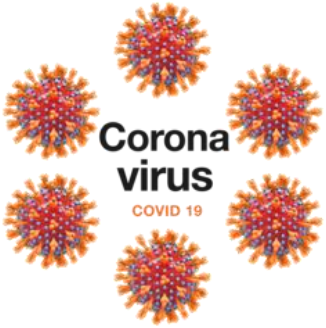
Information about Coronavirus

There has been a lot of information in the news about a virus called Coronavirus.

A virus is a type of illness.



Coronavirus is a new virus and people first had it in China.

Because people travel for work, to see friends and to go on holiday it is now in lots of other countries.

There are now a number of people in the UK who have got this virus.

There is a lot of information on the news about this, and people are talking about the virus and what it means.

What is Coronavirus?

Coronavirus is like flu. and people who are ill with the virus may have

- A cough
- A high temperature
- and find it harder to breathe normally

Most people who have had the virus feel unwell but do not need to go to hospital. A very small number of people will need more help to try and get better.

What to 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.

You should not be near other people. This is called self-isolation.

The Government have said that if you live with friends and family you need to stay at home for **14 days, which is the same as 2 weeks.**

If you live on your own, you still need to self-isolate, but you will only need to do this for **7 days, which is the same as 1 week.**

If you have the virus, you should tell your friends and family who you spend time with.

This will mean they need to think about ways to help you and to make it less likely that they catch the virus.

You should **not** go to your doctors if you think that you have Coronavirus

You should stay at home. You should contact 111 online:

- If you start to feel more unwell
- If you are still unwell after seven days

You can find the service by clicking on the link here
https://111.nhs.uk/covid-19

Some people who get the virus do need more medical help, and if you are very unwell you may need to go to hospital.

This is to make sure you get the right treatment to help you get better.

What to do if you feel ill with something else?

If you are unwell with something else and need help from a doctor you should still make an appointment.

If you need emergency help with other health problems and need immediate help you should continue to call 999, as this is an emergency.

How you can help to try and stop the spread of Coronavirus.

One of the most important things that we can all do is to make sure that we are doing our best to stop other people catching the virus.

The best way to do this is

- to cover your mouth and nose with a tissue when you cough or sneeze
- to put any tissues, you use into a bin
- If you don't have a tissue it is better to cough or sneeze into your sleeve than into your hands
- To try not to touch your eyes, nose and mouth with your hands.

It is also really important that you wash your hands carefully.

You should wash them after coughing or sneezing, and before eating any food.

You should always wash your hands when you get home or into work

Doctors and Nurses have told us that when washing your hands, you should:

- Wet your hands under warm running water.

- Apply a small amount of soap.

- Rub your hands together and make sure that the soap and water cover all of your hands.

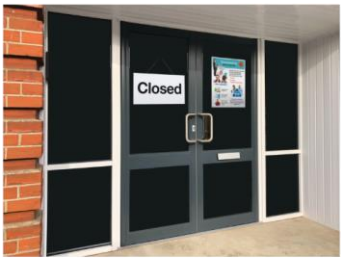
- Carefully wash your palms, the backs of your hands, between your fingers, your fingertips, your thumbs, your wrists and your nails.

- Rinse your hands under running water.

- Dry your hands properly using disposable paper towels.

- Turn the tap off using a paper towel or your elbow, this make sure that your hands stay clean.

Another way to stop the spread of the virus is to not go to places where there are lots of people.



Some places to avoid going to are:

- Pubs
- Cinemas
- Theatres
- Nightclubs

The government has also made some guidelines that will try and help to stop the Coronavirus from spreading.

To try and help stop the virus from spreading, the government have recommended that:

- If you do not need to travel to work then you should try and stay at home.

- If you can work from home then you should do this.

This is to try and keep elderly or people who are more at risk of catching the virus safe.

There is a really good video that has been made about the best way to wash your hands, you can find this by going to this internet address https://vimeo.com/134952598

How to find out more about Coronavirus

There is an online coronavirus service that can tell you if you need medical help.

You can find the service by clicking on the link here
https://111.nhs.uk/covid-19

You can use this service if:

- You think you might have coronavirus.
- You have been to a country with a high risk of coronavirus.
- If you have been near someone who already has coronavirus.

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