

## Keyworkers and COVID -19

Recently, there has been a lot of news about COVID -19 (or coronavirus).

Most adult are asked to stay and work at home.

Key workers still have to go out to work. This is OK.

Key workers are helping to keep everyone safe and healthy.

When at work a Key worker will try to follow all the advice to keep themselves safe.

They will wash their hands regularly, use hand sanitisers when possible, and keep a safe distance from others.

My mum is a key worker and is helping to keep everyone safe.

Sometimes people feel scared that their parents are keyworkers. If I feel scared, I will try to tell an adult and try to remember that there are millions of healthy people everywhere that are staying safe.

I can help my Mum and other keyworkers by trying to remember to wash my hands regularly. If I am outside doing exercise, such as walking the dog, it is important to keep a safe distance from everyone.

My Mum and other keyworkers will be pleased with me for remembering to follow the advice to stay safe and healthy just like the millions of other people.

