



Early Years Care

# YOU CAN'T SEE CORONAVIRUS



A story for children about COVID-19

Written by Marie Armstrong



Endorsed by

**Gladys Berejiklian MP**  
Premier of New South Wales





Hi boys and girls,

You have probably heard your parents and teachers talking about the Coronavirus.

Your teachers have written this fantastic book about all the things we can do to make the coronavirus go away.

As the Premier of NSW, I have had to make some rules to keep everybody safe. Sometimes that means you can't see your friends or do the things you want to do.

I know this is hard and I really want to thank you for all your help. Your teachers tell me you have been absolute super heroes!

Please keep up the good work. With your help, we can say goodbye to the coronavirus and go back to all our fun activities.

Yours faithfully,

**Gladys Berejiklian MP**  
Premier



*“Coronavirus is a really bad thing. Grown-ups need a vaccine to not get sick”*  
**Dean, 6**

*“Coronavirus can make you very sick. You can even die.”*  
**Aurora**

*“You can't see coronavirus. It makes you sick. If you have it you should wear a mask and stay home.”*  
**Koa, 8**

**Educator –  
Sabrina Kelly**



Lockdown isn't easy. So today we chatted about what lockdown is...

*Annabelle: “You have to put a mask on at the shops.”*

*Avah: “My mum and dad wear a mask.”*

I asked why do we wear masks?

*Annabelle: “To stop the sickness.”*

The children then drew what they see and used watercolours and gel crayons.

**Educator – Ashley Taylor Mor**

Every day we hear a word.  
The word is coronavirus and it's a new word.  
Everyone is talking about coronavirus.  
It can be confusing and a little bit scary.



Sometimes adults won't let us do the things we used to do.  
It's because of coronavirus.  
Sometimes I can't see my friends or go to school.

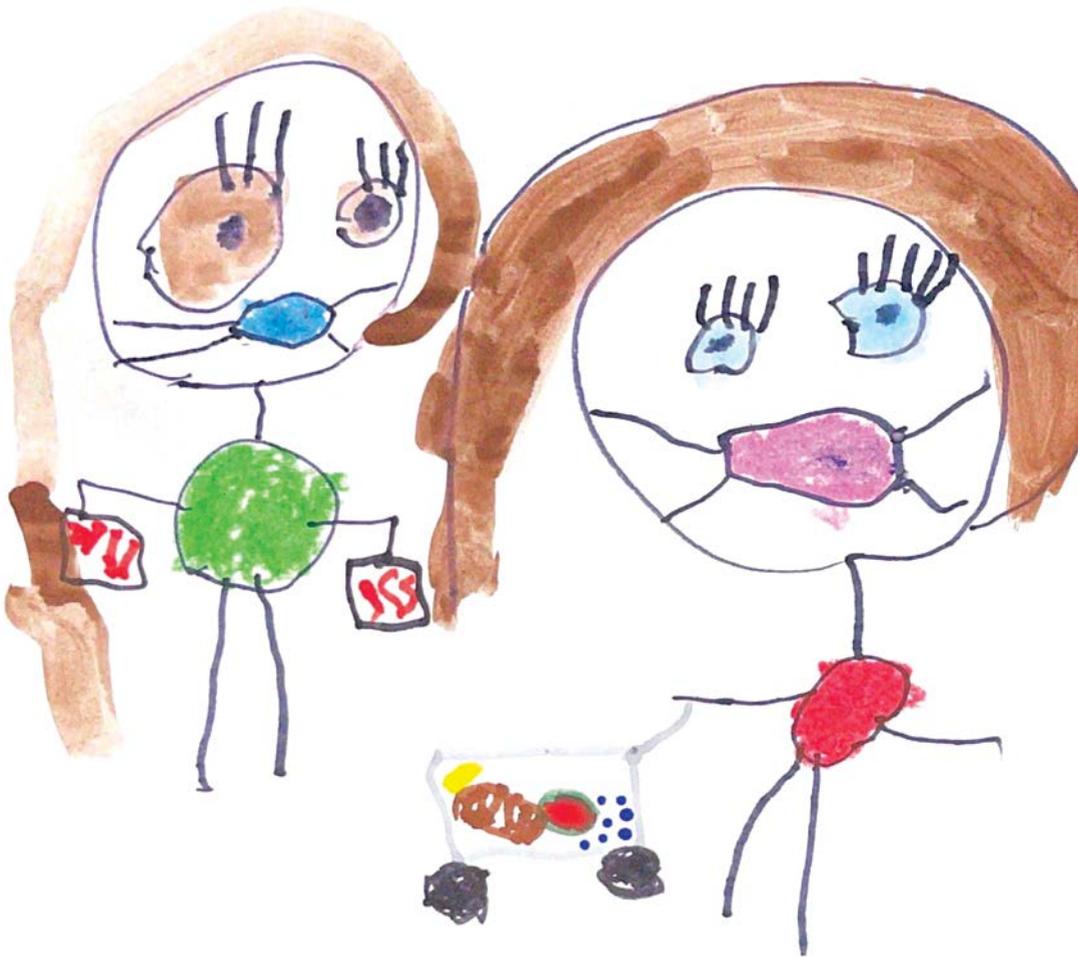
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# COVID-19



