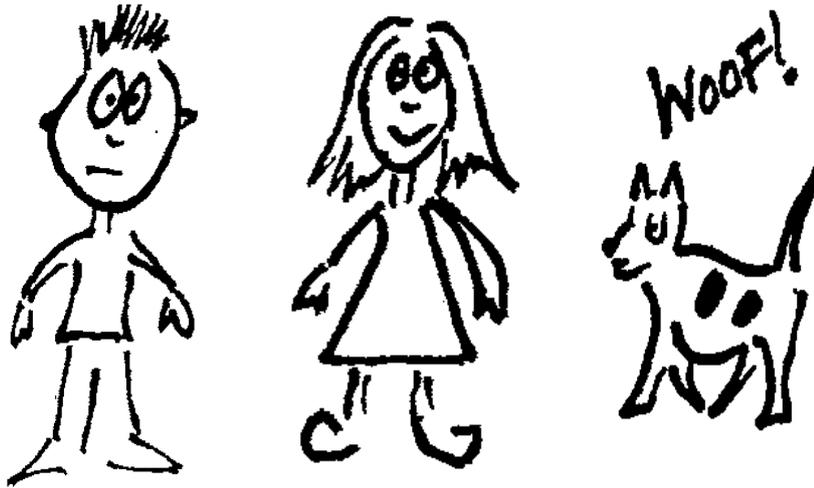
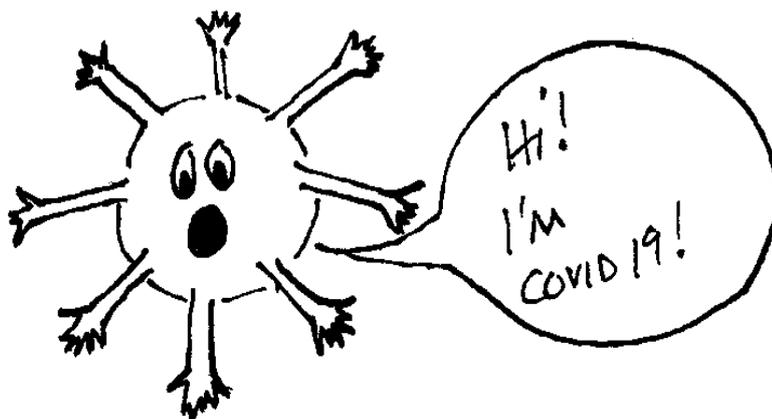


This is a story for young people in Durham about a new type of bug called Coronavirus and how it is affecting the things that young people are able to do and the people that they can spend time with

This is a story about Jack and Jane. Jack and Jane are brother and sister and they live with their mam, dad 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. Jack and Jane have a One Point worker called Sam who makes sure that everyone in the family is okay.



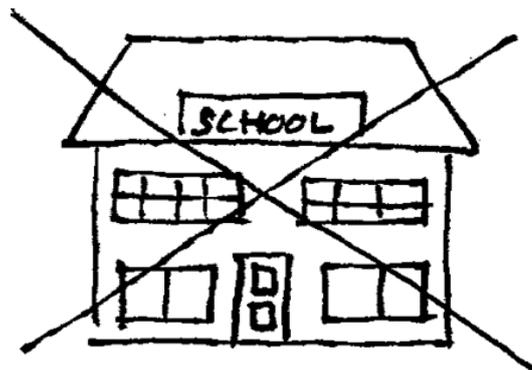
Over the past few weeks Jack and Jane have been hearing mam, dad and other adults talk a lot about something called Coronavirus. They have also seen it called Covid 19 on the telly, or C19. These are all the same thing. Coronavirus is a type of bug that can make people cough lots and give them a temperature so 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.

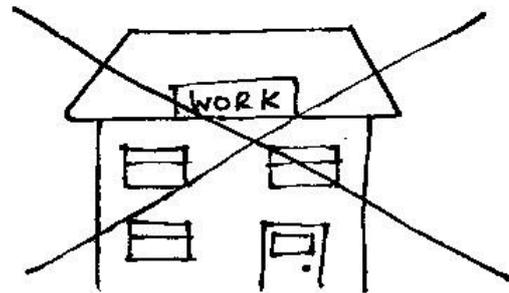


To stop Coronavirus travelling so quickly, the people in charge of our country, like the Prime Minister, have said that we need to stay away from too many people, so they are making lots of changes to try to keep everyone safe and stop Coronavirus from spreading. This is why schools in Durham and all over the country are closed. Jack and Jane stay at home with their mam and dad however some of their friends still go to school 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.

