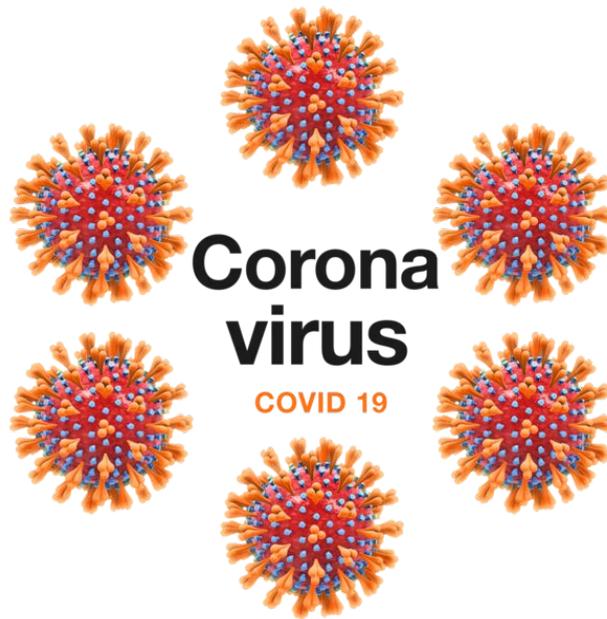


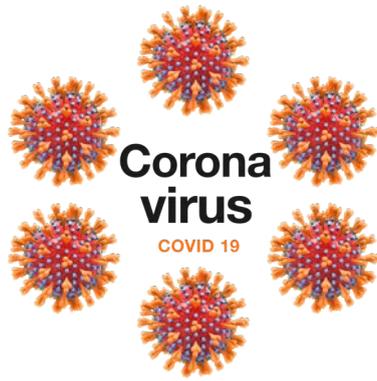


Coronavirus Factsheet



**This factsheet will tell you about
Coronavirus. This was updated
May 29th 2020**

What is Coronavirus?



There is a new virus spreading. It's name is Coronavirus. It causes an illness called COVID-19. It started in China and is spreading across the world.



The illness makes people cough, they have a fever and some people cannot smell things or taste their food. Some people have died but most people recover ok.



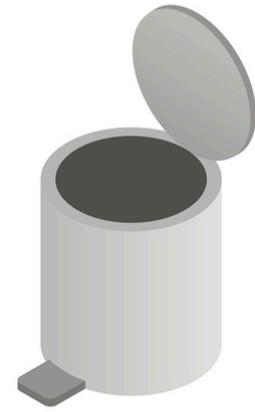
You can help to stop the virus spreading and do things that will keep you well.



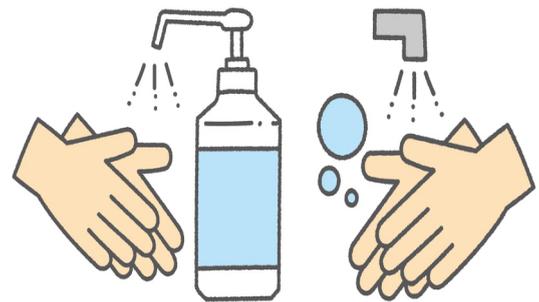
Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

How to keep well

Put used tissues in the bin. Do not use your hands to close the bin lid.



Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available.



Do not touch your eyes, nose or mouth if your hands are not clean.

WARNING: Coronavirus Precaution Tips



The Government has said we must all try to stay at home. We need to avoid crowds.



Feeling unwell

- If you have a new cough
- a temperature, or
- you can't taste your food or smell things these are called symptoms.



- You can check your symptoms on the NHS 111 website <https://111.nhs.uk/covid-19>



If you are already sick with heart or breathing problems, or you have diabetes or you are over 70 years old, Coronavirus can make you very ill.

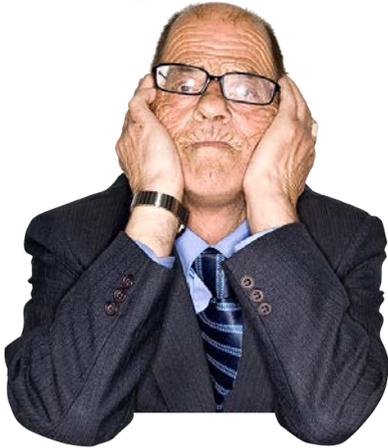


If you have symptoms;

- **Do not leave your house**
- **Do not have visitors**
- **Stay at home for 7 days**
- **If you still have a temperature after 7 days, you need to stay at home until it has gone**
- **You can ask for a test to see if you have COVID-19**



Feeling worried



It's ok to be worried or scared.



Talking to people you trust can help. Contact your friends and family. You can also get help from professionals who will chat to you. There are websites here with information



There are lots of people talking about Coronavirus. Sometimes it is hard to know what information is true. You can read correct information on the NHS website WWW.NHS.CO.UK



The most important thing to remember is to wash your hands lots of times in the day, even if they do not look dirty.

Useful Information



Make sure you keep healthy by eating lots of fruit and vegetables.



- You can go outside to exercise but you need to stay away from crowds
- You need to keep 2 metres away from people
- You can now meet up to 6 people who don't live in your house, but you can't stay overnight



Call NHS 111 if you are unwell.