

Coronavirus - Covid 19

Everybody should wash their hands really well.

You have to wash your hands for a **really** long time. 20 seconds. This is long enough to sing happy birthday twice.

Wash your hands a lot. Make sure you wash hands when you

- come in
- go out
- before you eat
- if you coughed or sneezed on your hands

If you need to sneeze or cough

Use a tissue



Put the tissue in the bin

Wash your hands



Cough or sneeze into your elbow



Try not to sneeze or cough into your hands



If you do



Are you sick? Might it be coronavirus?

This is based on advice on 18.3.2020. The advice might change. It is the workers responsibility to check they are giving up to date advice.

Do you have a new cough? Do you keep having to cough?

Do you feel hot?
You will feel hot to touch on your chest or back

You have to stay in your house for 14 days

You have stopped feeling hot. No-one else has started to feel hot or have a new cough.

You have stopped feeling hot. Someone else in your house has started to feel hot or have a new cough.

If you are still hot on day 8

At any time if you start to feel really poorly and you need help

Go out if you need to. Keep washing your hands.

Wait until it has been 7 days after anyone has **started** to feel hot or started coughing.

After this, no one is hot

If they are still hot on day 8

Go onto 111.nhs.uk or ring 111. This is free from any phone. You **do not** need credit on your phone

This is the same if anyone else in your house gets hot or starts a new cough. You **all** have to stay inside for at least 14 days.

Do not have visitors

I have to stay at home because I have a

Keep 3 steps away from other people in your house

Drink lots of water



Ask people to bring you food or medicine. Ask them to ring the doorbell/ knock on your door then walk 3 steps away from the door.

Sleep on your own, if you can.

Do not have visitors

Do not go out for a walk or to the shops

Everyone in your house needs to do this.

Keep washing your hands a **lot** and **for a long time** (20 seconds). Use soap.



To help with feeling hot take **paracetamol**. Only take the number it says on the box. It will help you feel better. (If you have had problems with the medicine paracetamol, ring your doctor or 111 or go onto 111.nhs.uk. They will tell you what you can take).

Doctors don't know if taking ibuprofen (Nurofen) could make **this** illness better or worse. Take paracetamol. Some people have been told to take ibuprofen (Nurofen) every day. This has nothing to do with coronavirus. Do not stop taking it unless you check with your doctor first.

If you have a new cough or feel hot it is really important to stay away from all old people or people with health problems. If you live with someone like this, can they stay somewhere else?

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If you do not have enough food or medicine, who can you phone or text?