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| Coronavirus Posters UK | Every one seems to be talking about the Coronavirus at the moment |
| Trina 1 | Lots of people seem to be very worried |
| Coronavirus 2 | This guide explains what is happening and what you need to do about Coronavirus |

**What’s going on?**

**North Lincolnshire Learning Disability Partnership Guide to Coronavirus**

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| **What is Coronavirus?** | | |
| Coronavirus 2 | | Coronavirus is a new illness |
| Dont know man1 | | So we don’t really know lots about it yet |
| Cough man | | It could be like a cold or flu |
| Coronavirus 1 | | It is sometimes called Covid-19 |
| Cough man | | Most people who catch it will get a cough |
| Oxygen Mask 1 | | If people have other health conditions they could become really poorly |
| Infection Control 3 | | So everyone needs to really careful not to catch and spread the virus |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\AD1B647F.tmp | Coronavirus has spread to lots of countries around the world | |
| Epidemic | Because so many people have caught it, it has been called a Pandemic | |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4773F0A8.tmp | This just means that it is all over the world. | |

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| **How do you catch Coronavirus?** | |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D6F39DB7.tmp | You can catch it from being close to someone else with Coronavirus |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\384EAF00.tmp | You can catch it from hard surfaces where someone with Coronavirus has been |
| Aeroplane | If you have travelled abroad recently (in the last 2 weeks) you need to be extra careful |

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| **What do I need to look out for?** | |
| Coronavirus Symptoms | If you have a fever |
| You have a new cough |
| You have cold or flu symptoms like a blocked or runny nose. |
| House 4 | If you have any of these things you will need to stay at home. |

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| **What do I need to do?** | |
| Wash Hands Room | Make sure you wash your hands lots |
| Wash Hands 20 Seconds | There are lots of handwashing guides to make sure you do it right |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7BAE4AAB.tmp | You can also use hand sanitiser |
| Tissue for Coughs | Make sure you cough or sneeze into a tissue then throw it away |
| Don't Touch Face | Try not to touch your face too much |

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| **What have the government told me to do?** | |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\199D286A.tmp | The government want people to start ‘social-distancing’, |
| Visitors No 1 | This means not spending time with people you don’t live with |
| Cafe Lunch 1b | The government have told people not to visit bars, cafes or restaurants |
| Music Group | You might not be able to go to your usual activities |
| Shop Food 4 | You can still go to shops and buy the things you need |
| Shop assistant2 | It might be better to ask other people to go to the shops for you if you can |
| Debit card | If you can, use card to buy things so you don’t have to touch money. |
| Hug | Try not to touch other people for example hugging your friends in case they are feeling poorly |

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| **What should I do if I feel poorly?** | |
| House 4 | If you have a temperature, a new cough or a cold you need to stay at home |
| DaysDays | You need to stay at home for 14 days |
| Care Home | Everyone you live with also has to stay at home too |
| Isolated 2 | This is called self-isolating |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A65F2532.tmpC:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A65F2532.tmpC:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A65F2532.tmp | You should try to stay at least 3 steps away from everyone else if you can |
| Wash Hands Room | If you can, clean the bathroom after you have used it. |
| Dusting | Try to wipe down surfaces after you have touched them |

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| Phone Call 4 | Make sure you tell your support networks that you are staying at home. |
| Peer Support 1b | Ask for help if you need it. |
| Annual Health Check 1 | You can still make appointments with your doctor if you feel poorly with something else. |
| **Where can I get help?** | |
| C:\Users\KateBanks\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A2075445.tmp | You can call NHS 111 for advice when you feel poorly |
| Chat Manager 2a | If you receive support, talk to your support workers |
| Family 1 | Talk to your friends and family to make plans |