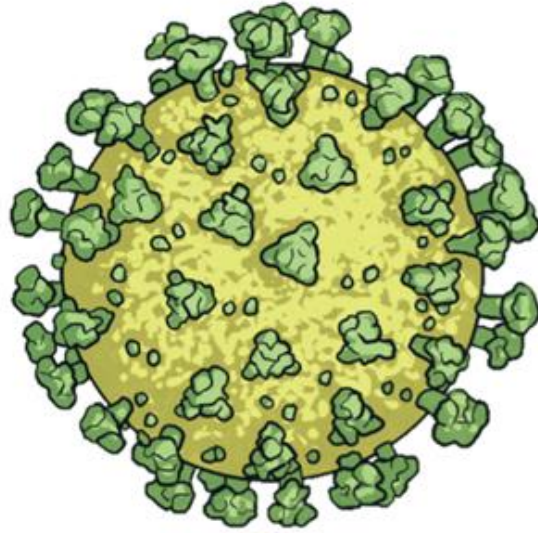


# Feeling Unwell because of Coronavirus- A Social Story



Coronavirus is an illness.



Some people don't feel unwell when they have coronavirus, but others do.



If I feel unwell because of coronavirus, there are some things I can do to feel better.



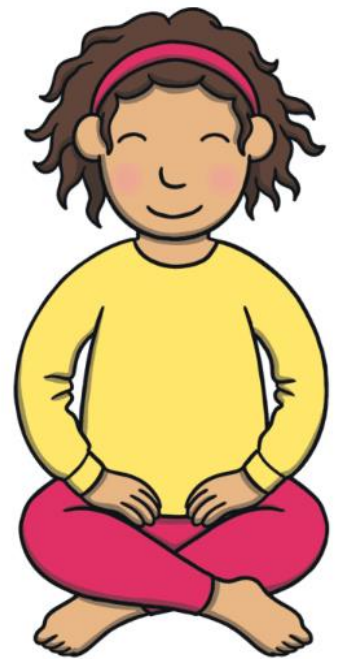
If I have a high temperature  
I can get lots of rest and  
drink lots of water.



If I have a cough, I can lie on  
my side in bed, or propped  
up with pillows.



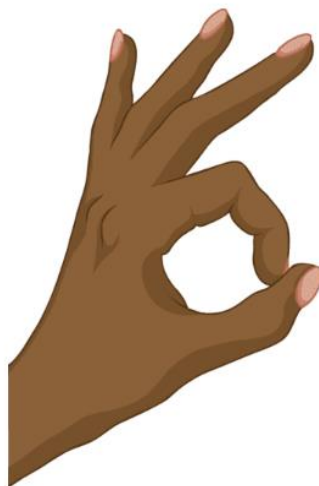
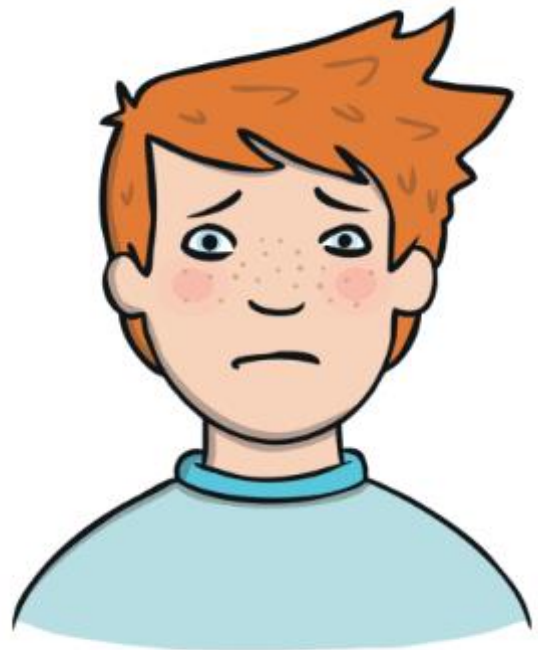
If I feel breathless, I can try sitting up straight, and breathing in slowly through my nose and out through my mouth, as if I'm blowing out a candle.



My adults might also be able to give me medicine to help me feel better.



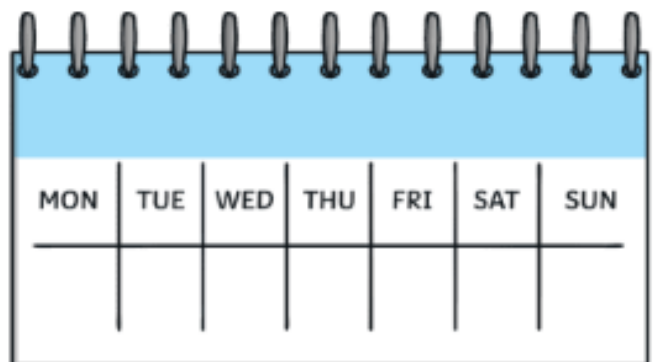
Feeling unwell is unpleasant, and it's OK to feel fed up and sad about being unwell.



It can be scary to feel unwell, and I might worry about what will happen.



It's OK to feel that way, but I should also remember that I shouldn't feel too bad, and that I should be better in a few weeks.





I can use these ideas to help me feel better, and I know that I won't always be unwell.

