Advice about the Coronavirus

easy read online

How serious is the coronavirus?

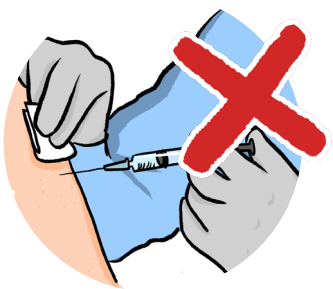
It is not serious for most people, including children.

It feels like flu, 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

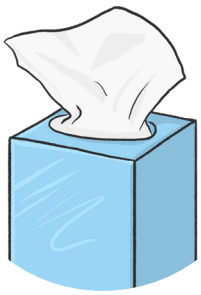
How likely are you to catch it?

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

Currently, there is only a small chance that you have been close to someone who has it in the UK.

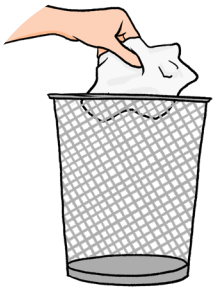
There is a bigger chance of catching it in certain other countries.

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

- When you get to school, college, work or your day centre

- 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

- Don’t go on the bus or train

- Tell a member of staff. Tell them if you have been to another country recently

- Call NHS 111 for advice

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

- If there is an emergency call 999 immediately

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