

# I Miss My Friends and Family

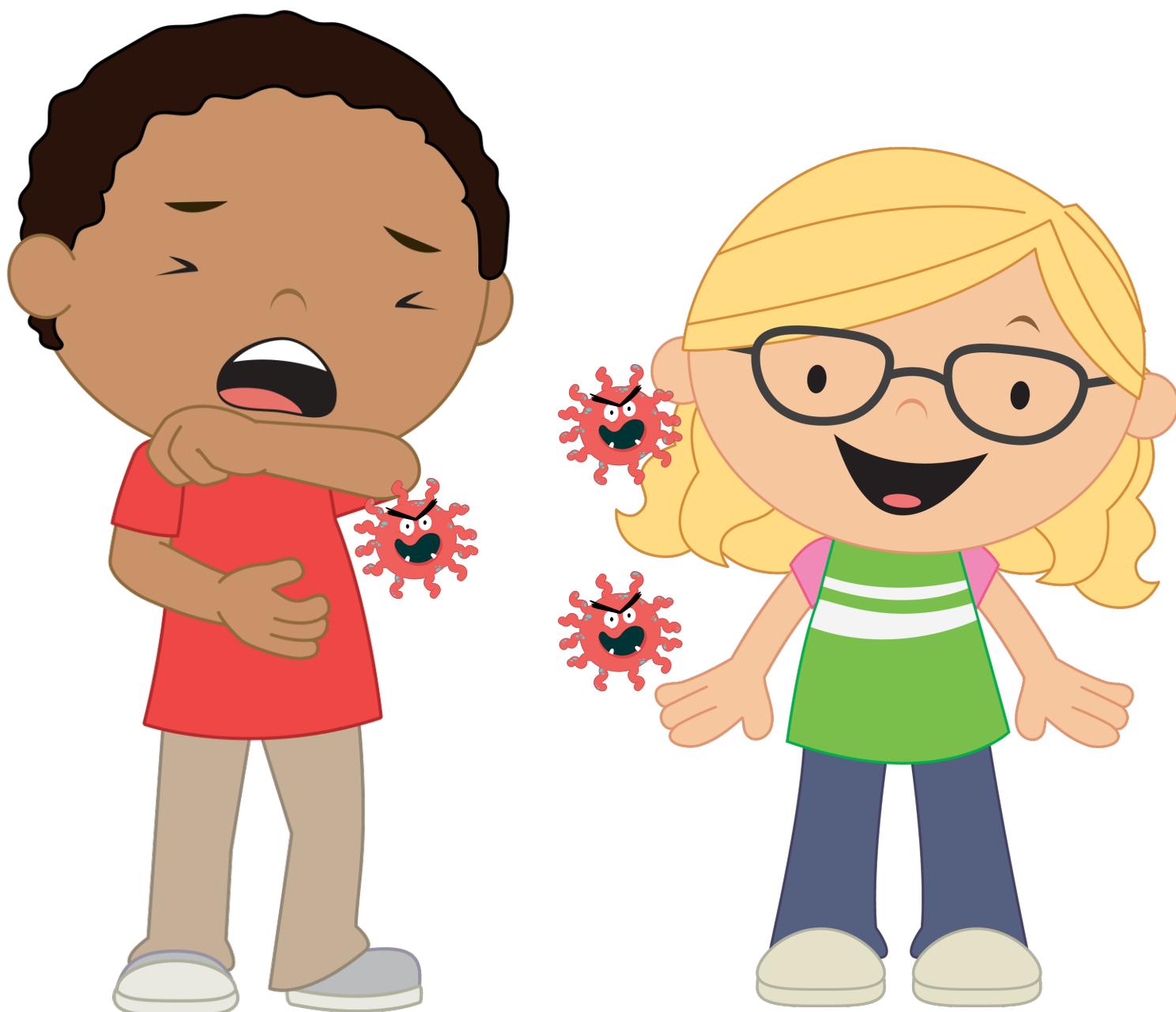


The coronavirus is a virus that is making people feel very poorly.



The coronavirus is also called Covid-19.

The coronavirus is very contagious. This means that it spreads from one person to another.



To stop the coronavirus spreading from person to person we all have to stay in our houses as much as we can.



If we do go out to buy food or to get some fresh air, then we have to stay away from other people so that the coronavirus germs do not spread.



This means that we will only be able to see the people that live in our house.



