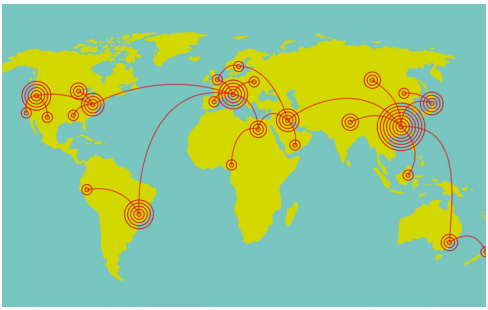
Protect yourself and others from coronavirus.

An EasyRead Guide

What is coronavirus?



Coronavirus is a new illness. It can affect your lungs and your airways.
The virus has spread all over the world.

This is because people go on holiday and travel to different countries.

Because it is a new virus nobody is sure how it spreads.

But it could be by coughs, sneezes and touching things like door handles that other people with the virus have touched.

When you have a visit from a health or social care organisation, they might be wearing protective clothing.

This might be gloves, an apron or other protective clothing like masks.

They might ask to wash their hands when they first come in or use hand sanitiser gel.

It does not mean that they have coronavirus.

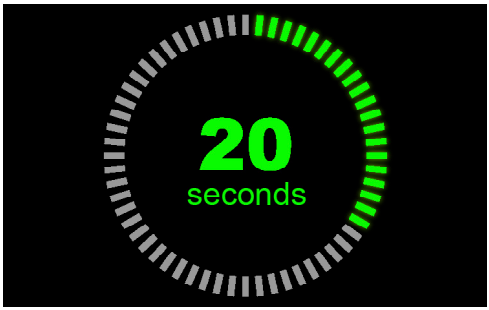
This does not mean that they think you have coronavirus.

It is to try and stop the virus from spreading and to protect you.

To avoid catching or spreading coronavirus you should:

Wash your hands with soap and water often.

Always wash your hands when get home or in to work.



Wash them for 20 seconds, this is as long as singing happy birthday twice.

Use hand sanitiser gel if soap and water are not available.

Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze (not your hands).

Put used tissues in the bin straightaway and wash your hands afterwards.

Try to avoid being in close contact with people who are unwell.

Don’t touch your eyes, nose or mouth if your hands are not clean.

If you live alone, have a high temperature and a new cough you should stay at **home for 7 days.**

If you live with other people everyone should stay at **home for 14 days** to avoid spreading the virus.

This is called self-isolation.

It is to try and stop the spread of coronavirus.

Do not go to your doctors, pharmacy or hospital.

Treatment for coronavirus

At the moment there is no treatment for coronavirus.

Antibiotics do not help, as they do not work against viruses.

Remember to keep drinking plenty of water.

Take painkillers like paracetamol.

Sleep alone, if possible.

Ask friends, family and delivery services to bring you things like food and medicine, but to leave them outside.

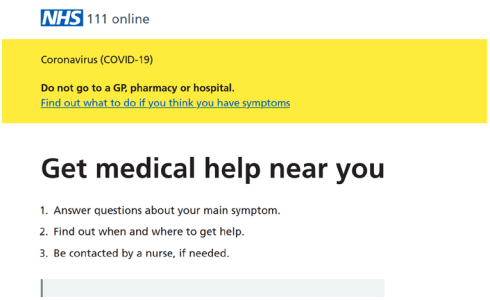
Do not let people into your house unless they are health care staff.

Do not go outside until you have finished self-isolating.

NHS 111 service for coronavirus symptoms

If you feel like you have the symptoms of coronavirus then do not call 111.

Instead visit the NHS 111 online service. The link is **https:/111.nhs.uk/covid-19/**



This will tell you what steps you need to take depending on how you are feeling.

If you are unable to use the online service and are struggling to cope with the symptoms then call 111.

Only ring 999 if you feel it is an emergency such as, finding it very difficult to breathe.

City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

For more information please contact:

btm
the home of accessible information

Play Audio

11-12 Eldon Place
Bradford BD1 3AZ
Telephone: 01274 848150
SMS / Text: 07535 120222
E-mail: enquiries@btm.org.uk

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