Section 1 Overview
Easy Read Information

Coronavirus is the illness caused by a virus

If you have a long term health condition or weakened immune system you can become very ill if you get Coronavirus

Lung disease
Cancer
Diabetes
Older people over 70 years
Signs to look out for

A high temperature 37.8 degrees or more

When you have a high temperature you can feel

Hot to touch on your chest and back
Feel warm
Feel cold and shivery

A new cough
3 lots of coughing in 24 hours

You can have difficulty breathing

A few people get pneumonia
If you have a cough, high temperature in the last 7 days

Stay at home for 7 days

This is called self-isolation

Start counting the 7 days from the first day you felt unwell
Do not go to your GP, Hospital or Pharmacy

Phone 111

Phone 999 only if you have a medical emergency
If you live with other people they need to stay at home for **14 days**

This is called self-isolation

They start counting from the day of your first symptoms

If they become unwell they start to count the 14 days from the day that they become unwell

They should do this even if it goes over the 14 day isolation period
What should I do about work?

You need to let your employer know that you are off because of Coronavirus

You can phone your employer
You can get an isolation note

An isolation note tells your employer that you need to stay off work because of Coronavirus

Click here to get an isolation note

https://111.nhs.uk/isolation-note/
Shielding is there to protect people who are likely to be very ill if they catch the Coronavirus.

Shielding means extra things that you should do to keep safe if you live with other people and are at risk of getting very ill.

What do you do about work?

Tell your employer if you need to Shield.
How do I plan to stay at home?

Talk to your family and neighbours

Make a list of phone numbers of the people that you might need to help you

Family
Neighbours
Employer
Pharmacist
GP

Set up an online shop
Testing for Coronavirus

You will only need to be tested if you are admitted to hospital

Keeping healthy

Wash your hands with soap and water
Do not touch your face and mouth with your hands

Cover your nose and mouth when you sneeze

Put used tissues in the bin
There is no vaccine for Coronavirus

You can take paracetamol if your doctor says this is OK

If you are taking other medicines ask your doctor what to do
You can phone the Coronavirus Helpline for information

0800 028 2816

8.00am to 10.00pm

The Helpline is open every day