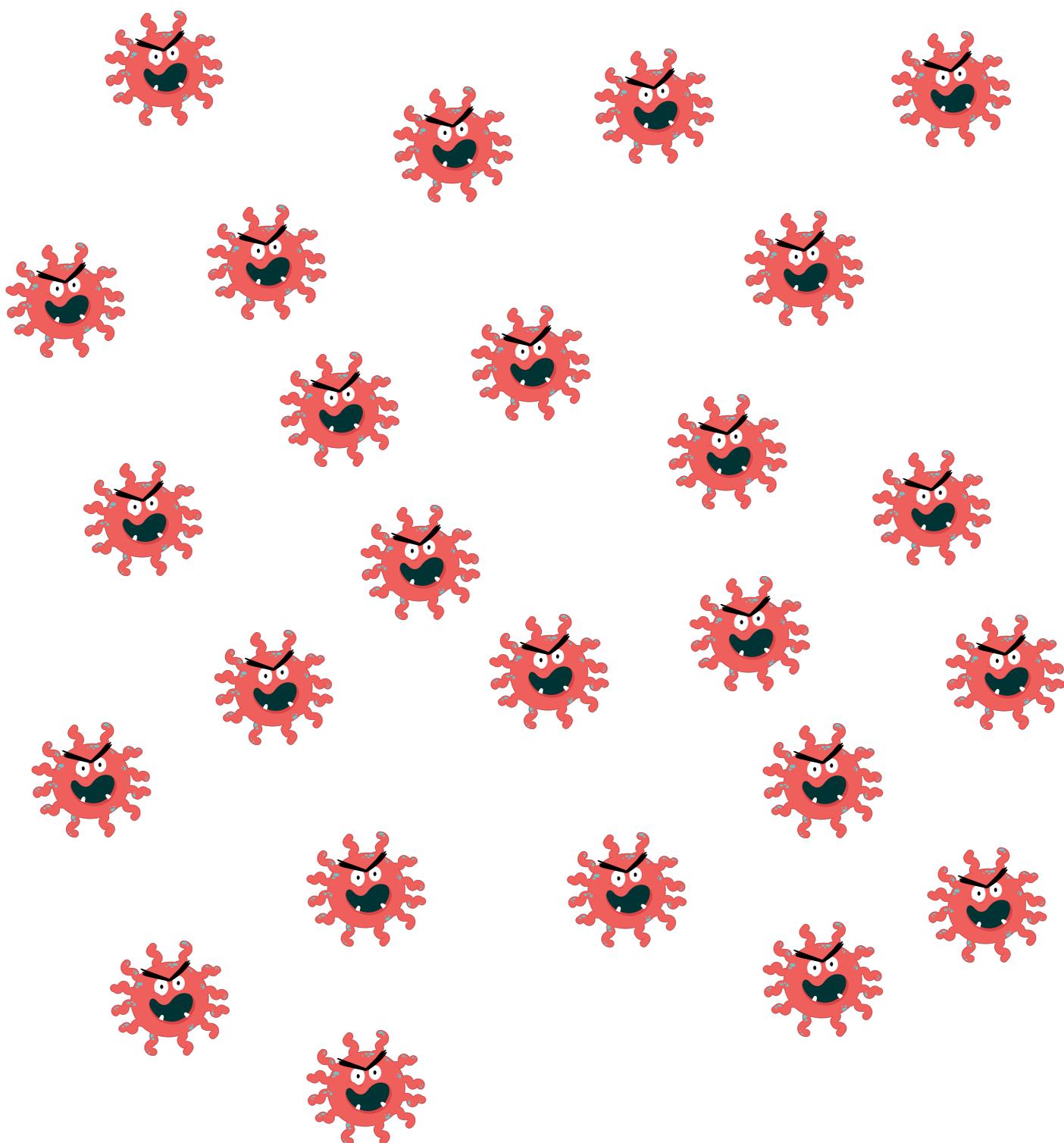
I will not be able to go and see  
my friends.



I will not be able to go and see  
my grandparents.



If people keep seeing each other and playing together then the coronavirus germs will keep on spreading.



If the germs keep spreading,  
then more and more people  
would get poorly.



I do not want lots of people to  
get poorly.



So I know that it is best not to see other people at the moment.



It makes me feel really sad that  
I cannot see my friends and  
some of my family.



This is OK.

It makes me feel really scared  
that I cannot see my friends and  
some of my family.



This is OK.

