



CORONAVIRUS (COVID-19)

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Coronavirus is a respiratory disease coming from bats.

There are 4 million of people that are infected and we stayed in lock down for 2 months.

It's important to look after your mental and physical health. We should eat healthy foods and do some sports. Also we shouldn't smoke or drink alcohol.



One of the most important things is to take care about your mental health. It's normal to feel stressed, sad and confused.

We should talk with people that we love and support and help them.

Also reading a book, listening to music or playing a game can help you to feel better.



Mental Health⁺