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What is Coronavirus?

Coronavirus is a new illness, like flu



- People with Coronavirus have a fever. This means they feel hot.
- People with Coronavirus have a cough.
- People with Coronavirus can have problems breathing.



You can catch Coronavirus

- by being close to people with the virus.
- by being in places where people who have the virus have been.



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How to reduce the chance of getting Coronavirus



Always wash your hands with soap and water

- When you get home
- Before you cook
- Before you eat
- After using the toilet
- Before leaving home
- When you get to work or college or school
- After any doing sports



Wash your hands before touching

- Your eyes
- Your nose
- Your mouth



Do not share things you put in your mouth

- Cups
- Bottles
- Drinking straws, knives and forks



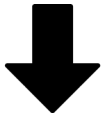
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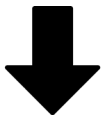
If you are feeling ill



- When you cough cover your mouth with a tissue
- When you sneeze cover your mouth with a tissue



- Put the tissue in a bin



- Wash your hands with soap and water



Do not share

- Towels
- Bedding
- Dishes



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If you think you have coronavirus, or you live with people who think they have coronavirus



- You must all stay at home
- Stay away from other people as much as possible
- Do this for 14 days



**If you feel very ill,
Or
If you still feel ill after
7 days,
Call 111**





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Coronavirus is not serious for everyone

People can get better by:



- Having Rest



- Taking tablets for pain – if told



- Drinking plenty of water



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Finding More Information



You can find daily updates

- phw.nhs.wales/Coronavirus
- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- you might need someone to help you read the information