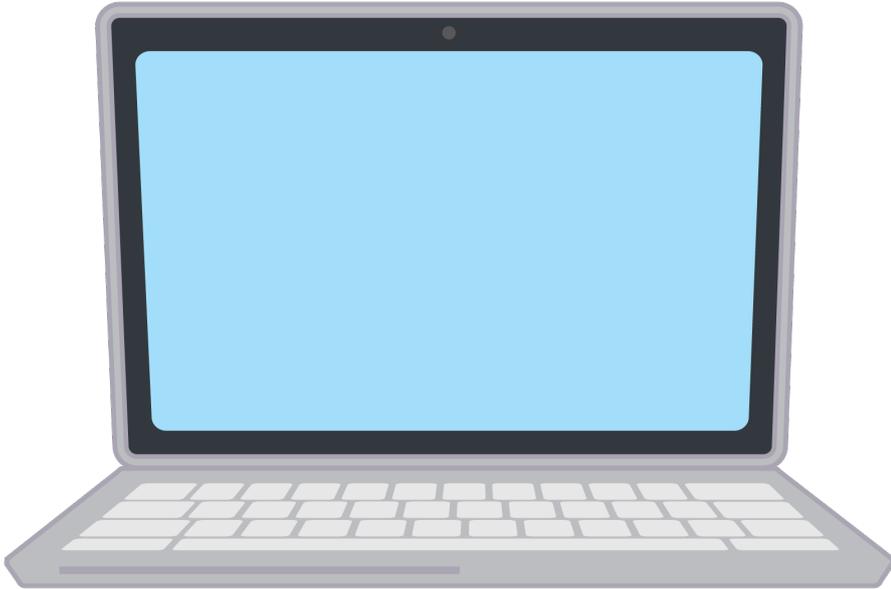
If I feel sad or scared, then I can talk about it with my family who will be there to look after me.



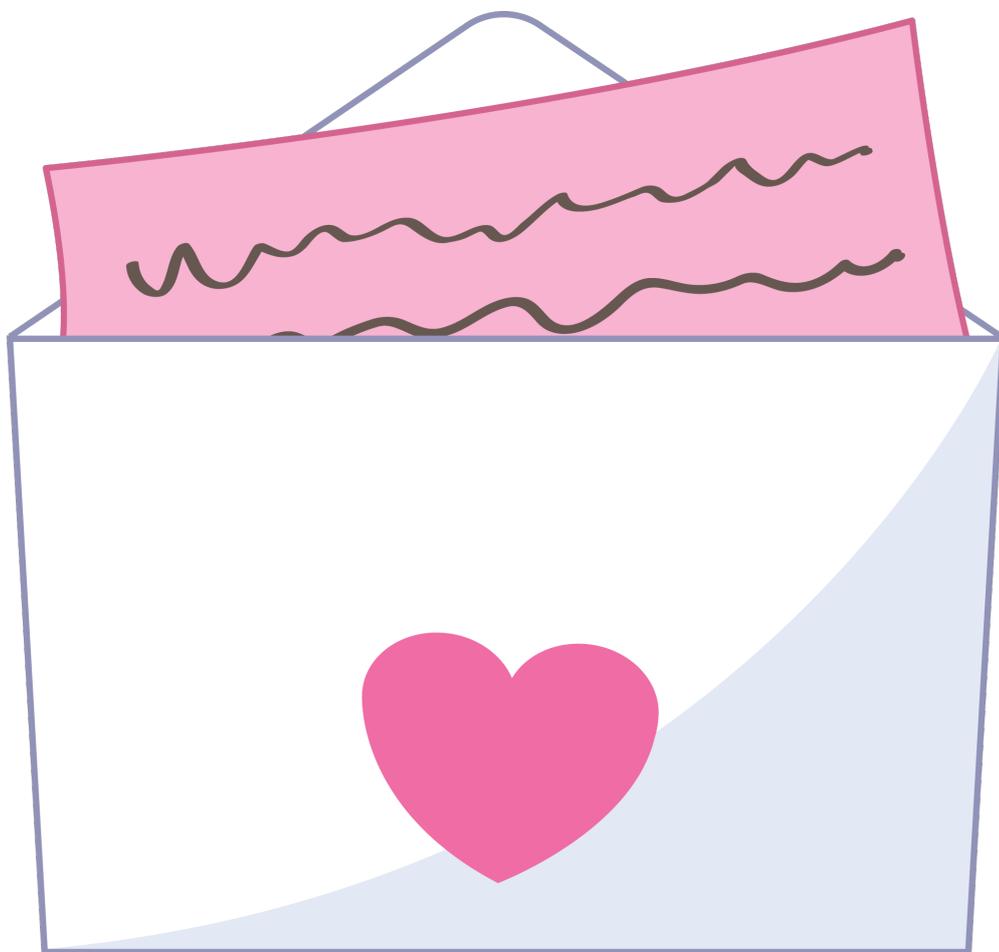
When I really miss my friends  
and family there are some other  
ways that I can still see them or  
say hello.



