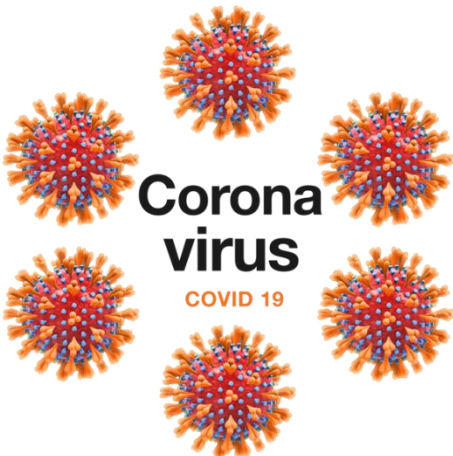





# Coronavirus (COVID-19)

## March 2020

	<p>COVID-19 is a new illness. Lots of people call it Coronavirus.</p> <p>It can affect your lungs and your airways.</p>
	<p>Most people who get Coronavirus will not be very ill.</p> <p>Some older people or people who already have health problems may become more ill.</p> <p>You may feel worried about Coronavirus. This is normal. Talk about how you feel with people you can trust.</p>

 <p>1 </p> <p>2 </p> <p>3 </p> <p>4 </p> <p>5 </p>	<p>We have a plan to slow down how fast Coronavirus spreads.</p> <p>There are things everyone can do to help stop them and other people getting Coronavirus.</p>
	<p><b>1) Keep your hands clean.</b></p> <p><b>Wash your hands lots of times during the day:</b></p> <ul style="list-style-type: none"><li> use soap and water</li><li> use hand sanitiser (gel) if there is no soap and water when you are out</li><li> make sure you wash your hands when:<ul style="list-style-type: none"><li>• you come home</li><li>• you visit other places</li><li>• before you touch food</li></ul></li></ul> <p> Do not touch your eyes, nose or mouth</p>



- ✓ Always cough and sneeze into a tissue.
- ✓ Then throw the tissue away and wash your hands.



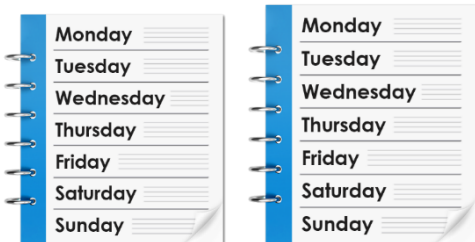
## 2) Be ready to stay at home

**Stay at home** and don't meet up with other people for 7 days if you have Coronavirus symptoms. These are:

- a new cough, and you keep coughing or
- a high temperature



After 7 days, if you feel better, you can start your usual routine again.



**Stay at home and don't meet up with other people** for 14 days if you share your home with someone who has symptoms of Coronavirus.



### 3) Make a plan

Think about what you will do if you are asked to stay at home.

If you have support from family or paid carers you should make a plan with them.



### 4) Only use health services when it is important to do so.

If you:

- are staying at home and start to feel much more ill or
- have stayed at home for 7 days and still have symptoms of Coronavirus

then:

- get advice from **NHS 111 online**
- if you need to speak to someone call 111
- **you should not go to a GP surgery, pharmacy or hospital** as you could pass Coronavirus to others

Only dial 999 or go to Accident and Emergency if there is an emergency.

	<ul style="list-style-type: none"><li>• <b>Only get information about Coronavirus from places you can trust</b></li></ul> <p>These places are:</p> <ul style="list-style-type: none"><li>• The <b>UK coronavirus (COVID-19) page</b></li><li>• The <b>NHS coronavirus (COVID-19) page</b></li><li>• <b>NHS 111 online</b></li><li>• If you are planning to travel abroad check the Foreign and Commonwealth Office <b>travel advice page</b></li><li>• Follow <b>Public Health England</b> or <b>The Department of Health and Social Care</b> on Twitter for regular updates</li></ul>
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The pictures in this summary are from Photosymbols: <https://www.photosymbols.com/>