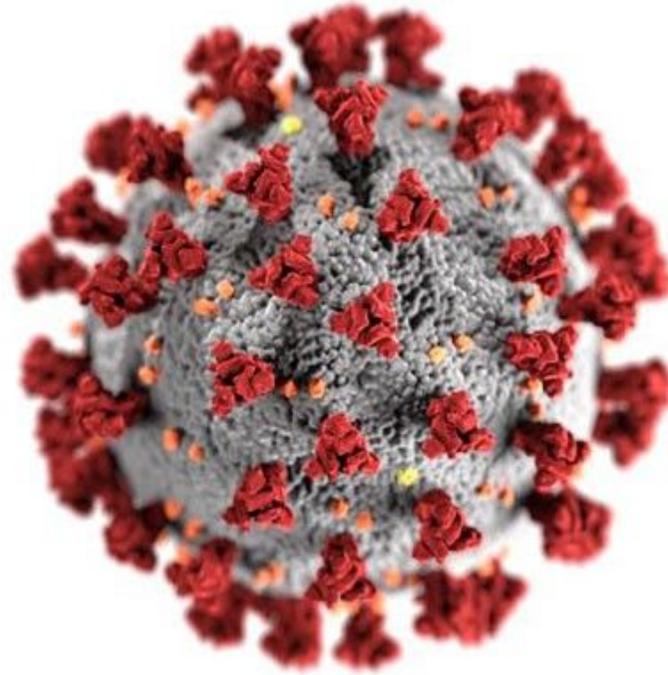


# Hibernating at home - essential workers





I am staying at home today.



This is because of a virus called COVID-19. It's a new illness spreading around the world.

The virus has been travelling from person to person. If many people are close together in the same place, that makes it easier for a virus to spread. More people become sick faster.



**Covid19.govt.nz**  
Everything you need  
to know in one place

**Unite  
against  
COVID-19**

New Zealand Government

People are smart. They are using healthy habits and working together to stop the virus from spreading.



Staying home helps stop the virus from spreading.  
Staying home will help protect my community, friends and family.  
Staying home protects myself from the virus.



Most people are staying at home, not just people that are sick. I will be safe and healthy at home.



Important people like nurses, doctors and other front line workers need to go to work. They will look after the sick people, make sure we are safe and have plenty of food in the supermarkets.



Everyone is very careful when they are at work or when they work with sick people. They wear personal protective equipment (PPE) like gloves, face masks, plastic gowns, and protective glasses.



Front line workers are very careful. They will have a shower and wash their hands either before they come home or as soon as they come home so they don't spread the virus.



Front line workers might be tired when they get home because they have been working hard. They might need a nap or some quiet time before they are ready to do any activities.



This doesn't usually happen. We are being extra careful.



Things will be different. It is okay because it's only temporary.



My friends and family are staying at home just like me.  
Only essential people like doctors and nurses will still go to  
work to help people that are sick.



I might not be able to go out to visit my friends and family for a while.

My friends and family may not be able to visit me for a while.



Staying at home helps stop the virus from spreading. Staying home will help protect my community, friends and family. Staying home protects myself from the virus. Only essential workers and front line workers will go out to help the sick people, keep us safe and make sure we have plenty of food in the supermarkets.



People might feel lonely staying at home.  
It is important to keep in touch with my friends and family.  
I can call, text or contact them using social media.



Some of my favourite places might be closed because of the virus.

All indoor and outdoor events will be cancelled, like birthday parties and religious events.

This is because they are scenarios where lots of people come into close contact.

# countdown



**NEW WORLD**



The supermarket will be open so people can get food and drinks.



The pharmacy will be open so people can get medicine.



The doctors will be open for emergencies.



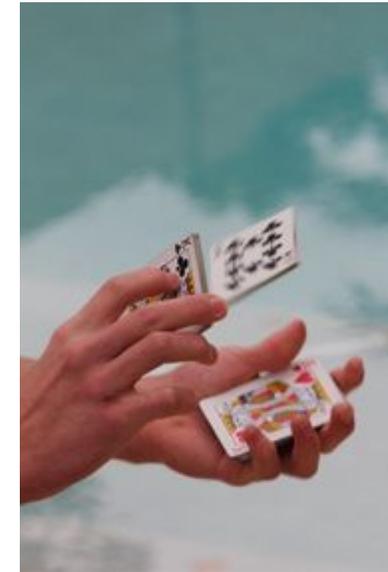
Sometimes I might feel worried or upset about front line workers, like my (insert family member's name or role). When I feel worried I can:

- Talk to my family or another trusted adult about my feelings
- Take some deep breaths
- Think of 3 things I am grateful for
- Video call someone I care about
- Try some of the activities on the next page

There are still lots of things I can do at home.

I can:

- Call family and friends
- Read a book
- Watch TV and movies
- Play games with people I'm living with
- Be creative! Make something new with what I have at home.
- Teach myself a new skill
- Do some gardening
- Listen to an audiobook
- Play with pets
- Sing
- Have a dance party
- Meditate
- Relax





Things will be different. It is okay because it's only temporary.

Disclaimer:

If you are concerned about your child's well-being please seek support as the ideas in this book are only a few guidelines and do not replace professional support.