

# COVID-19 Information for teenagers

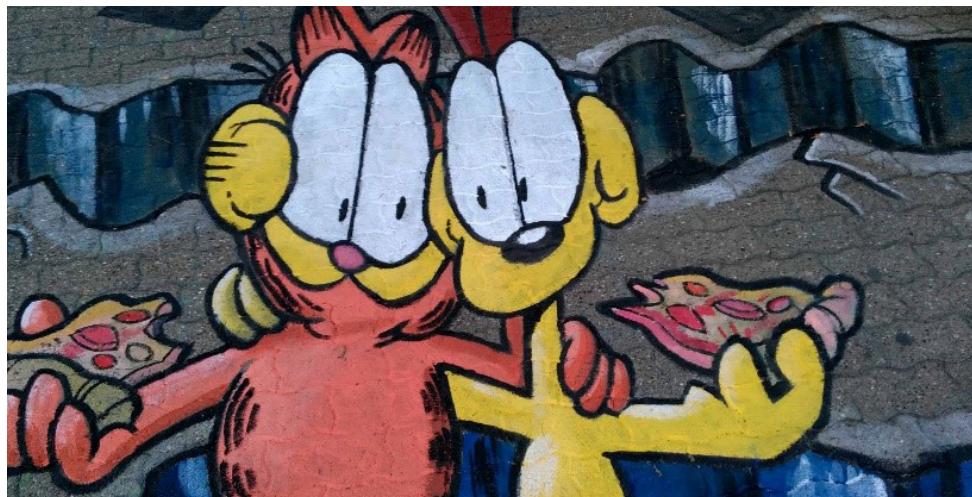


## Why do I have to stay at home?

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You will have heard a lot on the news and from school already about the Coronavirus - also known as Covid-19. But government rules and advice is changing every day so we want to be sure that you know the facts as they are at the moment.

Because you are a bit older, you are usually able to do more things on your own.



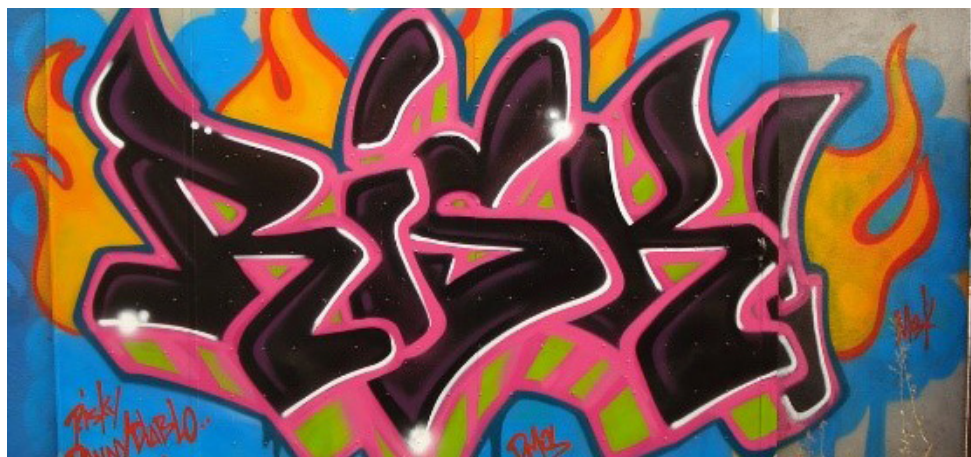
Your parents or carers might let you spend time with your friends in town or your local area, you could go to the park, and they might let you go shopping or to the cinema with a group of friends. At the moment, the Coronavirus means that no-one is allowed to do that. We have all been told to stay at home, and only go out for exercise once a day. We all have to exercise from our homes, and stay near our homes. For example, we cannot go in the car to the countryside for our exercise.

If you do go out to exercise, and it can only be with members of your family who live in your home. You must stay 2 metres apart from anyone else you see when out walking, running or cycling, so that the virus cannot spread.



If you go out for a run or a cycle ride, or take your dog for a walk, it is really important to make sure you stay safe. You should take care of yourself when you are out, without your parents or carers, just as you normally would. Make sure that adults know where you are going and for how long.

However, you also need to be aware that lots of people are going to be ill with the new virus, and that means hospitals will be really busy. The NHS is under a lot of pressure, so you need to avoid doing anything where you might have an accident or hurt yourself. This means that doctors and nurses can concentrate on helping people with the virus, instead of mending a broken leg or arm.





Before the spread of the virus, you were trusted to go out because you were older. Now, the rules have changed for everyone, even adults.

We all have to behave responsibly to protect and look after all members of our community. This means staying home and staying safe.

You need to avoid other people and go out as little as possible, even for essential things like food shopping.

When you return home, remember to wash your hands thoroughly.

**We all need to do our part at this difficult time**

