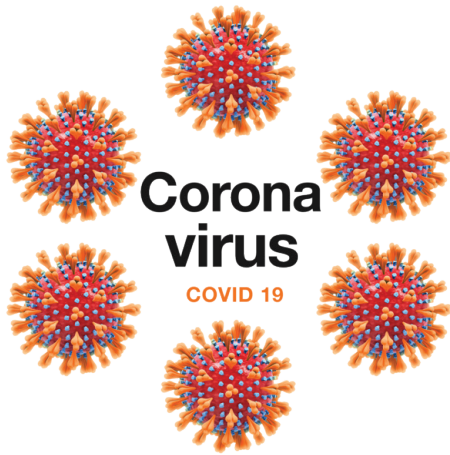


Are you worried about coronavirus?



You may have heard of **Coronavirus**.

It is also called **COVID-19**.



It is making some people very sick.



Doctors and scientists are working out what to do.

We all want to make sure more people don't get sick.

Are you worried about coronavirus?



We are doing everything the doctors say, to keep you safe.

We can all do our bit by washing our hands and staying home if we feel sick.



Some people feel scared or worried about Coronavirus.



It is **ok** to feel worried.

We are there if you want to talk.

But we don't want you to worry too much.

Are you worried about coronavirus?



Why not:

1. Turn off the news.

Try listening to your favourite music, dancing, doing some crafts or watching a funny movie.



2. Ask questions.

Your support worker, employment coach, family or carers are happy to help you understand.



3. Talk to family or a friend.

Your friends, family and support worker care. They are happy to help and listen to how you feel.

Are you worried about coronavirus?



4. Get lots of sleep and eat healthy food.

We all need sleep and good food to keep us strong.



5. Exercise.

Going for a walk or doing your normal exercise will make you feel good!



6. Skip caffeine, Coke and coffee.

If you are worried, caffeine (from Coke and coffee) can make your heart beat too fast.

That doesn't feel good! So try to avoid Coke and Coffee.

Are you worried about coronavirus?



Also, remember to:

- Cough or sneeze into your elbow.
- Wash your hands often with soap and water.
- Don't touch your eyes, nose or mouth unless you have washed your hands.
- Stay away from people who are sick.
- Stay home if you are sick, unless the doctor says you are ok.



Are you worried about coronavirus?



Please talk to someone at Endeavour Foundation if you want more information.



If you do not feel well, please call the **free hotline 1800 983 006** at any time of day or night and a nurse can answer your questions.