

# SOCIAL STORIES

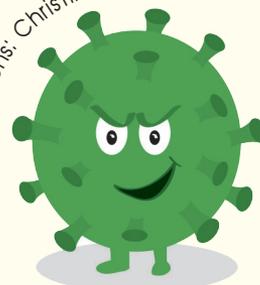
WELL  
BEING

## How to protect ourselves from coronavirus



**MARIA GELASTOPOULOU**  
**ERI PAPAMICHALOPOULOU**

Illustrations: Christina Avdikou



INSTITUTE OF EDUCATIONAL POLICY

## **CONTRIBUTORS**

*Contributing Writers*

**Maria Gelastopoulou**  
A' IEP Consultant

**Eri Papamichalopoulou (PhD)**  
Special Educator

*Illustrator*

**Christina Avdikou**

*Graphic Design*

**Demetra Komninou**

*Translator*

**Helen Papamichalopoulou**  
English teacher

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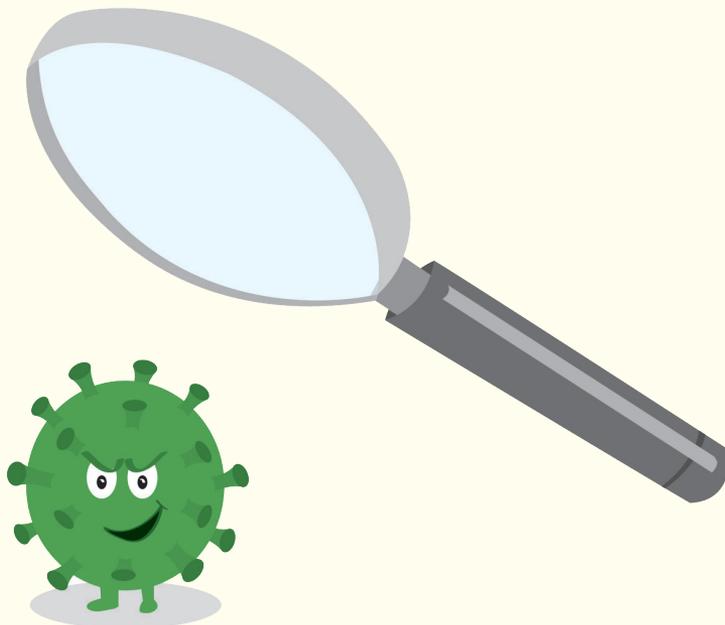
**INSTITUTE OF EDUCATIONAL POLICY**

**John Antoniou**

President of the Institute of Educational Policy  
36 An. Tsocha pc 115 21 Athens  
phone number 213 1335 100  
e-mail: [info@iep.edu.gr](mailto:info@iep.edu.gr)

# How to protect ourselves from the coronavirus





A virus is a tiny invisible infective agent entering our bodies. When spreading in the human body it infects as many cells as it can making us sick. There are many kinds of viruses. One of them is called Coronavirus.



When a person is exposed to this virus and infected, he can pass it on to somebody else and he, in turn, to many others. When lots of persons are infected by the virus we have a pandemic which is hazardous.

Coronavirus is passed on from one person to another easily and quickly if the infected person:

- approaches somebody else



- sneezes or coughs without covering his mouth or nose



- touches somebody else and comes very close to him

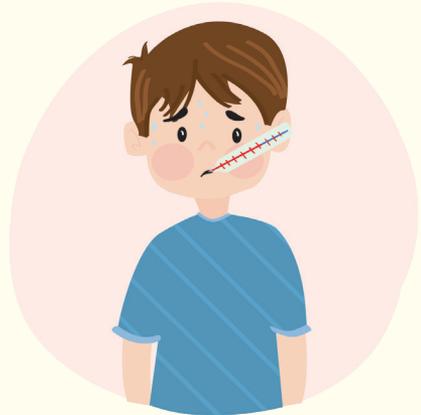




Coronavirus is not transferred  
by pets (dogs, cats).

When someone gets infected by the Coronavirus, he can:

- have a fever



- have a cough



- have a soar throat



- have difficulty in breathing



- have body aches such as joints



*We must  
protect  
high risk  
age group!*



Coronavirus can cause serious illness which can be treated at hospital. The infection of coronavirus can be more dangerous for certain people that:

- have illnesses which can cause difficulties in breathing or other serious diseases
- are elders, for example grandparents.

For that reason we must all be very careful.

Here are some tips for self-protection:

- Stay away from crowded places such as playgrounds, restaurants, movie theaters, sports facilities (stadiums, swimming pools).



- When sneezing, cover your mouth or nose with your elbow or a disposable tissue and wash your hands meticulously afterwards.



- Wash your hands using soap and water often for at least 20 seconds each time.



- If washing your hands is not possible, we use antiseptics or disposable alcohol saturated tissues.



- Never drink water directly from the tap by touching it with your mouth.



- Avoid touching your nose, mouth or eyes; if you really have to, wash your hands immediately afterwards.



- Do not approach those who look sick, sneeze or cough.



- Stay at home if you are feeling ill.



- Never share pens, pencils or markers.



- Clean your desk, computer mouse or personal belongings and common use items with antiseptic.



- Before entering the house, remove your shoes, wash your hands, leave your overdress out of the wardrobe and change clothes.



- Wear a face mask when having any of these symptoms so as to protect yourself from infection.





If we all follow the directions above  
we will be safe.

