



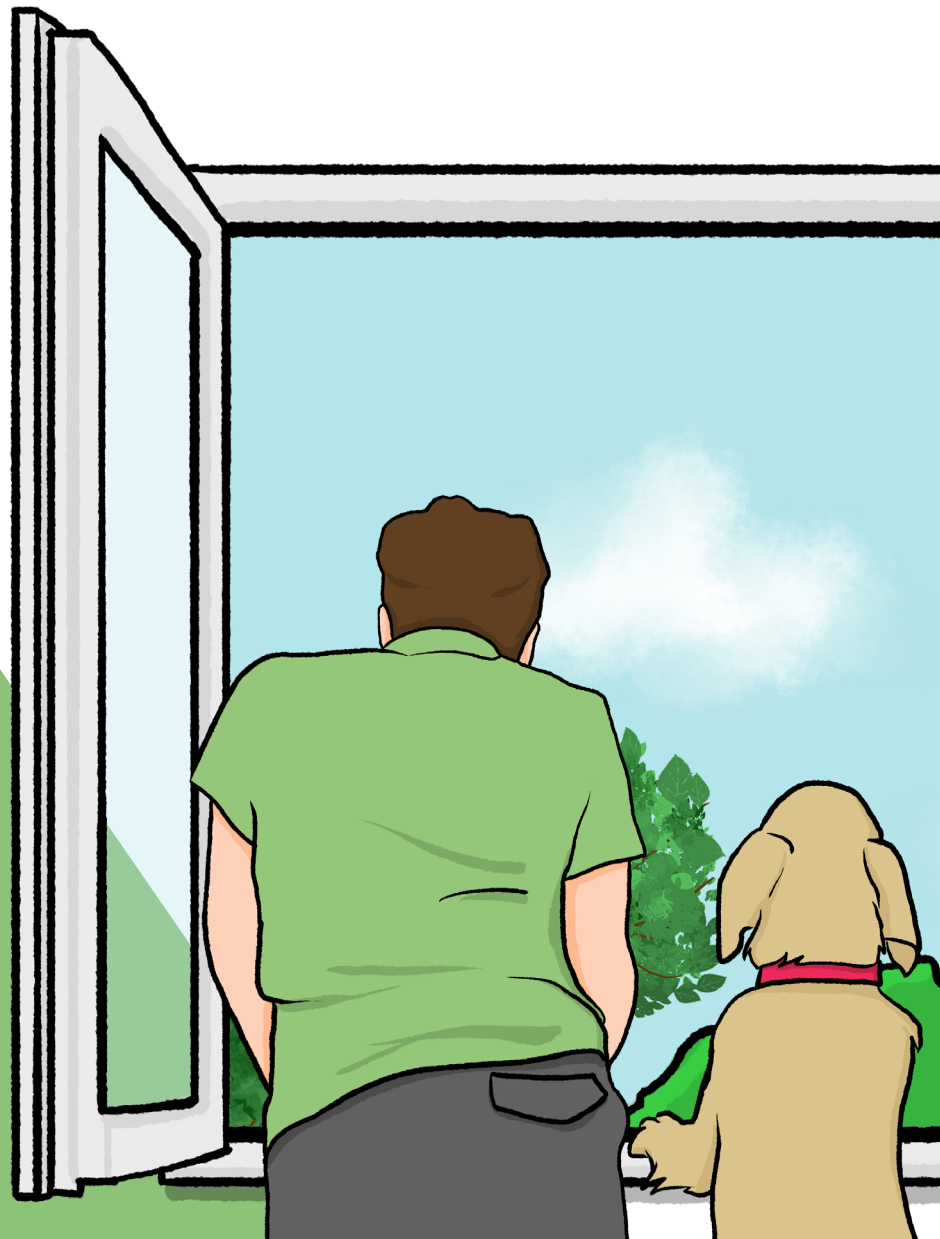
UK Government

CORONAVIRUS

Stay at home
Protect the NHS
Save Lives



easy
read



Contents



3 Coronavirus



6 Stay at home



10 Help to stop Coronavirus spreading



12 Washing your hands properly



13 Catching Coronavirus



16 People who are more likely to become very ill



18 Going to work



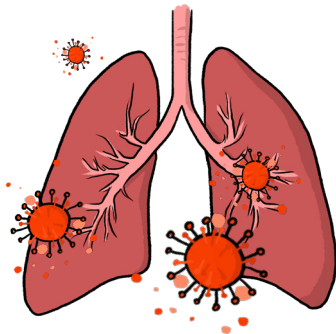
19 For more information

Coronavirus

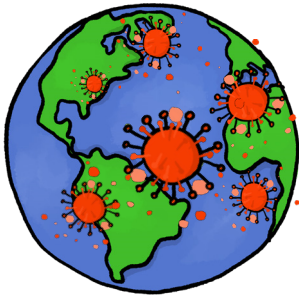


UK Government

This information comes from the Government.



It is about Coronavirus (Covid-19) which is a new disease that affects your lungs and breathing.



