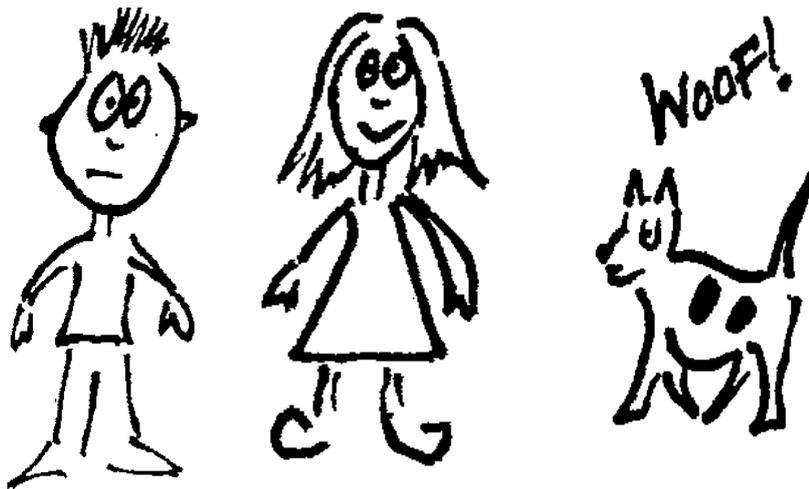
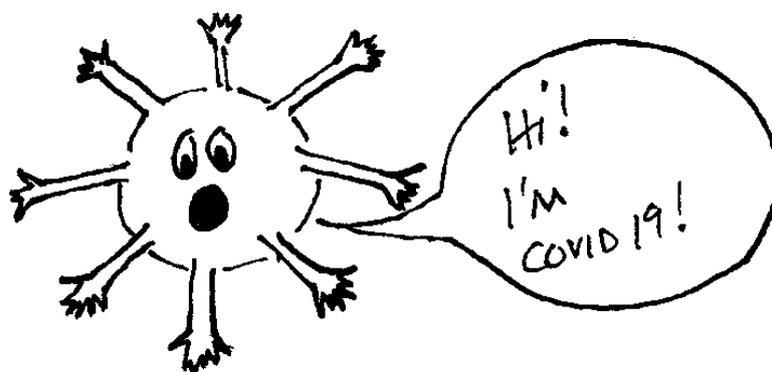


**This is a story for young people in Durham about a new type of bug called Coronavirus and how it is affecting the things that young people are able to do and the people that they can spend time with**

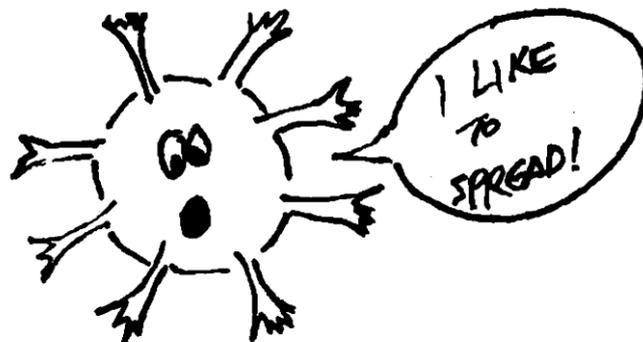
This is a story about Jack and Jane. Jack and Jane are brother and sister and they aren't able to live with their mam and dad right now so they live with some foster carers called Val and Dave and their dog Spot. Jack loves being out with his mates, playing football in the park, and playing FIFA on his X Box. Jane likes to stay over at her best friend Laura's house, go shopping for clothes and read her books.



