

What's going on?

North Lincolnshire Learning Disability Partnership's guide to coronavirus



Every one seems to be talking about the coronavirus at the moment



Lots of people seem to be very worried



This guide explains what is happening and what you need to do about coronavirus

What is coronavirus?



Coronavirus is a new illness



So we don't really know lots about it yet



It could be like a cold or flu



It is sometimes called Covid-19



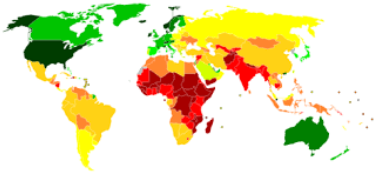
Most people who catch it will get a cough



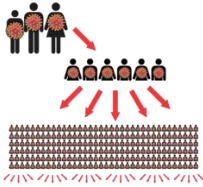
If people have other health conditions they could become really poorly



So everyone needs to really careful not to catch and spread the virus



Coronavirus has spread to lots of countries around the world



Because so many people have caught it, it has been called a Pandemic

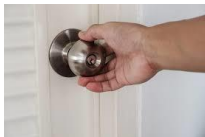


This just means that it is all over the world

How do you catch coronavirus?



You can catch it from being close to someone else with coronavirus



You can catch it from hard surfaces where someone with coronavirus has been



If you have travelled abroad recently (in the last 2 weeks) you need to be extra careful

What do I need to look out for?



If you have a fever

You have a new cough

You have cold or flu symptoms like a blocked or runny nose



If you have any of these things you will need to stay at home

What do I need to do?



Make sure you wash your hands lots

There are lots of handwashing guides to make sure you do it right



You can also use hand sanitiser

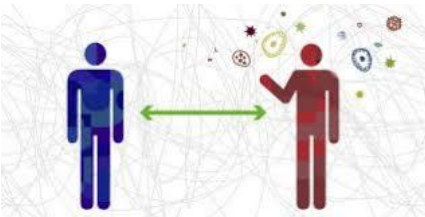


Make sure you cough or sneeze into a tissue then throw it away



Try not to touch your face too much

What have the government told me to do?



The government want people to start 'social-distancing'



This means not spending time with people you don't live with



The government has told people not to visit bars, cafes or restaurants



You might not be able to go to your usual activities



You can still go to shops and buy the things you need



It might be better to ask other people who you trust to go to the shops for you if you can



If you can, use your card to buy things so you don't have to touch money

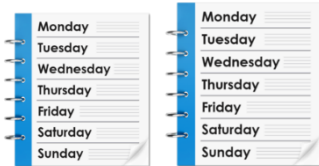


Try not to touch other people for example hugging your friends in case they are feeling poorly

What should I do if I feel poorly?



If you have a temperature, a new cough or a cold you need to stay at home



You need to stay at home for 14 days



Everyone you live with also has to stay at home too



This is called self-isolating



You should try to stay at least 3 steps away from everyone else if you can



If you can, clean the bathroom after you have used it.



Try to wipe down surfaces after you have touched them



Make sure you tell your support networks that you are staying at home



Ask for help if you need it



You can still make appointments with your doctor if you feel poorly with something else

Where can I get help?



You can call NHS 111 for advice when you feel poorly for more than 7 days or you need more support with feeling poorly



If you receive support, talk to your support workers



Talk to your friends and family to make plans