I can use video chat on a phone,  
tablet or computer.



I can write emails or letters to the people I miss and they can write them back to me.



I can talk to them on the phone.



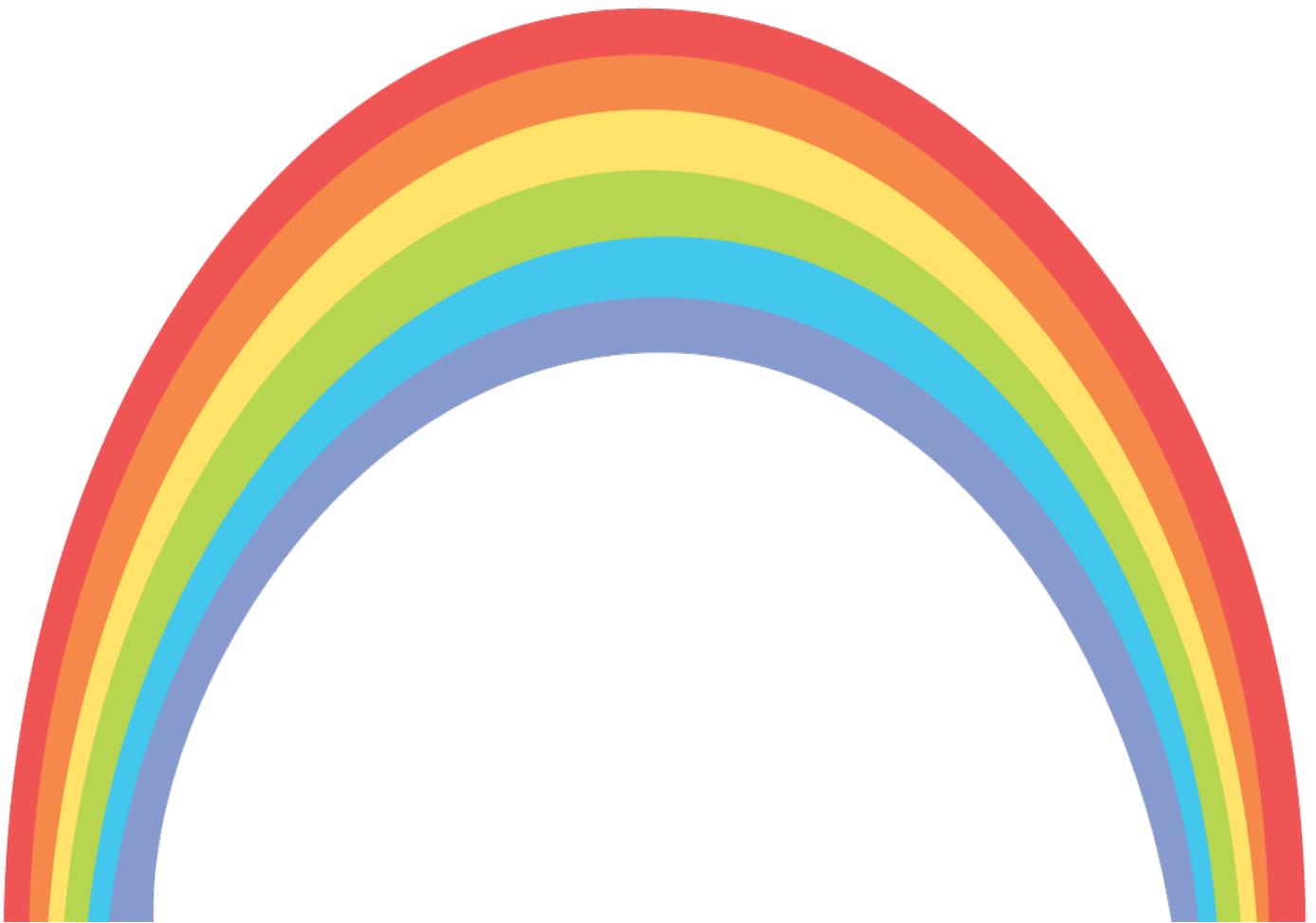
Sometimes I can go out for walks with people who live with me in my house.



We might be able to walk past the houses of my friends and family so that I can wave at them through the window.



Lots of windows have got rainbows in them. This is to cheer people up who are feeling sad.



I can look for rainbows and even put one up in my window.

When everywhere is safe and there are no more coronavirus germs then things will start to go back to normal.



When everywhere is safe and there are no more coronavirus germs I will be able to see my friends and family again.



I am looking forward to this!