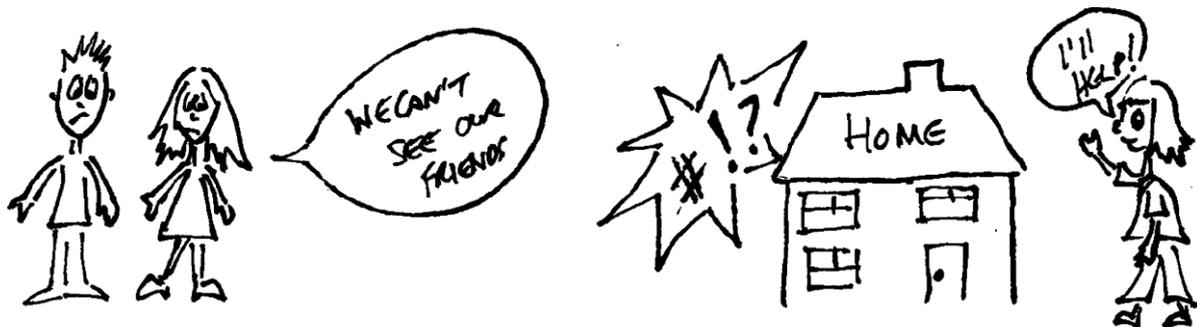


There are lots of things that everyone can do to help stop Coronavirus from spreading from person to person. Washing your hands with soap and water really helps. If we spend less time around lots of other people then this is a good way to stop the virus from spreading. This means that as well as schools being closed, lots of parents 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

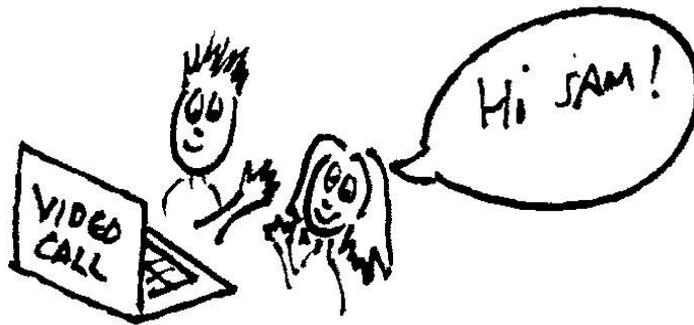
and be out in the fresh air but we should try to only spend time with the people that we live with.



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. It can be hard for Jack, Jane, mam and dad as everyone is spending more time together and arguing more. These arguments can sometimes worry Jack and Jane so they know that they can phone their One Point worker Sam or someone else in their family and ask for help if they need to.



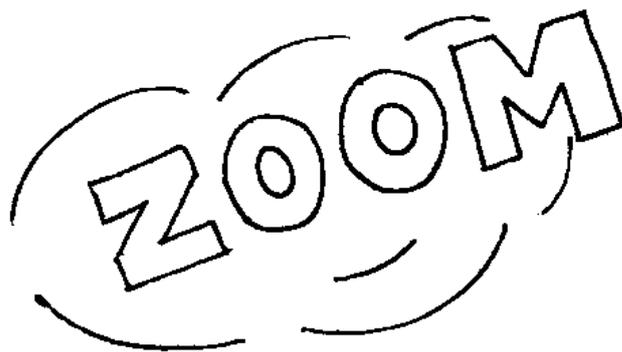
To make sure that the virus doesn't spread Jack and Jane's One Point worker Sam usually can't visit them at home, so they have been keeping in touch over the phone and the One Point worker has used Skype to talk to Jack, Jane, mam and dad. Some One Point workers might need to stay off work too if they catch Coronavirus or if they have been around other people who have the virus, or they might need to spend their time keeping in touch with other young people who have lots of really worrying things happening around them at home. If this happens then someone else will keep in touch with you and where possible this will be someone that you already know.



If we all try hard to stop the Coronavirus from spreading around then 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. Doctors and scientists are working really hard to learn more about this new virus and how to make it go away.

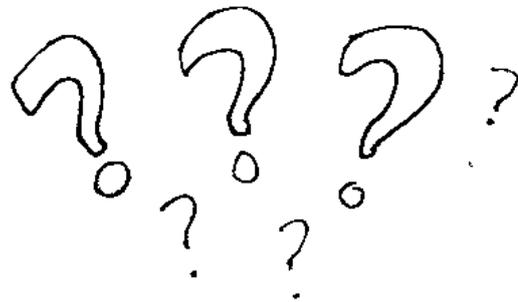


Jack and Jane have lots of time at home at the moment so they are trying to think of ways to have some fun. Jack has been teaching Jane how to play FIFA on his X Box and Jane likes that she has beat him already! Jack and Jane have been using Zoom to keep in touch with their friends even though they can't 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 mam, dad and One Point worker about these. 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 parents and their One Point worker 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 spend time with all the people that we care about.

