I went to have a COVID test...and the next day I found out that I have COVID.

I was so scared when my mum told me I had COVID.

My mind was racing...

I had so many questions and I was feeling so worried.

It was hard to concentrate, would I be okay? Do I have to stay home even if I don't feel so bad?

When I found out that I have COVID I was worried I had done something wrong.

I was so glad when my doctor told me: You did not do anything wrong. There are many other people who also have COVID.

My doctor explained anyone can get COVID - children, adults and people living in any country in the world.

You may also feel very tired and have to sleep more.

You might not feel sick and want to go outside or to school but this is not safe for you or other people.

I found out having COVID feels different for everyone but I discovered some things that might happen...
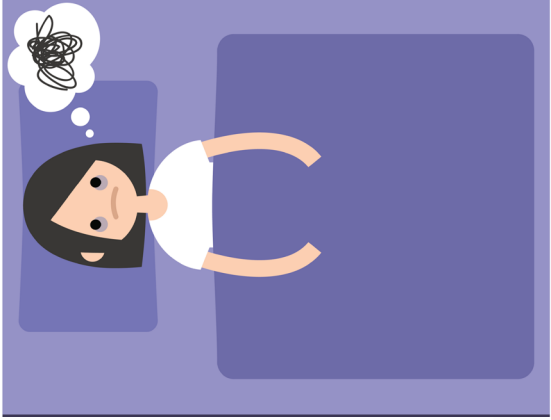
Most of the time you will be able to rest and get better at home.

Sometimes you might go to hospital so the doctors can help you get better.

You may have a runny nose and a cough. You might also feel a bit hot.

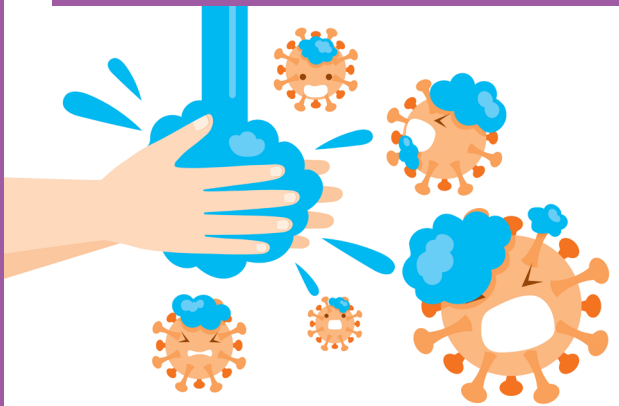Having COVID means I have to stay inside my house.

If I feel well enough I can still do activities which I enjoy.

Like reading, drawing and playing games.

I will have to keep washing my hands and I can't sit close to anyone who lives in my home.

Being stuck at home can be boring but I know this will keep me and everyone else safe.

I feel really sad I can't have cuddles for a little while - I miss cuddles

I can also use my computer or phone to see my friends and family

What happens next - After the COVID test?

The good news is that most children who have COVID get better in a short time

It is important for me to remember that my family and the doctors know how to take care of me and help me get better.

Once I am feeling better I will probably go and have another COVID test

and when I know the virus has left my body I will celebrate - everyone will tell me WELL DONE.