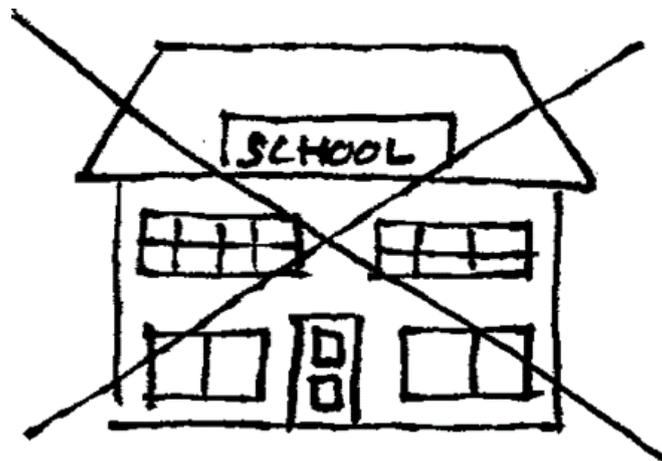
Over the past few weeks Jack and Jane have been hearing Val, Dave and other adults talk a lot about something called Coronavirus. They have also seen it called Covid 19 on the telly, or C19. These are all the same thing. Coronavirus is a type of bug that can make people cough lots and give them a temperature so that they feel really hot. Most people who get Coronavirus don't feel too bad and they get well again quickly after some rest. However some people who catch Coronavirus can find it hard to breathe properly so they need to go to their doctor or to the hospital to help them to get better.



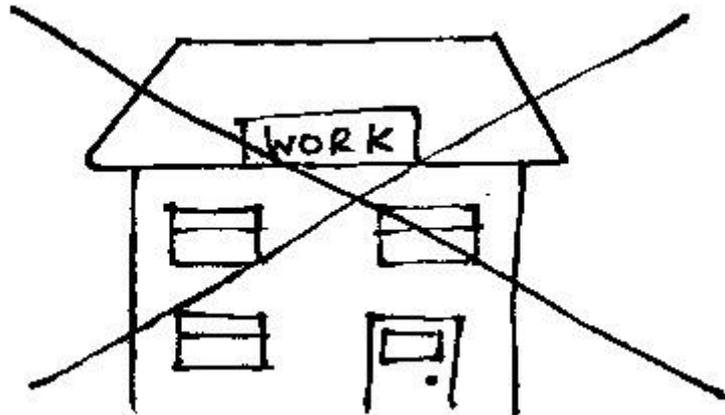
The thing about Coronavirus is, it *really* likes to travel between people. Coronavirus is clever as it can travel quickly without people even noticing and this means that it is spreading fast. If Coronavirus keeps spreading like this then it will be hard for the doctors and nurses to look after everyone who gets sick so we need to stop it spreading around.



To stop Coronavirus travelling so quickly, the people in charge of our country, like the Prime Minister, have said that we need to stay away from too many people, so they are making lots of changes to try to keep everyone safe and stop Coronavirus from spreading. This is why schools in Durham and all over the country are closed. Although Jack and Jane are being looked after at home by Val and Dave, some other young people still go to school to be looked after by their teachers because their parents or other people who look after them are doing important jobs, like caring for older people or making sure that there is food when people go shopping.



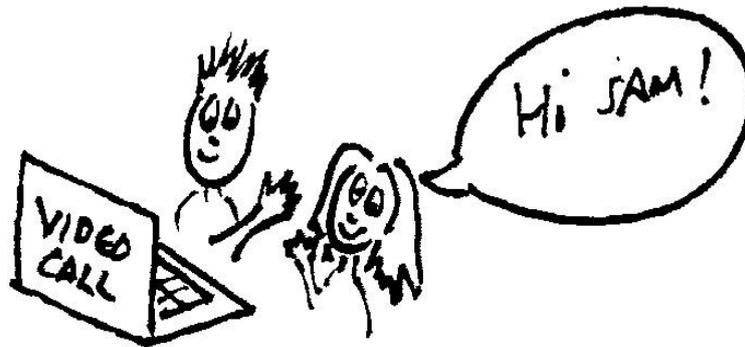
There are lots of things that everyone can do to help stop Coronavirus from spreading from person to person. Washing your hands with soap and water really helps. If we spend less time around lots of other people then this is a good way to stop the virus from spreading. This means that as well as schools being closed, lots of parents and carers are being told that they need to stay off work and big events like football matches and the Olympic Games have been cancelled. It's still okay to go for walks and be out in the fresh air but we should try to only spend time with the people that we live with.



