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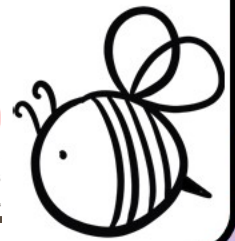
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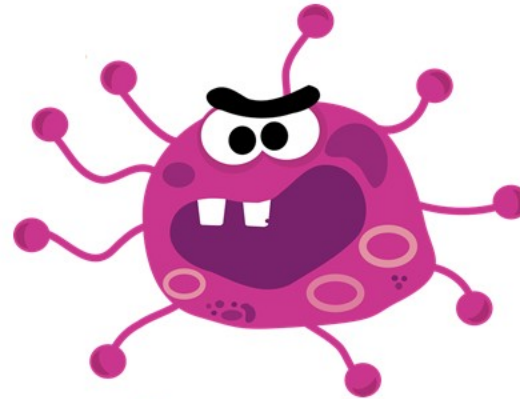
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WE HAVE A VACCINE!



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Let's remind ourselves what happens when you get Coronavirus?

You may not know you have it and just have a bit of a cough or

- You might feel hot and a fever.
- You might get a continuous dry cough. A dry cough is when you cough and there isn't any phlegm. Continuous means you cough lots and lots.
- You might find your breathing isn't as easy as it is normally.
- You may not be able to taste or smell things.

Just because you might have a cough now doesn't mean you have Coronavirus. It is highly unlikely you have the Coronavirus right now. You probably just have a cold!

Lots of children who get the virus are asymptomatic or get a very mild illness. Asymptomatic means you don't get symptoms. You are not ill.

Dry cough

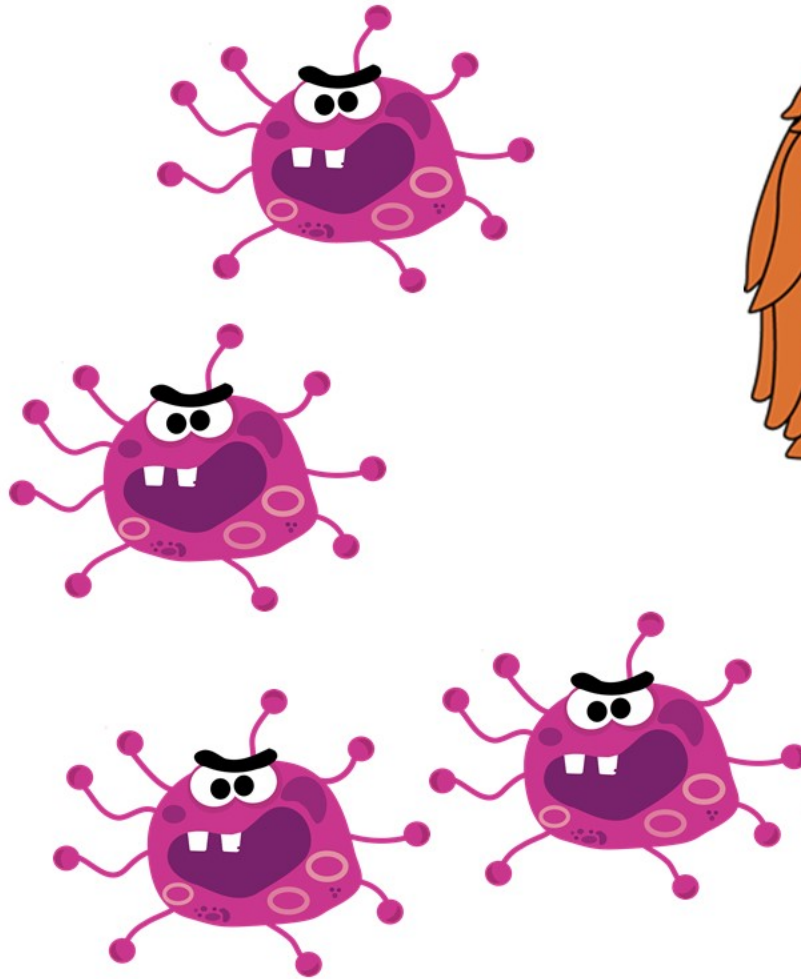
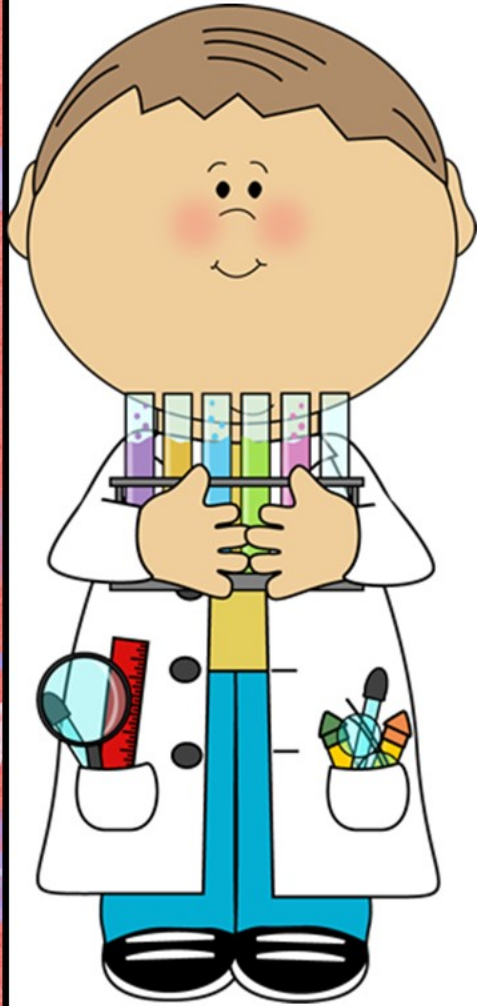
Lost sense of
taste and smell



