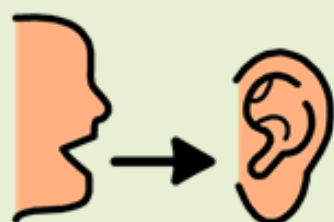


What should do if I get Covid?



Stay at home



Listen to your caring adults.



Don't panic.



If you feel unwell with a temperature.



Get lots of rest.



Drink water.



Take medicine if your caring adult gives you some.



If you feel unwell with a cough.



Lie on your side



Sit upright.



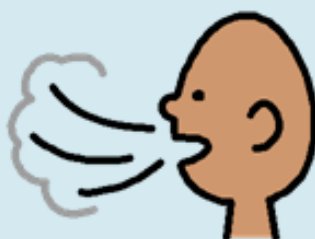
Do not lie on your back.



Have a teaspoon of honey.



If you feel breathless.



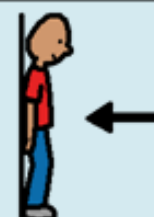
Breathe slowly.



Sit upright.



Relax your shoulders.



Lean forward slightly.



What if I feel worse?



Don't panic.



Your caring adult will know what to do.

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