Dear……,

You may have heard on the news or from the grown ups that there is a virus that is making some people in the world sick. This virus is called Corona virus it has travelled around the world and it is now in Britain. The virus is very tiny and you cannot see it.

Most people will just get a cough and may feel very hot and in 5 to 6 days will get well again. Some people might get more poorly and need to go to hospital. Some clever scientists are working on a medicine but for now we must make sure we keep our hands clean by washing them for longer in hot water and using lots of soap.

To help people stop catching the virus the Prime Minister has asked that people stay in their houses. He has asked that people stop going to parks, restaurants and playgrounds to stop the germs being spread.

This means for a short time we have to look at finding a different way of doing family time. That might mean that you speak to your family and friends over the phone, via Skype or another way. This will just be for a short time.

You might have worries about this and that’s okay. Please talk to the grown ups about how you feel; they are there to help you. Your social worker will keep in touch and let you know when your family time can go back to normal. Please ask any questions you need, your social worker will try and answer them the best they can.

All the best,

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