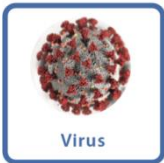


The Coronavirus - also called COVID-19

This is a new virus



It can have a **serious** effect on your **lungs** and your **breathing**



Scientists don't know everything about the new virus yet



They think –



-it spreads through **droplets** in the air for example when **coughing**



-it gets into the body through the **eyes**, **nose** or **mouth**

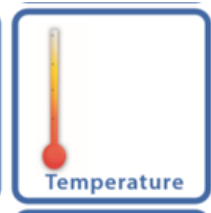
People can share it by **touching something** with the virus on it, and then touching their **face**

Scientists think it is **not** spread through food or packages.



How do you know if you have it?

There are 2 main things to watch for–



a high temperature

your **chest or back feels hot** when you touch it

- you do not need to measure your temperature



A new cough - which does not stop



Or you **cough a lot**

for **more than an hour**

or



3 or more coughing episodes in 24 hours



(if you already have a cough, it may be **worse than usual**)

If you have these symptoms ...

you must stay at home



Do not go to a GP surgery pharmacy or hospital.



First if you can - **look online** to find out what to do

www.nhs.uk



If this is not clear to you then

call 111 online coronavirus service



You will need to

stay at home for 7 days (1 week)



This is called **self isolation**

If **someone else** in your home has the **symptoms**



everyone who lives in your home must
stay at home for 2 weeks



try to **keep away from each other**

Everyone can help stop this virus spreading

There are things **you must do**



Wash your hands with soap and water often

– do this for **at least 20 seconds**



Wash -the **back of your hands**


- your **palms**
- **between your fingers**
- your **thumbs**
- under your **finger nails**

If you have difficulty moving your hands or arms there are ideas for how to wash your hands e.g.

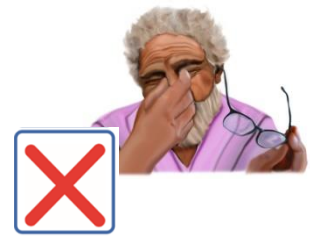
<https://www.stroke4carers.org/?p=436>

Always wash your hands **when you get home or into work**

If there is no soap and water -

-  use hand **sanitiser gel**

Try not to touch your eyes, nose or mouth



If you **cough or sneeze** -



Cover your mouth and nose with a tissue
put the tissue **in the bin immediately**



Then **wash your hands straight away**



Or cough or sneeze into your sleeve
(never your hands)

Do not have close contact with people who have symptoms of coronavirus



No contact with groups of people

If possible don't go in to work - **work from home**

No groups of visitors - even family and friends



Don't travel on **public transport** unless you need to

Some people are more likely to catch the virus than others
(they are at high risk)

This includes



- people who are **older**



- people who **already have health difficulties,**



- **pregnant women**

**The NHS will contact you
if you are at very high risk.**

There is **no treatment** for the virus at the moment

Antibiotics do not help



There are some things that may **help the symptoms** while your body fights the illness.



You must **stay in isolation**, away from other people, until you have recovered

Intellectual property of [Speakeasy-aphasia.org.uk](http://speakeasy-aphasia.org.uk)

Contact office@speakeasy-aphasia.org.uk images thanks to Gill Pearl, Speakeasy and Kathy Cann

*Information is based on NHS guidance as of **20th March 2020***