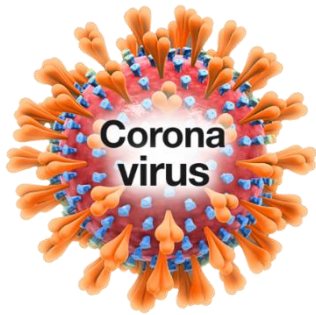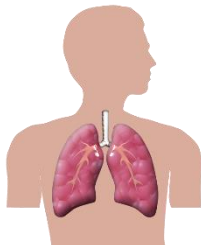# Section 1 Overview

Easy Read Information

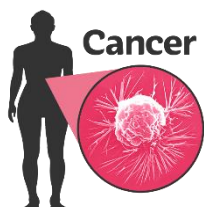Coronavirus is the illness caused by a virus

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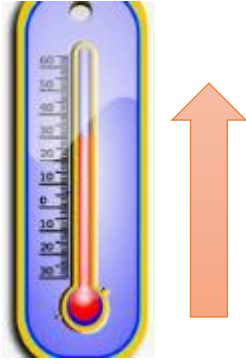
Lung disease

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

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6 Day 1	7	8	9	10	11	**12** Day 7
13	14	15	16	17	18	19 Day 14
20	21	22	23	24	25	26
27	28	29	30	31		

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9 Day 1	10	11	**12**
13	14	15	16	17	18	19
20	21	22 Day 14	23	24	25	26
27	28	29	30	31		

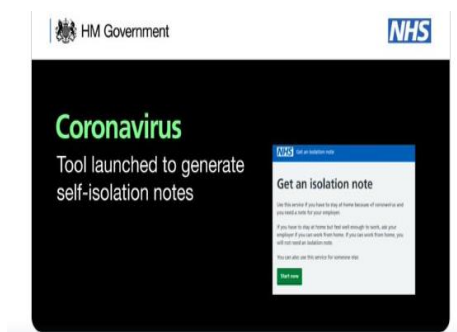They should do this even if it goes over the 14 day isolation period

What should I do about work?
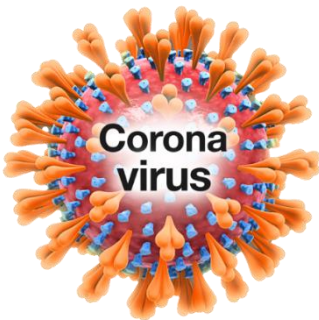
You need to let your employer know that you are off because of Coronavirus

You can phone your employer
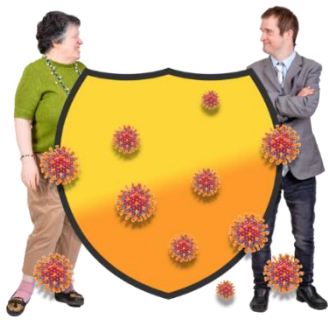
You can get an isolation note

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

Kathy
0752 72901

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
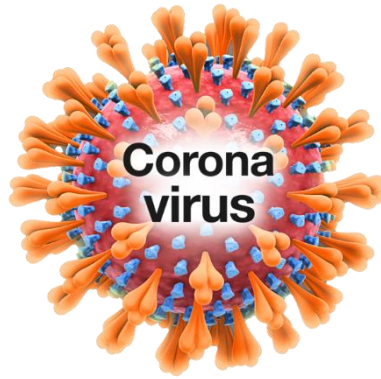
Put used tissues in the bin

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

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