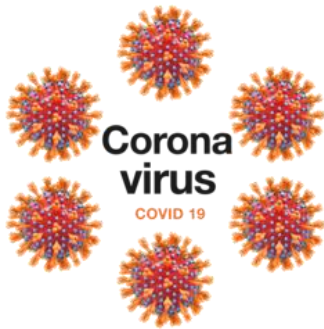# Information about Coronavirus

There has been a lot of information in the news about a virus called Coronavirus.

A virus is a type of illness.

Coronavirus is a new virus and people first had it in China.

Because people travel for work, to see friends and to go on holiday it is now in lots of other countries.

There are now a small number of people in the UK who have got this virus.

There is a lot of information on the news about this, and people are talking about the virus and what it means.

What is Coronavirus?

Coronavirus is like flu. and people who are ill with the virus may have

- A cough
- A high temperature
- and find it harder to breathe normally

Most people who have had the virus feel unwell but do not need to go to hospital. A very small number of people will need more help to try and get better.

It is important to remember that Flu, colds and other viruses can also make you feel poorly.

To make sure that people get the right support if you have these symptoms and have:

- recently been to country where lots of people have this virus
- been close to someone who has been told they have the virus

You do need to find out if you have the virus, or if there is another reason why you are unwell

What to do if you think you have Coronavirus?

You should not go to your doctors if you think that you have Coronavirus

You should stay at home and telephone 111 straight away

The person you speak to will tell you what you need to do next

They might tell you that you need to stay at home and not be near other people. This is called this self-isolation.

The doctors and nurses have said that it is helpful if this is for up to 2 weeks. You would need to stay at home for all of this time

It is important that if you do have the virus people who spend time with you know this.

This will mean they need to think about ways to help you safely and that make it less likely that they catch the virus.
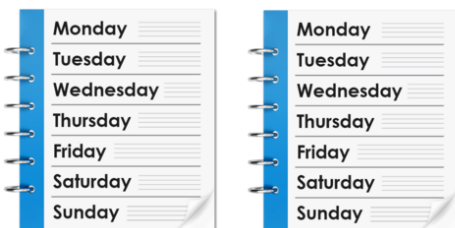
People who have Coronavirus are usually better after 2 weeks.

2 weeks is the same as 14 days.

Some people who get the virus do need more medical help, and if you are very unwell you may need to go to hospital.

This is to make sure you get the right treatment to help you get better.

What to do if you feel ill with something else?

If you are unwell with something else and need help from a doctor you should still make an appointment.

It is only if you think you have the virus that you should stay at home and phone 111.

If you need emergency help with other health problems and need immediate help you should continue to call 999, as this is an emergency.

How you can help to try and stop the spread of Coronavirus.

Lots of people are thinking about the best way of stopping people from getting this virus.

One of the most important things that we can all do is to make sure that we are doing our best to stop other people catching the virus

The best way to do this is

- to cover your mouth and nose with a tissue when you cough or sneeze
- to put any tissues, you use into a bin
- If you don't have a tissue it is better to cough or sneeze into your sleeve than into your hands
- To try not to touch your eyes, nose and mouth with your hands.

It is also really important that you wash your hands carefully after coughing or sneezing, and before eating any food, and you should always wash your hands when you get home or into work

Doctors and Nurses have told us that when washing your hands, you should:

- Wet your hands under warm running water.
- Apply a small amount of soap.
- Rub your hands together and make sure that the soap and water cover all of your hands.

- Carefully wash your palms, the backs of your hands, between your fingers, your fingertips, your thumbs, your wrists and your nails.

- Rinse your hands under running water.

- Dry your hands thoroughly using disposable paper towels.

- Turn the tap off using a paper towel or your elbow, this make sure that your hands stay clean.

There is a really good video that has been made about the best way to wash your hands, you can find this by going to this internet address https://vimeo.com/134952598

How to find out more about Coronavirus

There is an online coronavirus service that can tell you if you need medical help.

You can find the service by clicking on the link here https://111.nhs.uk/covid-19

You can use this service if:

- You think you might have coronavirus.

- You have been to a country with a high risk of coronavirus.

- If you have been in close contact with someone who already has coronavirus.