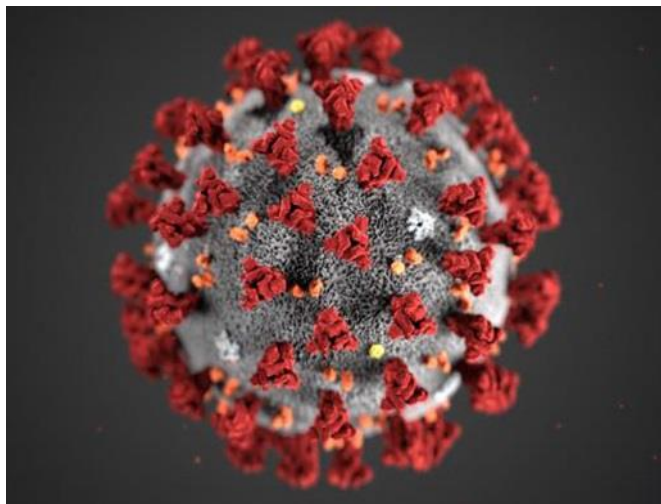


Information about Coronavirus



You will hear a lot of people talking about a virus called Coronavirus

A virus is a type of illness



Because people travel to work and go on holidays, people in many countries have the virus

People in China first had the Coronavirus

Some people in the UK now have the virus

What is Coronavirus?



It is thought to spread mainly by coughing and sneezing

People who have the virus can feel ill with

- A fever and high temperature
- A cough
- Problems breathing



Some people will need extra help to get better



Most people with the virus do not need to go to hospital

Remember, flu, colds and other viruses can make you feel unwell too

What if I have Coronavirus or think I have Coronavirus?



Do not go to see your doctor

If you live alone and you think you have the virus then stay at home for 7 days



This is called self-isolation

Tell a friend, family member or a carer you are in self-isolation

If you don't feel better after 7 days or you start feeling worse during the 7 days then call 111 on the telephone. The person on the phone will tell you what to do



If you live with other people and any of you gets a cough or fever then you should all self-isolate for 14 days

How can I help myself stay safer and stop the virus spreading?



If you are aged over 70, pregnant or already have a health condition, you should not meet other people for 12 weeks

This is nearly the same as 3 months

When you are in self-isolation, ask friends, family or a carer to help you to get the things you need to stay at home



Everyone should meet other people less often and avoid public spaces such as pubs, restaurants and cinemas

Do not to touch your face if your hands are not clean

How can I help myself stay safer and stop the virus spreading?



Wash your hands after coughing or sneezing and before you eat any food

Use a tissue if you cough or sneeze



Wash your hands more often with soap and water

Wash hands for 20 seconds – the same time it takes to sing Happy Birthday twice



Use hand sanitiser on your hands if you can



Released March 17 2020

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