Everyone on the television  
is talking about coronavirus.  
Our teachers talk about coronavirus.  
There are posters and pictures  
everywhere about coronavirus.  
Sometimes it's called COVID-19.

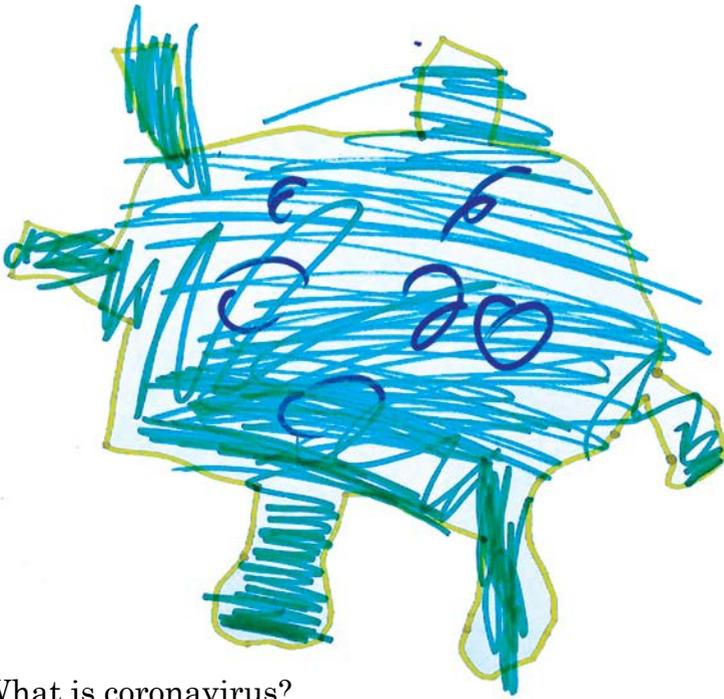


Adults have to wear a mask when they go out. We all wash our hands A LOT. It's because of coronavirus. Adults can get a needle called a vaccination. This can help to protect them from coronavirus.



But I don't know what coronavirus is...  
I can't see it.  
I can't hear it.  
I can't feel it.  
Unless I get sick.



