What to do if I feel scared or nervous about the Coronavirus?

Take deep breaths!

It's normal to be nervous about something that sounds scary, but don't worry, adults who love you and care for you, know what to do to keep you safe.

Ask questions!

Whenever you want to know something, ask adults like your caregiver, your teacher, school nurse or counselor.

Keep active!

Take a walk, play a game with your friends, sing a song, draw a pictu listen to music and dance!