

# Summer holidays!

**Holiday time is here after this strange spring term! It will be great for most of you, but some of you may be worried about it.**

Adults and children have been talking about Corona all spring. Many have been worried about the virus and infection, or maybe other things too. Summertime means free time for children. Daily routines will be different. Here is more information for you about the Corona virus, and what to do if you or someone you know feels worried about it.

## How the Corona virus works

Corona is a virus which can give you the disease Covid-19. You can get a temperature, a cough, a blocked nose, a sore throat, or diarrhea. Most people are only a little ill, but elderly or those with underlying diseases can be seriously ill. The virus is spread when coughing or sneezing spreads small droplets onto objects or people.

### To avoid getting or spreading infection you must:

- Wash your hands with soap often and thoroughly
- Cough and sneeze into your elbow.
- Avoid touching your face
- Stay home when you are ill, even if you only have small symptoms.
- Once well again, stay home for another 48 hours
- Avoid meeting elderly or ill people, but do speak to them over the phone!

## About UNCRC (United Nations Convention on the Rights of the Child)

Since 2020 the UNCRC is included in Swedish law. It describes children's rights. For instance it says children have to be informed about their rights and have access to information from media. You can download free of charge or read more about the UNCRC on the website of the Barnombudsmannen (Children's

## If you are worried – talk to someone!

If you or someone that you know is worried or feel bad, talk to your parents or another adult you trust. If you speak Swedish, English or Arabic you can also phone, chat with or e-mail BRIS ("Barnens Rätt I Samhället" – Swedish Child Helpline). Adults who are used to talking to children will answer. You don't need to tell them who you are, and it will not show on your telephone bill that you have phoned them. Their phone number is 116 111.



Facing your Smartphone towards a QR-code will bring you to a web page.

Your municipal social services can also help if you have problems at home. Look up "Socialtjänst" on your municipal webpage. Keep in mind that a child can never be blamed for an adult not feeling well or behaving badly!

Rädda Barnen has an application you can download if you are feeling worried. It is called "Safe Place".