Hot and feverish

Hard to breathe

There is exciting news. The very clever scientists have now created a vaccine which will protect us from Coronavirus.



The vaccine will help protect most people from getting the virus! How amazing is that?

There is a long list of adults who will be getting the vaccine. The list starts with the elderly and vulnerable people who would get very sick if they caught the virus. You might know some people who are at the top of the list.

The other people who will be getting the vaccine quickly are all our NHS frontline workers and carers in care homes. They are the people who are keeping our hospitals and care homes open by going to work each day and caring for all sick and elderly people.

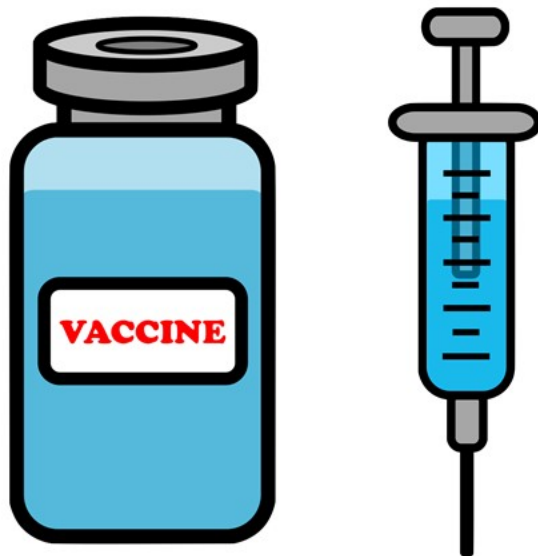


On the 8th December 2020, at 06:31 GMT a 90 year old lady was the first person in the world to have the very first vaccine. Her name is Margaret Keenan.

So what is a vaccine and what does it mean to be vaccinated. You may remember having a vaccine already to protect you from other diseases.

