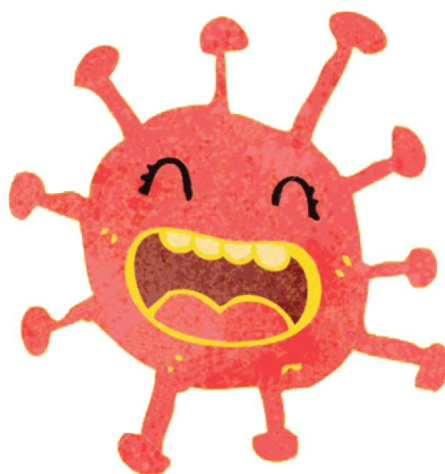


# What is Coronavirus: your helpful guide to explain what it is and how we can keep safe.



A simple guide for parents & children



## Useful links

A Southampton intensive care nurse has created a book to help reduce anxiety in children caused by the Coronavirus outbreak. The free online publication, entitled 'Dave the Dog is worried about coronavirus', has already been downloaded 15,000 times and has received plenty of positive feedback. The book was written by Molly Watts, a staff nurse on the paediatric intensive care unit (PICU) at Southampton Children's Hospital, who penned it after a nightshift last week.

The book for children and aims to give information without fear. With everything that is going on at the moment; big changes to children's routines and lots of stories on the news it can be a really scary time for them. This book aims to open up the conversation about coronavirus and some of the things they might be hearing about it and provide truthful information in a reassuring and child friendly manner.



You can access the book using the following link:

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

### **Also available:**

[www.autism.org.uk/coronavirus](http://www.autism.org.uk/coronavirus)

<https://goboardmaker.com/blogs/news/coronavirus-pcs-symbols-pcs-update> - boardmaker info

<https://www.leedsth.nhs.uk/patients-visitors/patient-and-visitor-information/patient-information-leaflets/easy-read> - [https://www.easy-read-online.co.uk/media/53205/self-isolating-low-res-easy-read\\_v1a.pdf](https://www.easy-read-online.co.uk/media/53205/self-isolating-low-res-easy-read_v1a.pdf) - easy read info sheets

<https://www.bild.org.uk/wp-content/uploads/2020/03/LD-Senate-Coronavirus-resources-for-use-with-people-with-learning-disabilities-30.3.2020.pdf> - BILD LD advice

[MIND – Coronavirus and Your wellbeing](#)

<http://www.openingdoors.org.uk/uploads/images/486.pdf> - very visual info re Covid-19

[Mencap - Easy Read guide to Coronavirus](#)

[Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing](#)

[Carers UK - Guidance for carers of coronavirus](#)

[Amaze - information pack for parents](#)

[Anna Freud: Video for parents](#)

[Anna Freud: Video for children & young people](#)