

Information about Coronavirus

(Adapted by Interest Link from Inclusion North corona virus easy read information)



What is Coronavirus

There has been lots of information on the News about Coronavirus.



Coronavirus was first reported in China but has spread to lots of countries because of people travelling from country to country.



Corona virus may be like flu and when people cough or sneeze it can spread the virus to others

To stop the virus spreading it is important to



- cough or sneeze into a tissue and throw it away, or use your sleeve
- wash your hands after coughing or sneezing. You can also use hand sanitiser to keep your hands clean.
- not touch your own face or other people hands or face – for example shaking hands, hugging



What are the things to look out for if you feel ill?

- A cough
- A high temperature
- Shortness of breath – this is trouble breathing normally

If you have these things wrong, it does not mean you must have Coronavirus. Flu, colds and other viruses can cause these things too.





What to do if you think you have Coronavirus

Most people have mild symptoms and then get better. But you should not go to your Doctors if you think you have the virus.

You should stay at home and telephone 111.

You might be asked to stay at home for 14 days. This is called self-isolation and helps to stop the virus spreading to other people. You would need to tell someone like your family or carer if you need help.

Where can you find more information

Advice about the virus can change quickly, please check with family or other carers to get the most up to date information. You can find updates on the NHS Website.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

The updates are not easy read so you might need some support to read the information.

If you want more information please get in touch with your [Interest Link Branch:](#)

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