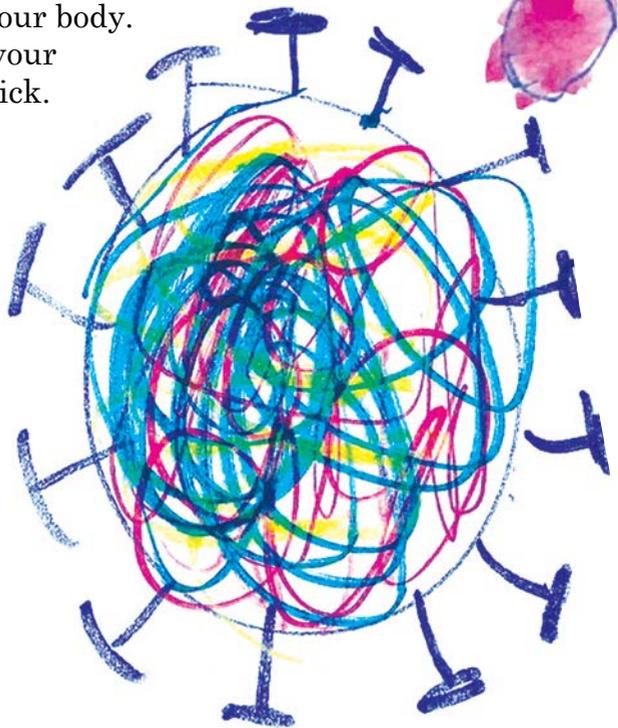


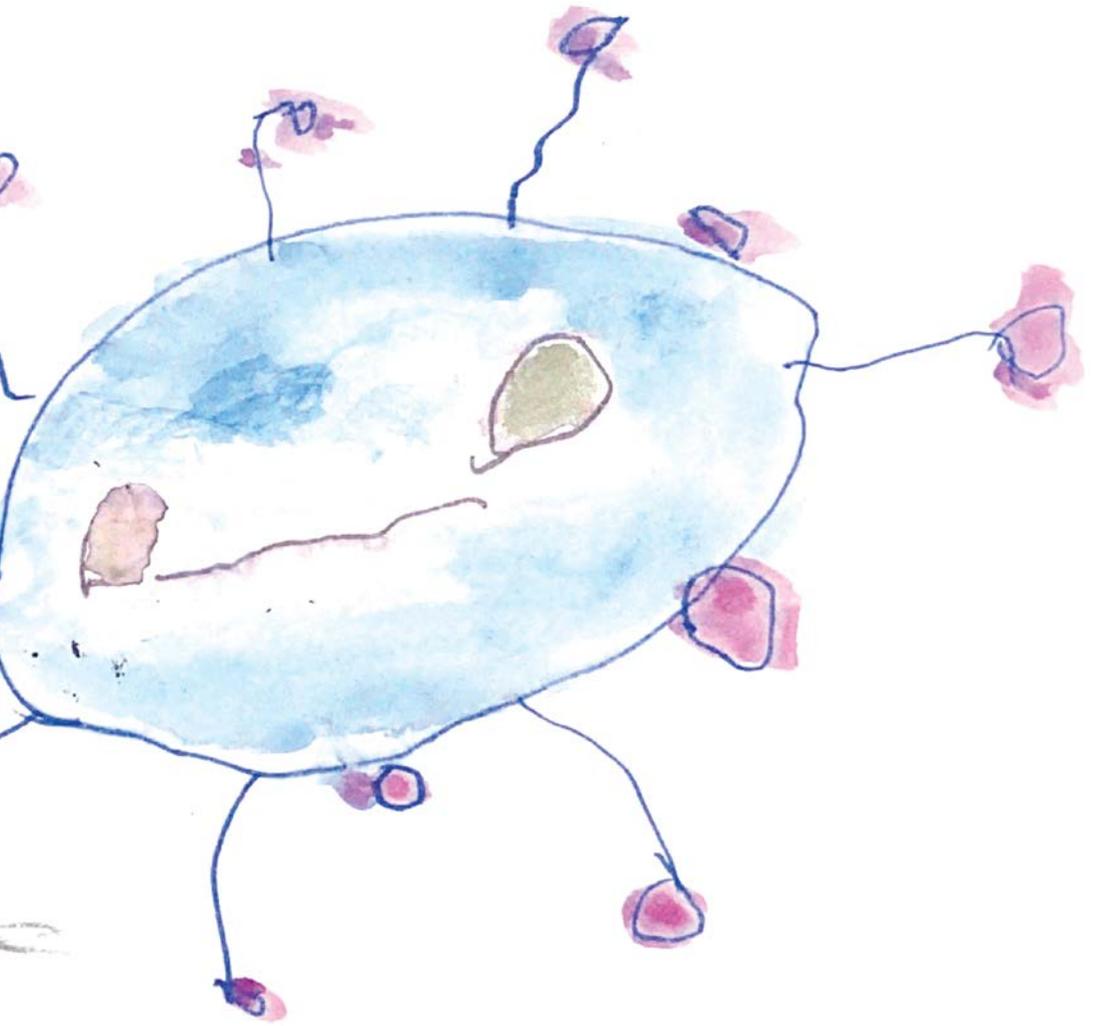
What is coronavirus?

It's a virus or a germ.

