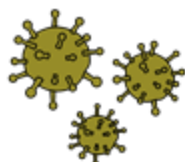# Feeling Unwell Story

Some people around the world are feeling ill just now.

They are feeling unwell because they have caught a bug from someone else who is feeling unwell.

It is easy to catch the bug because you can't see it.

One thing I can do to help stop the bug spreading is to wash my hands with soap and water.

If I do start to feel unwell and have a sore throat, I should tell my Mum or Dad straight away.

I might feel a bit hot and have a cough.

My Mum or Dad will need to give me some medicine to stop me feeling hot but I will be OK soon.

While I am not feeling very well I should stay at home.

By staying at home I will help to stop the bug spreading to other people.