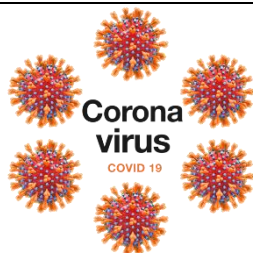


What is COVID-19?

What is coronavirus?



COVID-19 is a new illness.

It can affect your lungs and your airways.

It is caused by a virus called **coronavirus**.



A virus is a kind of germ that can cause disease.




A virus is really small. You cannot see it.

The flu is an example of a virus that makes you feel unwell.



If you have COVID-19 you may not feel well.

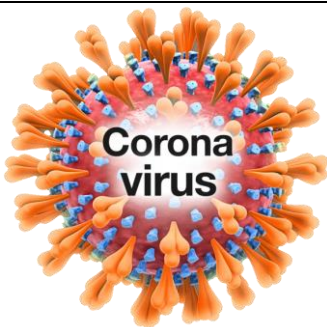
Information about COVID-19 and the coronavirus.

| | |
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|  | <p>You might have a cough.</p> <p>You might have a high temperature.</p> <p>You might have a shortness of breath.</p> |
|  | <p>Having these things does not always mean you have COVID-19.</p> |
|  | <p>These things are almost the same as other illnesses like the cold and flu.</p> <p>The cold and flu are more common than COVID-19.</p> |

Some questions and answers about COVID-19 and the coronavirus.



How is coronavirus spread?



COVID-19 is a new illness.

It is caused by the virus called coronavirus.

Coronavirus is a kind of germ.



Germs are spread when people cough and sneeze.

| | |
|---|---|
|  | <p>Do I need to avoid public places?</p> |
|  | <p>Most people can continue to go to work.</p> |
|  | <p>Most people can continue to go to school.</p> |
|  | <p>Most people can continue to go to public places.</p> |

Information about COVID-19 and the coronavirus.

| | |
|---|---|
|  | <p>You only need to stay away from other people if you are told you should do that by NHS 111 or a doctor.</p> |
|  | <p>Sometimes organisations like ENABLE Scotland will decide not to bring groups of people together.</p> <p>This is so they can help you avoid coming into contact with the virus.</p> |
|  | <p>Should I believe everything I see about coronavirus on social media?</p> |
|  | <p>No. You should not believe everything that people tell you about coronavirus.</p> <p>You should also not believe everything you see about coronavirus on social media.</p> <p>Please do not worry.</p> |

Information about COVID-19 and the coronavirus.

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|---|--|
|  A photograph of two women sitting at a round table, engaged in conversation. One woman is wearing a colorful vest over a blue top, and the other is wearing a grey blazer. | <p>If you want to know about coronavirus you should speak to someone you know and you trust.</p> <p>Like a support worker or ACE Group faciliator.</p> |
|  The NHS logo, which consists of the letters "NHS" in white on a blue background, with a photograph of the Big Ben clock tower and the Houses of Parliament in London above it. | <p>You can also find information you can trust about coronavirus on the NHS website.</p> <p>The NHS webiste that tells you about coronavirus is www.nhs.uk/conditions/coronavirus-covid-19</p> |

When you should call 111.

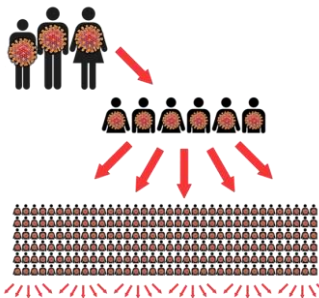


111 is the telephone number for the NHS.

Calling 111 is free. It will not cost you any money.



You should call **111** if you feel unwell.



You should call **111** if you know someone that **definitely** has coronavirus.

Information about COVID-19 and the coronavirus.



You should call **111** if you have visited certain countries.

These countries are:

- Cambodia
- China
- Hong Kong
- Iran
- Italy
- Japan
- Laos
- Macau
- Malaysia
- Myanmar (Burma)
- Singapore
- South Korea
- Taiwan
- Tenerife – only the H10 Costa Adeje Palace Hotel
- Thailand
- Vietnam

NHS 111 will tell you what you should do.





What you should do if you feel unwell.



If you feel unwell it is important that you **do not panic.**



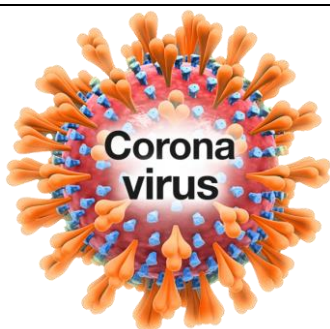
You are more likely to have a cold or flu than to have COVID-19.

| | |
|--|---|
|   | <p>If you do feel unwell you should not go to your doctor's surgery.</p> <p>You should not go to a hospital.</p> <p>You should not go to a pharmacy.</p> |
|   | <p>If you feel unwell you should call 111.</p> <p>This will connect you to the NHS.</p> <p>They will tell you what you should do.</p> |

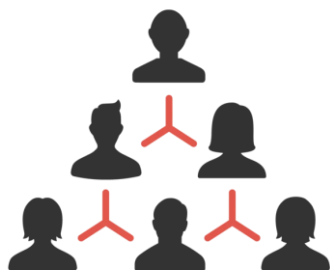
Staying away from other people.



You may have seen in the news that some people are being asked to stay away from other people.



Sometimes this can help to slow down the spread of the virus.



