Information about Coronavirus

What is Coronavirus

There has been lots of information on the News about coronavirus.

Coronavirus was first reported in China but has spread to lots of countries because of people travelling from country to country.

Because this is a new illness the NHS is still learning about how it is spread from person to person.

It could be like flu and when you cough or sneeze it spreads the virus.

The best way to stop coronavirus spreading is to wash your hands thoroughly with soap and water. You should do this before you eat and after you have used the toilet.

It is important to cover your hand and mouth with a tissue when you cough or sneeze, put the tissues in a bin and wash your hands after coughing or sneezing.

If you cannot wash your hands you can use hand sanitiser.

This stops viruses from spreading.

How do you get coronavirus?

The NHS knows that you can catch coronavirus if you have been to a country where lots of people have the virus in the last few weeks.

The list of countries is changing all the time so for the latest advice please go to

https://www.gov.uk/guidance/travel-advice-novel-coronavirus

If you have been close to someone who has been told they do have the virus by a doctor.

The NHS knows that it can make some people very poorly and even die.

The people who are generally very poorly are people who already have long term conditions like cancer, lung disease, diabetes and people who are older.

What are the things to look out for if you feel ill?

The NHS know that the things you have wrong when you have coronavirus are

- A cough
- A high temperature
- Shortness of breath – this is trouble breathing normally

If you have these things wrong, it does not mean you have coronavirus.

Flu, Colds and other viruses can cause these things.

If you have these symptoms and you have

- Been to one of these countries where lots of people have the virus in the last few weeks

- Been close to someone who has been told they do have the virus by a doctor.

Then you may have coronavirus

What to do if you think you have coronavirus

You should not go to your Doctors if you think you have the virus.

You should stay at home and telephone 111 straight away.

You might be asked to stay at home and not to be near other people, this is called self-isolation.

You might be asked to stay at home for 14 days so you would need to tell someone like your family, or care provider if you need help.

This is to stop it spreading.

If you do have the virus you might be taken to hospital to make sure you get the right treatment to make you better.

What to do if you feel ill with something else

If you are feeling ill for anything else, you can still contact your doctor to make an appointment.

It is only if you think you have the virus you are asked to stay at home and telephone 111.

The NHS 111 telephone number is for people to use if you need urgent help.

If you think someone is at risk of dying from things like a heart attack you still need to telephone 999 as this is an emergency.

Where can you find more information

You can find daily updates on the government website

https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public

or you can find more information on the NHS Website

https://www.nhs.uk/conditions/coronavirus-covid-19/

The updates are not easy read so you might need some support to read the information.