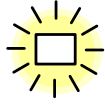


=



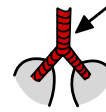
COVID-19 is a new illness.



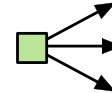
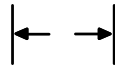
Lots of people call it coronavirus.



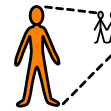
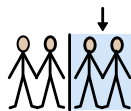
+



It can sometimes affect your lungs and your airways.



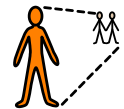
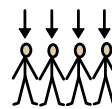
It is important that people keep apart to stop it spreading.



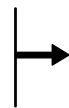
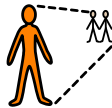
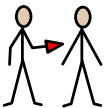
Staying away from other people is called social distancing.



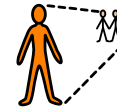
2020



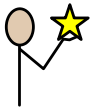
In March 2020, the government asked everyone to socially distance.



You should socially distance from people you don't live with.

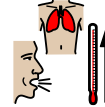


The government will announce when we can stop social distancing.

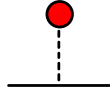
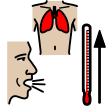


Five important rules to remember

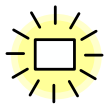
1



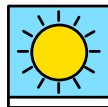
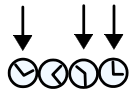
Stay away from someone that has coronavirus symptoms.



Symptoms include: a high temperature.

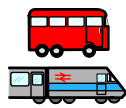
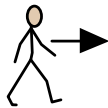


A new cough that lasts longer than an hour,

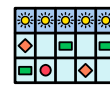


or repeats 3 times during the day.

2

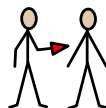


Do not use public transport unless you have to.

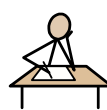
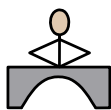


If you have to, travel during less busy times.

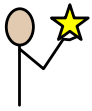
3



If you have a job, work from home if you can.

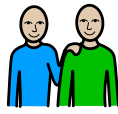
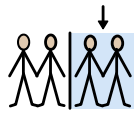


Your boss should support you to work at home.

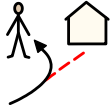


Five important rules to remember

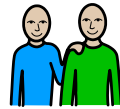
4



Don't meet other people, friends or family you don't live with.

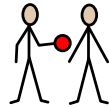


Avoid public places like pubs and clubs.



If you can, contact friends and family on the phone or internet.

5



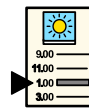
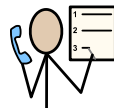
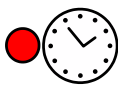
You can call your doctor.



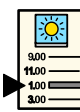
You can call services like housing, benefits or social worker.



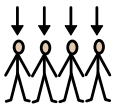
Do not visit them.



If you already have a health appointment you should contact them.



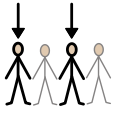
The GP surgery or health service may cancel your appointment.



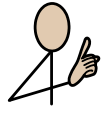
5



Everyone should follow the 5 rules



Some people



should be

+1

extra



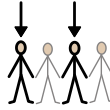
careful.



Coronavirus



can make



some people



very



ill:



Adults



aged

70

70

+

or more.



Adult



less than

70

70



years old



asked to



have an annual



flu



jab.



People

=

who are



very




overweight.

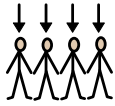






Pregnant women.







 If your family care for you, they can continue.


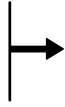




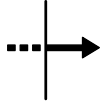









 Write a plan to make sure everyone is kept safe.

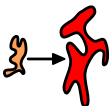

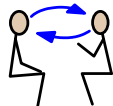

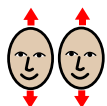
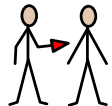




 Home care info for social care staff can be helpful for family carers.

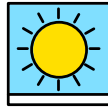
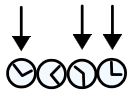







 Care from health or social care services will continue.





 Including help from support workers.







 Any changes should be discussed and agreed with you.



Personal safety



Wash your hands lots of times during the day.



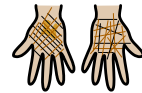
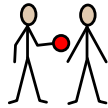
20



Use soap and water and wash for 20 seconds.



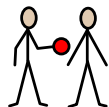
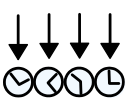
You can also use hand sanitiser.



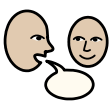
Do not touch your eyes, nose or mouth with unwashed hands.



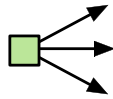
Cough and sneeze into a tissue, throw it away and wash your hands.



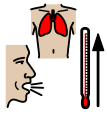
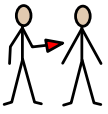
Regularly clean your home and things you touch with disinfectant.



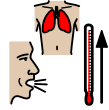
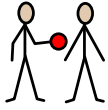
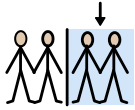
Tell people they cannot visit.



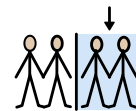
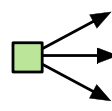
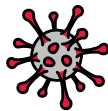
Stop coronavirus spreading



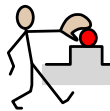
If you have symptoms you should stay at home for 7 days.



If others in your home have symptoms, you should stay at home for 14 days.



Staying at home stops coronavirus spreading to other people.



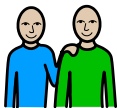
Make sure you can get food and medicines.



Think about:



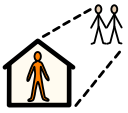
ordering online to be delivered to you.



asking friends and neighbours for help



finding out if local support groups can help.



Isolation



Try to



stay well



and



feel happy



during



isolation.



Visit



the NHS



website



for exercising



at home



ideas.



Think of



activities



you



enjoy



indoors.



Eat



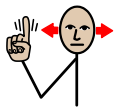
healthy food



and



drink water.



Avoid



smoking,

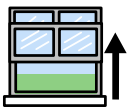


alcohol

or



drugs.



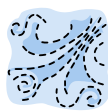
Open windows



to breathe



fresh



air.



Go out to



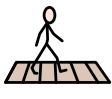
the garden



for sunlight.



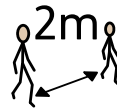
You can



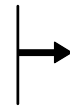
go for a walk,



but you must



keep 2 metres apart



from



people.