It is so small that we can't see it,  
but it can travel inside your body.

If coronavirus goes into your  
body you can get really sick.

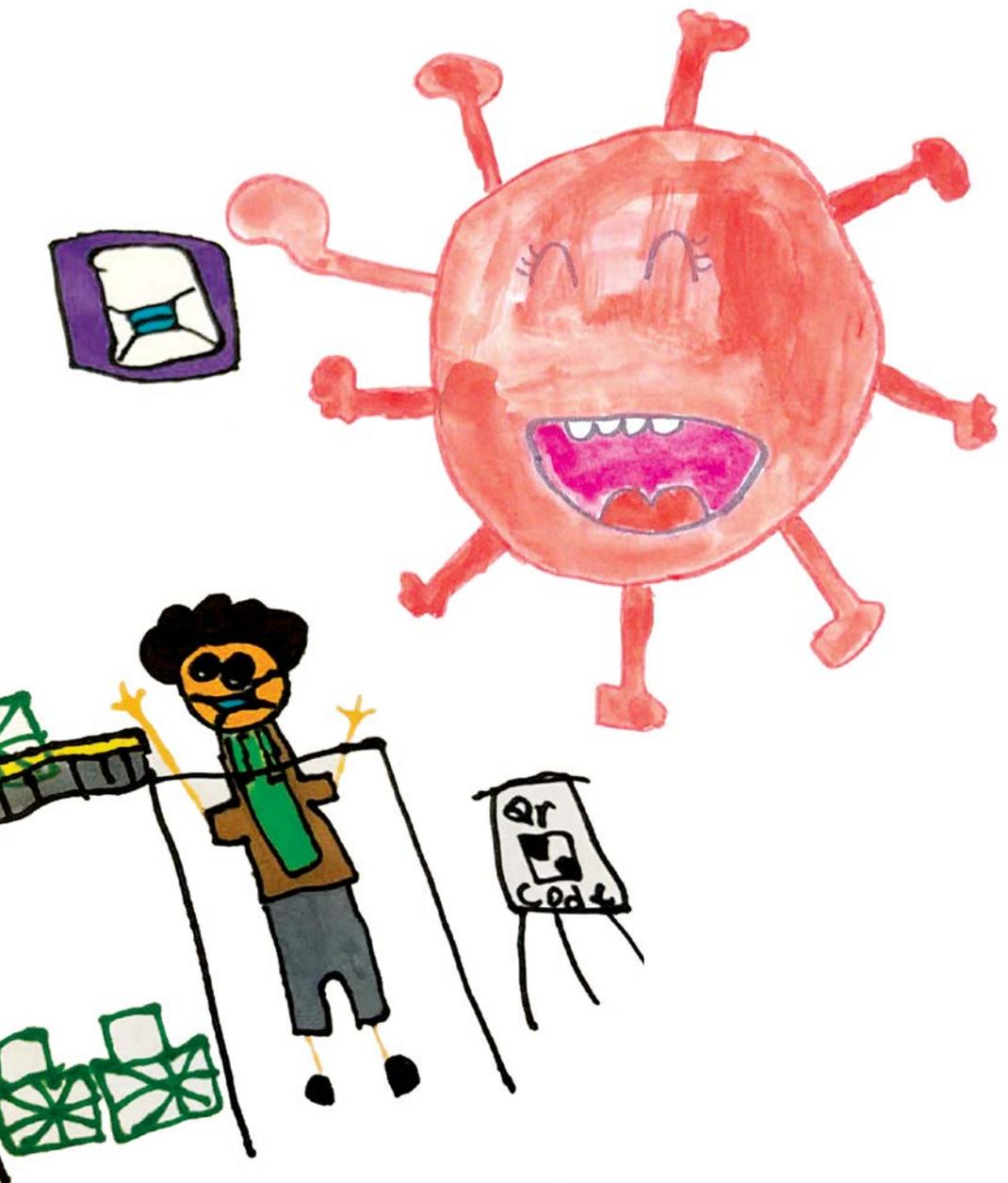




If someone who has coronavirus breathes, coughs or sneezes, the germs can creep out and other people can breathe them in. If someone who has coronavirus touches their mouth or nose they could spread germs when they touch things.

