My story about the Coronavirus pandemic and exercise

This story is about the coronavirus pandemic and what exercise we must try to do to stay healthy but keep safe too.

Coronavirus is a virus, which has spread fast across the country and the world causing a worldwide pandemic.

A pandemic is when many people in a large area become poorly.

Coronavirus has made many people poorly.

Many people have had coronavirus and got better too.

It is important that people follow the rules of washing their hands and keeping a safe distance from people who they do not live with.

To help to reduce the spread of Coronavirus we were all asked to stay at home and not go to school or work if possible.

Staying at home helps to reduce the spread of the virus and helps to keep more people healthy.

It is very important to keep ourselves healthy by getting fresh air and exercise too.

The Prime Minister has told us that exercise is important and that we can go out for exercise or a walk with people that we live with.

Going out for a walk with people that we live with is safe and is good for our health.

We just need to follow these rules

1. Stay with the people that you live with
2. Keep a safe distance from other people

A safe distance is around 2 meters, or 2 large steps.

We will not be in trouble for going out. The Prime Minister has told us that this is ok.

All people need to try their best to stay healthy at this time, staying healthy is very important.