



What is Coronavirus?

Coronavirus is a **virus**. This is a germ that makes people sick.

You might see people talking about Coronavirus on the TV, on the internet and in newspapers.

It is also called COVID19.

It is like the flu or a very bad cold.

Coronavirus spreads from person to person in different ways.



It can spread through the air when someone coughs or sneezes.

It can spread when you touch things that have the virus on them.



The virus can go into your body when you touch your face.



Coronavirus can make you feel sick.

Most people can stay home while they are sick.

Some people will need to go to hospital so doctors and nurses can help them get better.

How to stop Coronavirus spreading



Here are some things you can do to stop Coronavirus spreading.

This will help to keep you and other people from getting sick.

Use a tissue when you cough.

Put all your dirty tissues in the bin, then wash your hands.



If you don't have a tissue, cough into your elbow, to stop the germs spreading in the air.



Wash your hands a lot. You need to wash really well for 20 seconds.

This will get rid of any Coronavirus germs that might have got on your hands.

If you are out in public, use hand sanitiser after touching things such as shopping trolleys and door handles.



Don't touch your face.

If the Coronavirus germs are on your hands they could go into your body if you touch your face.



Don't shake hands or even do high-fives.

You can wave hello instead.



Ask your support workers to wash their hands. If they get sick they should stay in their own home.



Don't go to places where there are lots of people.

Don't stand too close to people, so you don't catch their germs if they cough.

Signs you might be getting the Coronavirus

Here are things to look out for.



A cough



Sore throat



Feeling hot



Hard to breathe



Feeling tired

What to do if you aren't feeling well



You must tell your family, or support workers.

Do this as soon as you feel unwell.

Don't go straight to your doctor or GP if you think you have Coronavirus.

But you can phone them to say you have signs of Coronavirus.

They will tell you what to do next.

Or you can ring the **Coronavirus Hotline**. You can speak to a health worker at any time of the day or night.



Then they will tell you what to do next.

The Hotline number is
1800 020 080