

Coronavirus, COVID-19... What is it all about?

Welcome to OpenUpScience, the weekly magazine from Cambridge Science Centre. In this special issue, we'll answer some of the questions you have about the Coronavirus that everyone is talking about.

You've probably noticed that everything is not quite "normal" at the moment – your school might be closed, you're not allowed to go out and play with your friends, you keep being told to wash your hands while singing a song. You've probably been told it's so that you don't spread the virus, don't catch the virus, or maybe to stay safe. You might have seen people looking a bit scary - wearing masks and gloves.



So, what's going on?

Let's find out more and make sense of it all inside!

Spark, Ignite, Fuel, Illuminate

What is Coronavirus?

Viruses are tiny; you need a very special bit of equipment – an electron microscope – to see one. They're too small to see with an ordinary microscope! Let's find out more:

The thing everyone's talking about at the moment, the thing that has closed the schools and is stopping us seeing our friends, is a virus. It's a type virus called a coronavirus, and it looks like this:



The name corona comes from all those spiky bits that look a bit like crowns – corona means crown. It can make people poorly – the disease caused by the virus is called COVID-19.

Most people that get COVID-19 get a cough and a fever, and most people will get better. Some will have the disease but not have the cough or fever. But, some people will get very unwell if they get the disease, it can be very dangerous. So, we all need to help and make sure the virus doesn't get into everyone. This is why we're all staying at home.

There are other things we can do, too, like washing our hands really well and often.

Stop the spread

Washing our hands really well, with warm water and soap, will make sure we don't spread the virus when we touch things. Sing a song to make sure you wash for long enough (20 seconds) – the ABC song is a good one!

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WASH YOUR HANDS



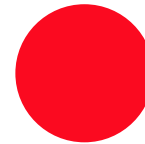
Keeping busy

While you're at home it's a good idea to keep busy. Why not try a treasure hunt around your home and garden (if you have one)?

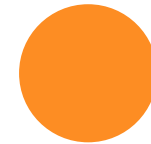
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Can you find...

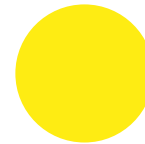
Something red?



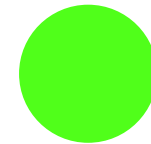
Something orange?



Something yellow?



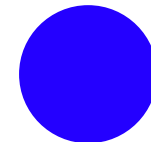
Something green?



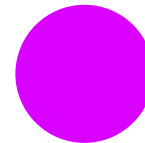
Something blue?



Something indigo?



Something violet?



What do these colours remind you of...?



How do you feel?

You might be feeling a lot at the moment, it might be a bit overwhelming (too much) for you. This is OK, but it's important to tell an adult how you feel, especially if you're feeling sad or worried, so that they can try to help you.

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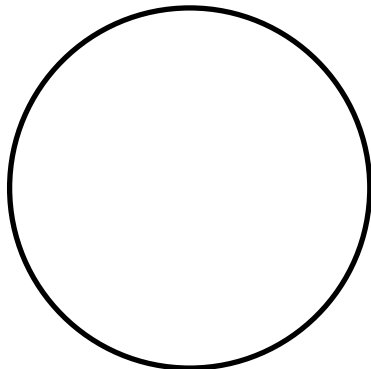
Are you feeling...



Or is there another word to describe how you're feeling?

Draw it here and then talk about it with an adult.

There's no right or wrong way to feel right now!

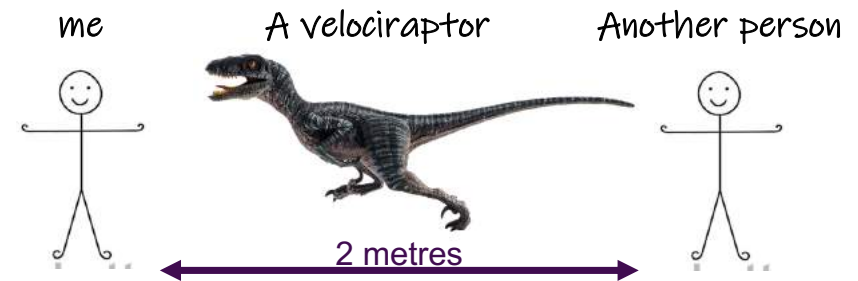


What is social distancing?

You might have heard of this and not really know what it means. Well, because the coronavirus likes to jump from person to person when they touch, cough or sneeze, it's a good idea not to get too close to people you don't live with – this is called social distancing.

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The idea is to stay 2 metres (200cm) away from other people – how far is that? Well, let's have some fun with this – find a tape measure and see what you can find around your home that measures 2 metres, or look up some things that are 2m long. then draw a picture! Here's our idea to start you off!



My social distancing picture:

Quiz

(Answers on back page)

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1. Corona means:
A. Crowd
B. Crown
C. Disease
D. Crow
2. How long should we wash our hands for?
A. 10 seconds
B. 20 seconds
C. 10 minutes
D. 5 minutes
3. How far should apart should we be for social distancing?
A. A velociraptor
B. A sofa
C. 2 metres
D. Any of these!
4. What do we need to see a virus?
A. Sunglasses
B. Glasses
C. Satellite
D. Electron microscope

A cough can spread droplets up to six metres. Help prevent the spread of the virus by coughing into your elbow.



What's your favourite song to sing while you're washing your hands?
Let us know, and we'll see which is the most popular!

Hey!

We'd love to see your social distancing pictures and find out your favourite hand-washing song. If you can, send us a picture, video, drawing, or written description.

Send us things!

OpenUpScience@cambridgesciencecentre.org

Something for your parents/guardians:

For the most up to date information on the coronavirus and COVID-19 please check the Government website: gov.uk/coronavirus

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We are kindly supported by our Executive Council:



Quiz Answers: Q1 – B, Q2 – B, Q3 - D, Q4 - D