We have to be careful.  
No one likes being sick and  
coronavirus can make you very sick.  
Coronavirus can make you feel like  
you can't breathe in air.  
It's very uncomfortable and  
you have to stay in bed.





- That's why everyone is wearing masks. Masks stop sick people from breathing out the coronavirus germ. Masks stop healthy people from breathing in the coronavirus germ. We have to be very careful as some people don't know that they are breathing in or out with coronavirus germs.



Luckily there are still ways to see our friends and family.  
We can see them through a computer or talk on the phone to them.  
This keeps everyone safe.



Sometimes it can feel strange seeing so many masks. We can't see people smiling and it can be hard to talk with a mask on. But wearing a mask and washing our hands will help to protect everyone we love from coronavirus. Staying home is helping more people to stay well.



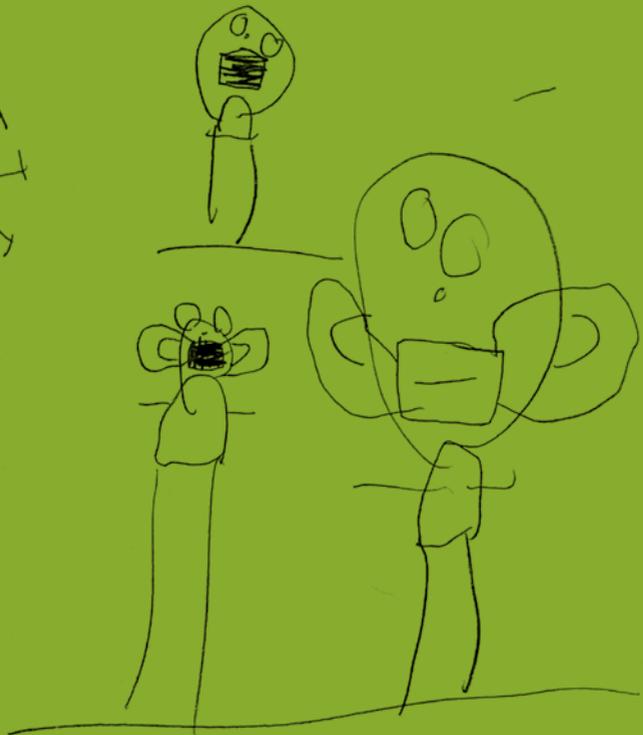
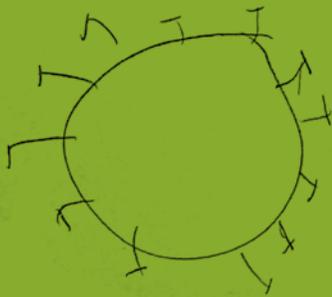
Sometimes coronavirus makes us feel sad, angry or bored.  
It makes adults feel like this too.  
Our lives have changed and sometimes change can be scary.  
We all need to be kind to one another and be a little bit helpful if we can.



We can go outside in the fresh air with our family.  
It's harder for coronavirus to enter our bodies  
if we are outside and wearing a mask.  
Sunshine and fresh air can make us feel happier.  
So can exercise and playing with our pets.  
Drawing and writing down your thoughts can help.



One day things wont feel so strange.  
We will know more about coronavirus  
and be able to protect ourselves.  
That day wont be too far away  
if we all do the right thing.  
We should wear masks, wash our  
hands a lot and stay home.  
Very soon we will be able to cuddle each  
other and coronavirus wont seem so scary.



“It’s a sickness. There are germs that are easily spread and make people sick.”

**Tilly, 7**

“It’s a very bad virus that might kill you.”

**Macy, 8**

“A virus people can’t cure fully. You have to be isolated if you have it and your not allowed near anyone.”

**Willow, 10**

“It’s something that infects people.  
It’s coronavirus.”

**Quinn, 5**

Childrens artwork by: Avah Arthur, Annabelle Augustyn, Koa Gardner, Isaac George, Matilda Heap, Macy Hepper, Quinn Hepper, Willow Hepper, Eadie McCann, Mackenzie Mor, Parker Mitskof, Dean Perry, Aurora Tipper.

Thank you to: Yvonne Armstrong, Bethany Heap, Alicia Hepper, Sabrina Kelly, Ebony Mitskof, Ashley Taylor Mor.

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