

Common Questions

Easy Read Information



Can you catch the virus from towels and bedsheets?



Yes so do not share towels and bedsheets with other people.



Wash them separately from other people's washing



Wash your laundry at the temperature it says on the label



Do not shake dirty laundry as this will spread the virus



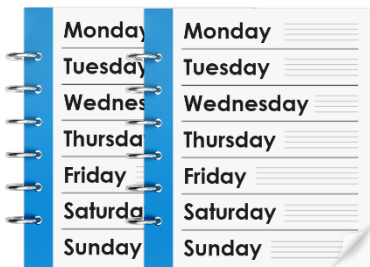
I know someone at work who might have the virus. What do I do?



Nothing special if you are feeling well



If you become ill stay at home for 14 days.



If you feel very ill, phone 111.





If your child becomes ill follow the same advice



If I catch the virus, will I feel ill straight away?



No it could be a few days until you start to feel ill.



Can my pet catch the coronavirus?



No, we don't think so.

You should still wash your hands with soap and water after you touch your pet.



I am a carer

What do I do if I need to self-isolate and can't care for the person?



Phone the social work department and tell them about the person you care for.



They will think about what the person you care for needs



Ask your family and friends if they could help out



Write down important information about what the person needs and leave it in a place that is easy to find

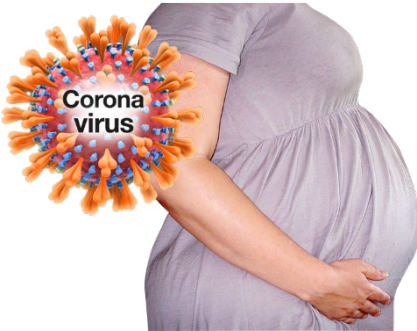


What about my home visits from health and social care staff?

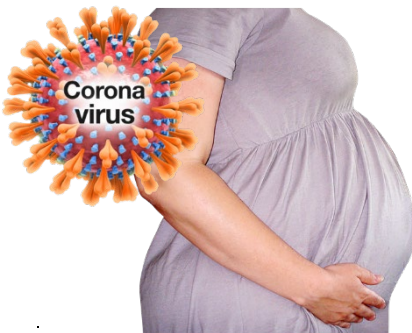


If you have to self-isolate phone to tell them

They will know what to do and they will tell you.



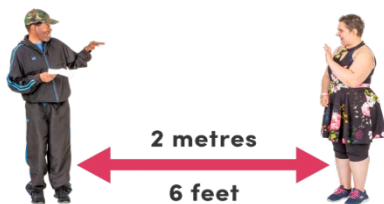
What if I am pregnant and I get the virus?



We don't think you will become very ill



We don't think the baby will get it



Follow the rules about social distancing.

You can find out more about social distancing [here](#)



You can read more advice about being pregnant [here](#) but it is not in easy read



What if I have a condition that suppresses my immunity?

Or what if I take medicine that suppresses my immunity?

And what if I am living with people who are self-isolating?

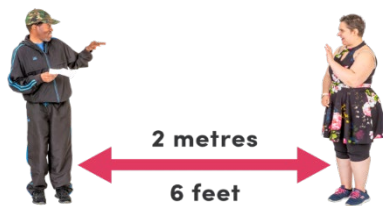
If I have **suppressed immunity**, that means I can catch other diseases much more easily

Phone your GP or another doctor or nurse for advice



Follow the rules about social distancing.

You can find out more about social distancing [here](#)



How should I clean the surfaces in my home?

Use a detergent



And use a disinfectant





You can mix these things together or use them one after the other



Always wash your hands after cleaning surfaces



Wash the cleaning cloths or throw them away



Is it safe to drink from water fountains?



Do not put your mouth to a water fountain.



You can fill a water bottle or a cup from a water fountain

Make sure the spout does not touch your bottle or cup