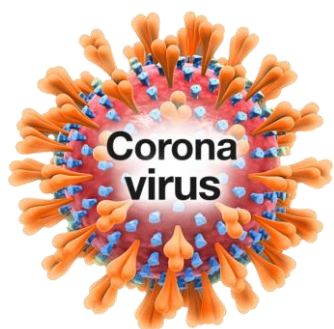
Information about COVID-19 and the coronavirus.



Staying away from other people means:

- Staying at home.
- Not going to work.
- Not going to school.
- Not going to public places.
- Not using public transport like trains or buses.
- Not going out to the shops.
- Getting food and shopping delivered to your house from the supermarket.
- Not having people coming into your house.

Information about COVID-19 and the coronavirus.



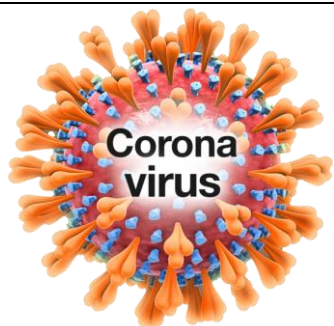
You might be asked to stay away from other people if there is a chance you have COVID-19.



You should not decide to stay away from other people on your own.

You only need to do this if someone from the NHS tells you that you should.

Things you should do to avoid catching or spreading germs.



There are things we can do to stop lots of germs.

You should think about always doing these things to help you stop spreading germs.



You should:



Wash your hands with soap and water.

You should wash your hands for at least 20 seconds.

This is the best thing you can do to stop spreading germs.







Always wash your hands when you get home or when you get to work.

Always wash your hands before you eat.

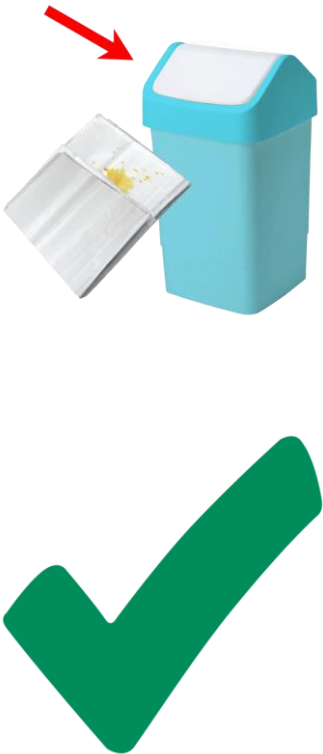



Always wash your hands after you finish eating.

Always wash your hands after you have been to the toilet.

| | |
|--|---|
|   | <p>Use soap and water to wash your hands.</p> <p>If you cannot use soap and water then you should use hand gel.</p> |
|   | <p>Cover your mouth and nose with a tissue when you cough or sneeze.</p> <p>If you do not have a tissue you should use your sleeve.</p> <p>You should wash your clothes regularly.</p> <p>You should not wear them again if you had to use them to cough or sneeze.</p> |

Information about COVID-19 and the coronavirus.

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|---|--|
|  | <p>Put tissues you have used into the bin straight away. Wash your hands after this.</p> |
|  | <p>Try to avoid close contact with people you know are unwell.</p> |

Things you should do to keep your house clean and help reduce the spreading of germs.



This is useful for stopping lots of germs.

You should think about doing these things often to make sure you stop germs from spreading around your house.



You should clean things that you touch a lot in your house.





Some examples of things you should clean more often are:

- Door handles
- Bedrails
- Handrails
- Light switches
- Taps
- Remote control

Information about COVID-19 and the coronavirus.

| | |
|--|---|
| | <ul style="list-style-type: none">• Your mobile phone• Laptop |
|    | <p>Keep your kitchen clean.</p> <p>Some things in your kitchen you should clean regularly are:</p> <ul style="list-style-type: none">• Cooker• Kettle• Microwave• Fridges• Worktops• Kitchen table• Cabinet handles |

Information about COVID-19 and the coronavirus.

| | |
|--|--|
|    | <p>If you use a walking aid you should clean this regularly.</p> |
|  | <p>You should clean using disinfectant. Disinfectant is called 'anti-bacterial spray' in the shops.</p> <p>It is sold in spray bottles.</p> <p>Like the one in the picture on the left.</p> |



You should make sure your cutlery is cleaned after you use it.

Cutlery is:

- Knives, forks, spoons.
- Pots and pans
- Plates
- Cups
- Glasses

You should wash your cutlery with warm water and detergent.

Detergent is washing up liquid.

You should make sure your cutlery is **dry** before you put it away.

Information about COVID-19 and the coronavirus.





You should wash your towels at the 60 degree setting.



You can find the washing instructions on a little tag attached to your items.



| | |
|--|--|
|   | <p>You should wash your clothes after you have worn them.</p> <p>You should not wear clothes again if you have used your sleeve to cough or sneeze in.</p> <p>You should only use your sleeve for this if you do not have tissues.</p> |
| | |

ENABLE Scotland

Information about COVID-19 and the coronavirus.



Things you should **not** do:



Do **not** touch your eyes if your hands are not clean.



Do **not** touch your nose if your hands are not clean.

Do **not** touch your mouth if your hands are not clean.



Do **not** cover your mouth with your hands when you cough or sneeze – use a tissue or your sleeve.



Information about COVID-19 and the coronavirus.



You should **not** panic if you are unwell.

Things like the cold and flu are more common than coronavirus.