



Corona explained for children



The following recommendations are intended to serve as support and suggestions, which can always be individually adjusted and modified.

Viruses are little ill-makers who like to wander from person to person. They are really tiny so you can't recognise them with the naked eye.

Corona viruses are very new ill-makers and are passed from one person to another via tiny droplets when speaking, coughing and sneezing and maybe also via a detour, namely, objects. Meanwhile they have travelled all over the world and have **reached a great deal of people**. A person who contracts it might not feel anything because the little ill-makers can be inside the body without the person feeling ill. Others get a cough or fever and just a few get seriously ill.



For most of us the infection is not dangerous, above all not for healthy, young people. They have strong body police, who take on the ill-makers. (Every child has had a cold before and then realised how, together with time, rest and medicine, the body police made sure that it got well again.)

When a new ill-maker shows up, clever people, who know more about diseases than anyone else, come up with a plan. This plan explains what is important when handling the little ill-makers and everyone can help. This is how it goes:

If someone feels ill and a test recognises that this person has the Corona viruses in their body, it's important that this person infects as few people as possible while they are getting better. Therefore, many people who have become infected or had contact with ill-makers stay at home for 14 days.

But everyone else as well should have as little contact **as possible** with each other and always keep a distance to help make sure that the little ill-makers can't travel on. Above all there should be no contact with people who are old or ill or don't have strong body police because they find it much harder to deal with the infection and then it can get dangerous.

If the **"travel speed"** of the little ill-makers can be stopped then we won't have so many people ill at the same time. This is important so that everyone can cope better. It particularly helps those people who are looking after people who are ill, like doctors and nurses and also people who are currently working to find medicine to help the body police fight the new ill-makers.

Everyone, young and old, can help with this plan! What do we do? Read the pamphlet called "Hygiene explained for children".

Sources: AETAS Kinderstiftung (2020): Giving children guidance. AETAS Kinderstiftung. Munich. Available online at www.aetas-kinderstiftung.de, Version: 13/05/2020.

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