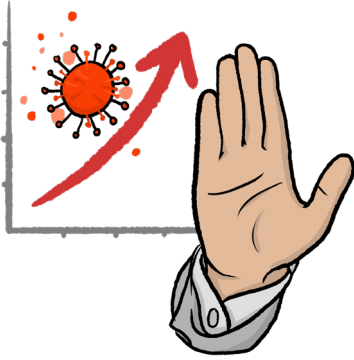
Coronavirus is spreading quickly all around the world.



Most people don't get very ill with it.



Some people will die if they catch it.



Everyone has to help

Everyone has to help to stop Coronavirus from spreading so quickly.

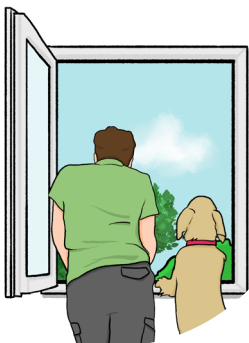


This will keep many more people alive.



Stay at home

As many people as possible have to stay at home.



You have to keep away from other people.

This will slow down the spread of Coronavirus.



Protect the NHS

The NHS will help people if they become very ill with Coronavirus.



But if too many people become ill at the same time, the NHS will not be able to help them all and many more people will die.

Stay at home



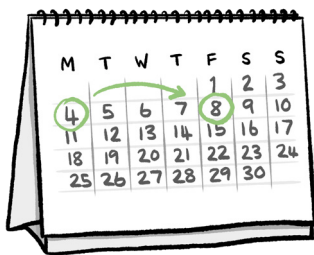
The most important thing you can do to help the NHS and save lives, is to stay at home.

You should only leave the house for one of these reasons:



1. Shopping for things you need

This could be food and medicine.



You should wait a few days between each time you go shopping.



2. Exercise once a day

This should only be one type of exercise like a run, a walk or a bike ride.

Only do this on your own or with the people you live with.



3. Any medical need

For example:

- To get medicines.



- If you are seriously ill.



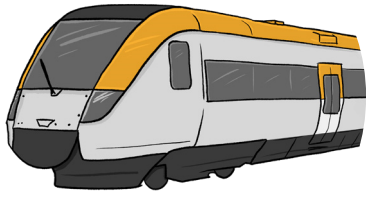
- Giving blood.



- Helping a **vulnerable** person.



Vulnerable means that you find it hard to keep yourself safe.



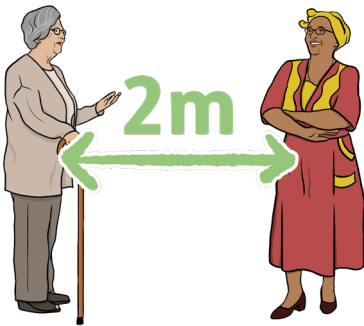
4. Travelling to work

This is only if you cannot work from home.



If you do have to leave your home:

- Spend as little time outside as possible.
- Make sure you are at least 2 metres or 6 feet away from other people.



You can stay close to people from your own household.



Children

Some children and their parents may leave their home and go to school.

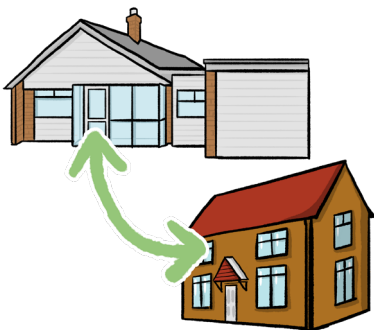


These are:

- Children of people who work in health or care services, or have another important job.



- Children who are vulnerable.



Children can be moved between homes if their parents live separately.

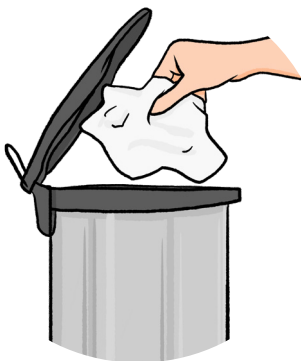
Help to stop Coronavirus spreading:



- Wash your hands with soap and water often.



- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Don't cough or sneeze into your hand.



- Put used tissues in the bin straight away and then wash your hands.



- Don't touch your eyes, nose or mouth if your hands are not clean.



- Use your normal cleaning products on things that people touch a lot in your home, like door handles and taps.



- Think of others when you go shopping and only buy what you need.



- Follow any advice that they give you at the shop.

Washing your hands properly



You should spend at least 20 seconds washing your hands with soap and water.

Follow these 6 steps:



1. Wash your hands together, palm to palm.



2. Wash the backs of your hands.



3. Wash in between your fingers.



4. Wash the backs of your fingers.



5. Wash your thumbs.



6. Wash the tips of your fingers.

Catching Coronavirus

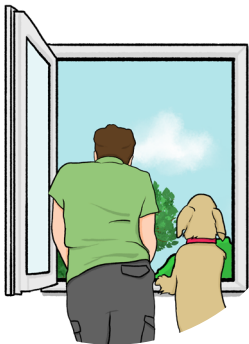


You may have Coronavirus if you have:

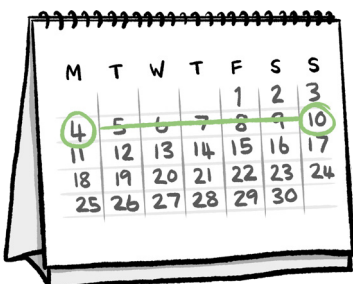
- A high temperature.



