

Advice about the Coronavirus



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online**

How serious is the coronavirus?



It is not serious for many people. But it can be serious if you are over 70. It can be serious if you have a health problem.

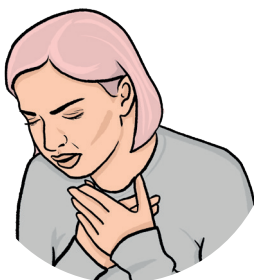


You may get:

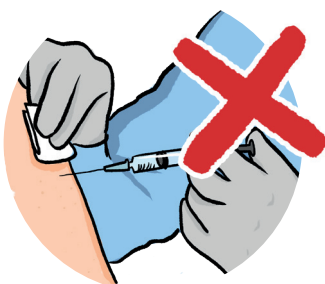
- A fever



- A cough



- Difficulty with breathing



There is no vaccine at the moment. This means you can't get a jab to stop you getting it.



Most people get better with:

- Rest



- Drinking plenty of water



- Some medicine for the pain



How likely are you to catch it?

You can only catch it if you have been close to someone who has the virus.



In the UK, more people are getting it.



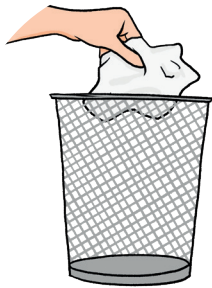
Avoid travel unless essential.

How can you stop the coronavirus spreading?



If you need to cough or sneeze:

- Catch it with a tissue



- Bin it



- Kill it by washing your hands with soap and water



You should wash your hands with soap and water:

- After breaks



- After sport activities



● Before cooking



● Before eating



● After using the toilet



● Before leaving home



Try not to touch your eyes, nose and mouth with unwashed hands



Do not share cups and water bottles



Do not share things that may touch your mouth or nose like: bedding, dishes, pencils and towels

If you feel unwell



- Keep away from others and stay at home



- Visit **NHS.uk** for more information



- If there is an emergency call 999 immediately



This Easy Read document is based on the 'Advice on the coronavirus for places of education' from Public Health England.

The Stroke Association would like to thank Easy Read Online for allowing us to use this resource. Visit **easy-read-online.co.uk**