



Information about Coronavirus (COVID-19)



Coronavirus is a new **virus**.

A **virus** is a type of illness.



Lots of people in the UK now have coronavirus.



It can make people very ill and some people have died from it.



It is very important to **keep yourself and your family safe** from coronavirus.



What is coronavirus?



Having coronavirus feels a lot like having the flu.



The most common signs of the virus are a **dry cough**.



And a **high temperature** called a fever.



Some people with the virus will find it **harder to breathe**.



Having coronavirus feels different for everyone.



Most people feel quite unwell when they have the virus.



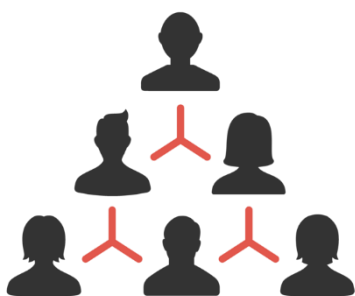
Most people **will not** become very ill.



Some people will become very ill.



People who become very ill may need to go to hospital for treatment.



**How does coronavirus spread
from person to person?**



The virus can pass in the air from
coughs and sneezes.



It can live on things that you or
other people have touched.



You cannot see the virus



Even if people do not feel ill at all they could still pass on the virus to someone else.

The next person to catch the virus could become more unwell than the person they caught it from.



It is everyone's job to help stop the virus from spreading.



How can we stop coronavirus
from spreading?



There are **2 easy ways** to help stop
the virus:



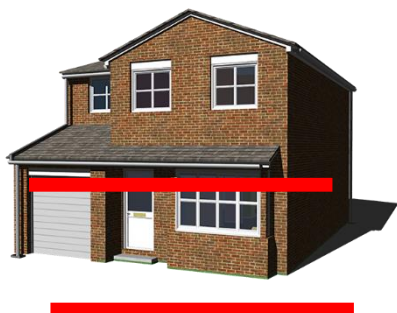
**1. Keep clean and wash your
hands.**



Look out for more easy read
about keeping clean soon!



2. Stay at home.



Staying at home



The Government say we must all
stay at home.



You can go outside in your garden
if you have one.



**You must not meet with friends or
family** who do not live with you.



If you have a learning disability
you can leave your home
more than once a day if this is
important to your health.



If you need carers with you, they do
not have to stay the two metres
apart from you.



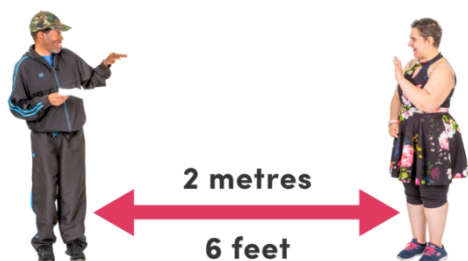
It is still important to be careful and
only go out when you really need to,
to reduce the chance of getting ill or
infecting other people.



You can **go to the shops to buy
food or medicine** that you need.



You should only go out to the
shops if you really have to.



When you are out you must **give everyone lots of space.**



Standing close to someone could spread the virus.



Do not use public transport unless you really have to.



If you break these rules the police may tell you to go home.



The police may also make you pay **a fine.**



A **fine** is when you must pay money because you have done something wrong.



Some people must not go out at all.



There is more about this in the rest of this booklet.



What should you do if you think you have Coronavirus?



If you, or someone you live with, has a high temperature **or** a cough you should **stay at home and not go out at all.**



You must not go out even to the doctors, hospital or chemist.



If you live on your own you should stay at home for 7 days (1 week).



If you live with other people you must all not go out for 14 days (2 weeks)

If you break these rules the police may tell you to go home or make you pay a fine.



If you have a cough or a temperature you must tell other people that you live with.



You should tell anyone who may need to come and visit you, like a carer.



There are ways that carers and other staff can keep safe when they are with you.



This may include wearing gloves, aprons or masks.



What if I become very unwell?



You **must not go out** to your doctors, chemist or hospital if you think that you have Coronavirus.



You must **stay at home**.



But if you feel very unwell, or have problems breathing you should call for help.



You should also **get help** if you are **unwell for more than 7 days** (1 week).

How to get help



Call **111** from the phone



Go online to NHS **111** here:
<https://111.nhs.uk/covid-19>



If you are very unwell you may need to go to hospital to help you get better.



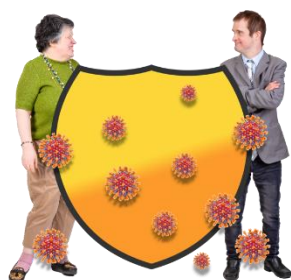
If someone is finding it very hard to breathe this is an emergency.

Call 999

Some people are more likely to become very ill if they catch the virus.



These people include people with **severe heart or breathing problems, cancer and low immune systems.**



There is **extra help** that these people can get to protect them from the virus.



People who are at extra risk can
[register for help at this website](#)



**Find out more about people at
extra risk, and the help on offer,
here.**

**What if I feel unwell but do not
have a cough or fever?**



If you get sick, or have an accident,
and you do not think you have
coronavirus, try to get help in the
normal way.



- You can call 111, or ask your GP for an appointment.



- Or go to the pharmacy



- In an emergency call 999 or go to A&E.



What if I need help or advice about something else?



Some people may feel worried about how the virus might affect them.



They may worry about things like having enough money, or the right support.



If you want advice or information about any of these things, call the Learning Disability Helpline on **0808 808 111**.



The Learning Disability Helpline cannot give medical advice.