All these changes mean that life is very different for Jack and Jane right now. They aren't able to do lots of the things that they really love, like playing football matches or going out shopping with friends. The hardest thing for Jack and Jane, like lots of other young people who are living away from their parents, is that they aren't able to see their mam and dad like they used to. This is because the Coronavirus could spread if they still had visits with each other. Like other young people, some of the places where Jack and Jane had visits with their mam and dad have closed now too.



To make sure that the virus doesn't spread Jack and Jane's social worker Sam can't visit them right now either, so they have been keeping in touch over the phone and the social worker has used Skype to talk to Jack, Jane, Val and Dave. Jack and Jane know that they can phone their social worker if they need to talk to her. Some social workers might need to stay off work too if they catch Coronavirus or if they have been around other people who have the virus. If this happens then someone else will keep in touch and where possible this will be someone that you already know.



Because Jack and Jane can't visit their mam and dad they are going to phone them and have video chats with them instead. We know that not all young people who live away from their parents are able to do this. This situation is new for everybody: mams, dads, young people, foster carers and social workers, so everyone is trying to think of helpful ways to stay in touch when families can't visit each other. Social Workers will listen to any ideas that you have about keeping in touch and try to make this happen.

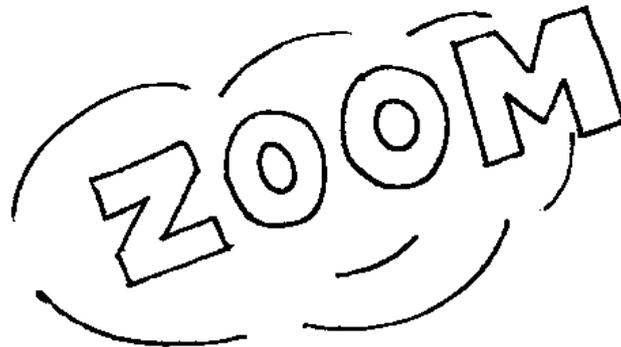


Jack and Jane's mam and dad hope that if we all try hard to stop the Coronavirus from spreading around then we'll all be able to get back to having visits with each other, all young people will be back in school for their lessons and we'll be able to get out more with our friends. We know that once the Coronavirus is gone, life can get back to normal, but we aren't sure how long this will take.

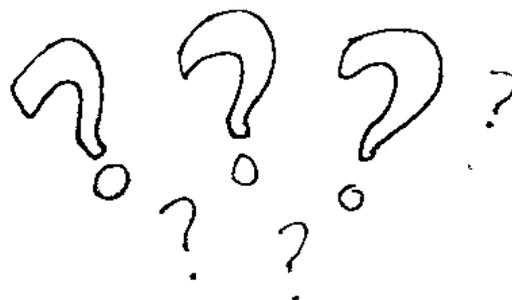
Right now Doctors and scientists are working really hard to learn more about this new virus and how to make it go away.



Jack and Jane have lots of time at home at the moment so they are trying to think of ways to have some fun. Jack has been teaching Jane how to play FIFA on his X Box and Jane likes that she has beaten him already! Jack and Jane have been using Zoom to keep in touch with their friends even though they can't see each other right now.



Although we don't know how long these changes will last, they won't go on forever. Jack and Jane are a bit confused about everything that is happening at the moment. They have lots of questions about the changes so they ask their foster carers about this. Jack and Jane have seen and heard lots about Coronavirus on the TV and radio and some of this has worried them. Jack and Jane know that it's important to talk to their foster carers about their worries, especially as not everything that they see and hear about Coronavirus is true.



The good news is that things will get back to normal, even though we don't know when this will be. In other countries where people have stopped spending time with lots of other people, the virus has stopped spreading so much. Until things are back to normal, Jack and Jane are going to keep washing their hands and think what they can do to have fun whilst they are off school. Once everyone does their bit, we can all get back to normal and be able to visit the people in our families that we don't live with.