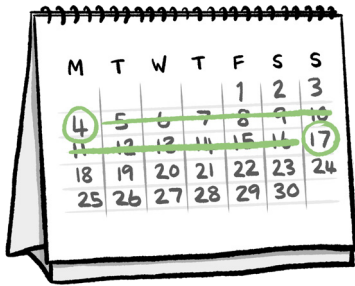
- A new cough, and you keep coughing a lot.



If you have either of these you must stay indoors until you feel better.



This must be for at least for 7 days.



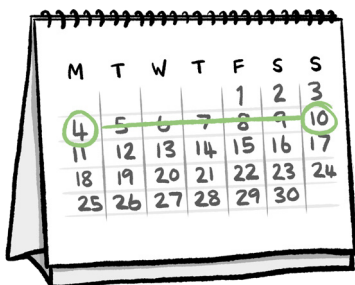
The other people in your house must stay indoors for at least 14 days and not go out.



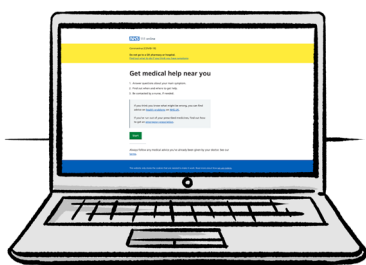
This is because it can take some time before they start to feel ill after catching it.



If they start to feel ill, they must stay indoors until they feel better.



This must be for at least 7 days after they started to feel ill.



Don't go to your doctor, the pharmacy or hospital

Contact NHS 111 by going to:
www.111.nhs.uk



If you can't get online, call
NHS 111 by dialling **111**.



If it is a serious emergency, call
999 and tell them you think you
have Coronavirus.



At the end of the 7 days

If you feel better after 7 days, you can
go out to the shops and take exercise.

People who are more likely to become very ill



Some people are more likely to become very ill with Coronavirus.

They are:

- People aged 70 and over.



- People with other health problems.



- Women who are pregnant.



These people should stay at home and not go out.



If you need shopping or medicines you should:

- Order them online, to be delivered.

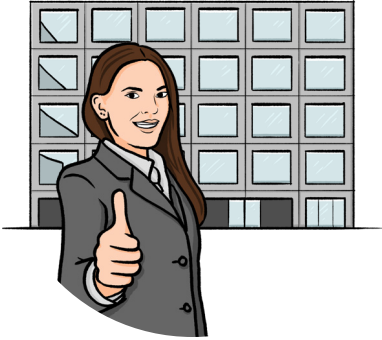


- Ask family, friends or neighbours to buy these things for you and leave them outside your door.



If you have to speak with your doctor, do it by phone.

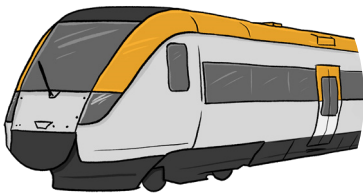
Going to work



The Government is doing a lot to help businesses and workers during this difficult time.



Businesses should do everything they can to help workers work from home.



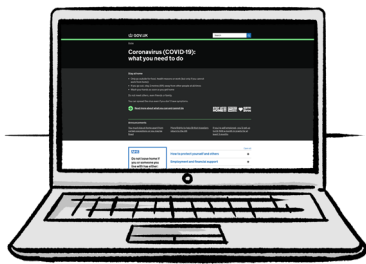
You may travel to work, but only if:

- You can't work from home.

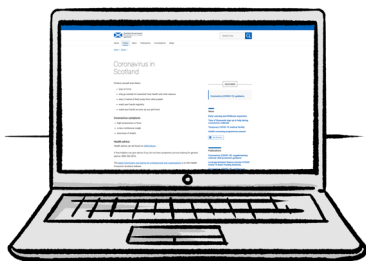


- No-one in your house has Coronavirus.

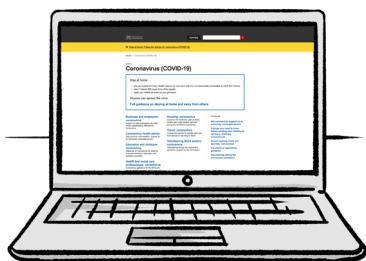
For more information



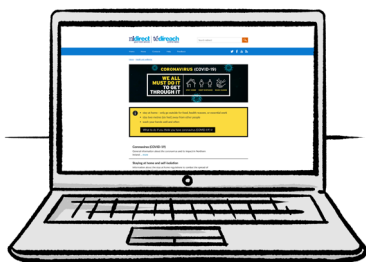
- If you live in England go to:
www.gov.uk/coronavirus



- If you live in Scotland go to:
www.gov.scot/coronavirus-covid-19



- If you live in Wales go to:
www.gov.wales/coronavirus



- If you live in Northern Ireland go to:
www.nidirect.gov.uk/campaigns/coronavirus-covid-19