

How to stop coronavirus (COVID-19) spreading



**easy
read
online**



Stay at least 2 metres (3 steps) away from other people.



Keep washing your hands regularly.

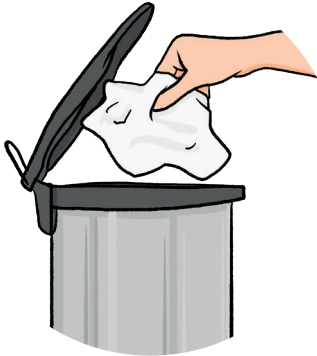


Do not touch your face.



Cover your coughs and sneezes

When you cough and sneeze, cover your mouth and nose with your bent elbow or a tissue.



Put used tissues into a closed bin and wash your hands.



Do not have visitors in your home

Do not let visitors, such as friends and family enter your home.



If you want to speak to someone who is not in your house, use the phone or social media.

Cleaning

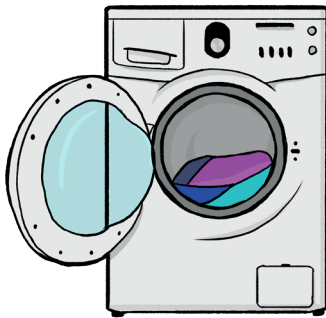


Use your usual household cleaning products like detergents and bleach.



These will be very good at getting rid of the virus on surfaces.

Clean all the surfaces that people touch as often as you can.



Wash all your cleaning cloths after you have used them.

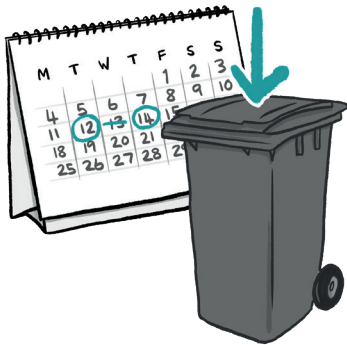
Getting rid of waste



If you think you have coronavirus, put your personal waste, like used tissues and cleaning cloths in rubbish bags.



Tie them up and put them in a second bag.



Keep them aside for 3 days before putting them into your wheelie bin.



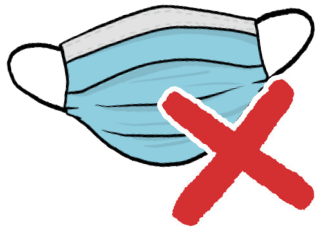
Other household waste can be put in the wheelie bin as usual.

Laundry



Do not shake dirty laundry because this might spread the virus.

You should wash your laundry as usual.



Face masks

Face masks are not recommended as a way of stopping the spread of the virus.



They are good in hospitals but not so good outside.



However, if you have symptoms and have a carer you may be asked to wear a mask to reduce the risk to your carer.



This Easy Read document is based on the government guidance on staying at home and away from other people.
Published 26 March 2020.

The Stroke Association would like to thank Easy Read Online for allowing us to use this resource.
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