**Coronavirus** is a name of a group of viruses that can cause animals and people to get sick. COVID-19 is the name of the disease that this new coronavirus causes.

**How can you catch the coronavirus?**
If someone is sick and they sneeze or cough, small drops full of virus particles fly out of their nose and mouth. These drops can land in your eyes, nose or mouth or on a surface that you touch, and then touch your face. The virus enters your nose or mouth and sticks to your airway.

**How can you protect yourself?**
- Socially distance from others
- Wear a mask if you can’t stay at a distance
- Cover your mouth and nose with your elbow when you cough or sneeze
- Wash your hands often with soap and water for 20 seconds

These viruses are so tiny that they can only be seen from a microscope.

Corona means ‘crown’ in Latin; these viruses wear a ‘crown’ of spikey proteins.

The spikey proteins are very sticky. They attach to lung cells and hijack the cell’s machinery, using its ‘instructions’ (called RNA) to make more of the virus to infect more cells.