time you spend and stick to regular intervals in the day. If you are finding it hard not to think about the news, try to plan some activities that you enjoy which will take your mind of things, whether that's going for a walk, chatting to a friend, watching a film or reading a book.
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- **Take a break from social media** if you feel like the updates are getting too much. Remember you are in control of what you see on your feed, take breaks when you do feel like things are getting too much or mute and unfollow accounts that make you feel more worried. For more advice and tips on looking after your mental health on social media, check out the #OwnYourFeed campaign.
- **Please keep talking to adults that you trust for more information.**

How can I deal with self-isolation?

If you're not well, or have been in contact with people who are not well, you may be asked to 'self-isolate'. Self-isolation means staying away from other people to prevent the potential spread of illness. If you find you have been advised to self-isolate, the government have guidelines on their website on how to do this.

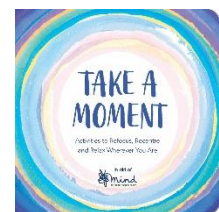


Wherever you might be when you self-isolate, think about who you can keep in contact with and how you can use apps, social media, phone calls, video calls, text messages, writing letters and drawing pictures. It's important that you talk to people you trust during this time and continue to stay connected. They might be in the same situation and can help you with things you are going through. Remember, it's important to stay safe online – if you ever feel worried, upset or scared about something that happens online, report this to an adult.

Relaxing

Like at any other time, it's important that you are not only looking after your physical health, but your mental health too. Think about some activities that can help when you are feeling overwhelmed, like breathing techniques, writing down how you feel, playing music or talking to a friend. Often things that distract you will help ease feelings of anxiety. Try to avoid turning to stimulants like cigarettes or alcohol which can leave you feeling worse.

It is important to have time to relax. Everyone does this in different ways. Some people like listening to music, some like reading and others like exercise. Here are some ideas below for how you, your family and friends might practise staying relaxed:



- Apps
<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>
- Mindfulness colouring
www.diaryofajournalplanner.com/free-mindfulness-colouring-sheets/
- Mindfulness games cards
<http://www.unm.edu/~unmvclib/gamification/cards/mindfulgamescards.pdf>

Further support

You might want to talk to someone outside the family. Below is a list of online or telephone services for you to talk to someone.

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Childline

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours)
- [Chat 1-2-1 with a counsellor online](#)

The Mix

- Information, support and listening for people under 25.
- Phone 0808 808 4994 (24 hours)

Samaritans

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- jo@samaritans.org
- Phone 116 123 (24 hours)

