Coronavirus - Information

There has been lots of the news about Coronavirus 🦠

What is Coronavirus
Coronavirus was first reported in China. Because people have been travelling from country to country the virus has spread to lots of countries

Coronavirus is a new illness. The NHS doesn't yet not know how it is spread from person to person. It could be like flu and when you cough it spreads the virus.

It's important to cover your hand and mouth with a tissue when you cough or sneeze.

Put the tissues in a bin

Wash your hands after coughing or sneezing

You can also use hand sanitiser to keep your hands clean. This stops viruses spreading

How do you get Coronavirus?
The NHS know that you can catch Coronavirus if you have been to one of these countries where lots of people have the virus in the last few weeks. This countries include:-

Cambodia	Malaysia
China	Myanmar (Burma)
Hong Kong	Singapore
Iran	South Korea
Italy – only northern Italy	Taiwan
Japan	Tenerife
Laos	Thailand
Macau	Vietnam

How do you get Coronavirus?
You can get the Coronavirus if you've been close to someone who has been told by a Doctor that they have the virus.

The NHS knows Coronavirus can make people very ill and even die.

People who can get very poorly are older people and people who with long term health problems like diabetes, cancer, and lung disease.

What things to look out for if you feel ill?

The NHS know that the things that you have wrong when you have Coronavirus are

A High Temperature

A cough

Shortness of breath

If you have these things wrong with you it does not mean you have Coronavirus. Flu's Colds and other virus's can cause these things

If you have if you have been close to someone who has been told by a Doctor they have the Coronavirus OR you have been to one of the countries listed.

Then you may have Coronavirus

What to do if you think you have Coronavirus
You can get the Coronavirus if you've been close to someone who has been told by a Doctor that they have the virus. You should not go to your Doctors if you think you have the virus.

You should stay at home and telephone 111 straight away.

You should not go to your Doctors if you think you have the virus.

What to do if you think you have Coronavirus
You might be asked to stay at home and not to be near other people, this is called self-isolation.

You might be asked to stay at home for 14 days so you would need to tell someone like your family, or your support provider if you need help.

This is to stop it spreading.

If you do have the virus you will be taken to hospital to make sure you get the right treatment to make you better.

What to do if you feel ill with something else
If you are feeling ill for anything else, you can still contact your doctor to make an appointment.

Only if you think you have the virus you are asked to stay at home and telephone 111.

The NHS 111 telephone number is to use if you need urgent help.

If you think someone is at risk of dying from things like a heart attack you still need to telephone 999 as this is an emergency.

Where can you find more information
You can find daily updates on the government website

https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public

or on the NHS Website https://www.nhs.uk/conditions/coronavirus-covid-19/

The updates are not easy read so you might need some support to read the information.

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