



## 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 can make you lose your sense of smell and taste.



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.



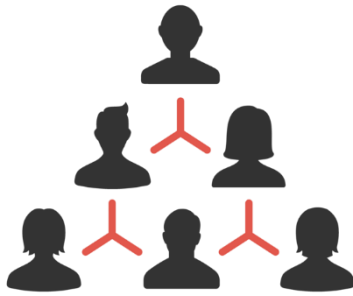
Most people **will not** become very ill.



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 **some easy ways** to help stop the virus from spreading.



Keeping clean and washing your hands is still very important.



## Using social distancing is very important

Social distancing means staying a safe distance away from other people.



This means when you are out and about, visiting friends, or going to public places like the shops or the park.



The government guidance about the safest distance has not changed.

**2 metres is still the safest distance.**



## **What if 2 metres is not possible?**

Sometimes, it is hard to stay 2 metres away from other people.

Here are some examples.



- Travelling on public transport
- Walking down a narrow corridor
- At the doctor
- In a small shop
- In a crowded place



**If you cannot stay 2 metres away from other people, here are some things you can do to stay safe.**



1. Stay at least 1 metre away from other people.



2. Wear a mask covering your nose and mouth.



3. Turn your face away from other people's faces.



4. Wash your hands as often as possible.



5. Do not touch your face.





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



It is still important to be careful and to be careful about meeting people who you do not live with



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



You can meet in groups of up to two households. A household is a group of people who live in the same house.



Your support bubble counts as one household.



If there is only one adult in your house you can link up with one other household. This is called making a **'support bubble'** and means you are able to meet indoors or outside.



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.



**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 10 days.



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.



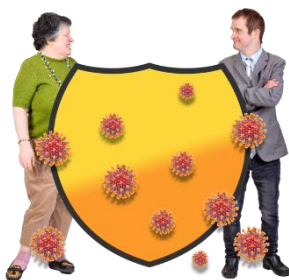
If someone is finding it very hard to breathe this is an emergency.

**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.**