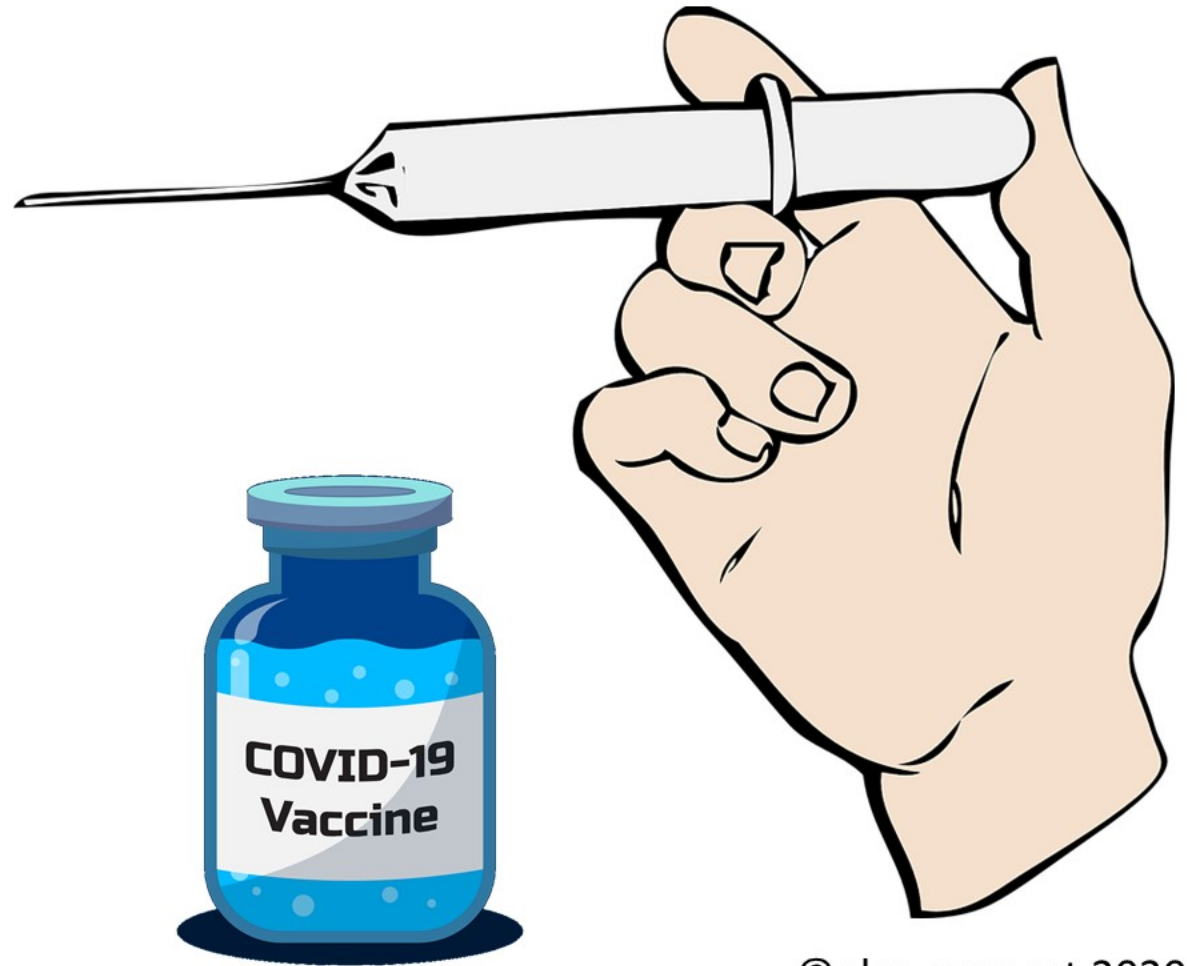
A vaccine is when you are injected with a special medicine straight through your skin and into your body. The vaccine helps the immune system to fight a virus.

The **good news** is that most children won't need the vaccine. Your immune systems are so strong that you don't need it! How brilliant is that?



How does it feel to have a vaccine?

It is a teeny tiny prick to the skin, probably into an arm. Someone trained in giving injections will give the vaccine. They really know what they are doing and will be very careful not to hurt the person having the vaccine.



You might feel a bit worried about the vaccination but that is normal. You are perhaps hearing about it and wondering if you will have the vaccine. Remember all feelings are ok. Talk to someone about it.

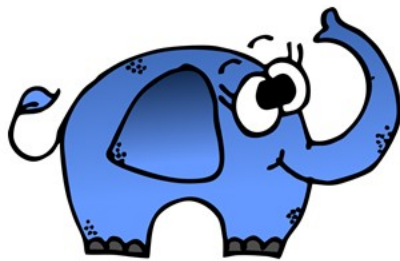


Not everyone will have the vaccination. Some people can't have it due to allergies or underlying illnesses. At the moment there are no plans to vaccinate any children. Remember you have an amazing immune system that can fight that virus.

However, if most adults in the country do have it, that will help to protect everyone.

You can continue to be superheroes and help fight the virus by doing the following.

- If you sneeze or cough, then cough into your elbow NOT your hand.
- If you use a tissue, then bin it quickly and then wash your hands.
- If you try and keep 2 metres apart from other people
- If someone is unwell try not to go too close to them.
- If you isolate at home if you are told you need to
- Washing your hands after going to the toilet, before eating food and if they look dirty.
- Wearing a facemask if you are asked to. Facemasks are uncomfortable sometimes and seeing adults with facemasks on looks weird but we have to remember why we are doing this. To protect vulnerable people



1 elephant 2 elephant 3
elephant 4 elephant 5
elephant20
elephant

When more and more people are vaccinated then life can start to turn back to normal. It will still take a long time to vaccinate everyone who wants the vaccine. Our NHS are working very hard to get people vaccinated.

You can perhaps visit elderly relatives who you haven't been able to see. Your school can return back to normal and you will be able to play with other children in your school. You will be able to hug people again!



HUG

So be patient and continue to be a
SUPERHERO and HELP to FIGHT the virus!

