



# Coronavirus

## How to stay safe



### What is Coronavirus (COVID-19)?

Coronavirus is a new virus that has spread to people in the UK. People who are ill from this virus may have

- A continuous cough
- A high temperature
- Find it harder to breathe normally

### How you can help to try and stop the spread of Coronavirus



**Wash your hands** regularly for **20 seconds** each time.



Cover your mouth and nose with a tissue if you cough and sneeze and put used tissues in the bin



Try not to touch your eyes, nose and mouth with your hands.



Everyone should now stay at home as much as possible. It is important to not socialise with anyone

If you are feeling worried and have symptoms **do not go to your doctor or hospital.**

**Visit [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)**

Only call 111 if you can't get help online

Only call 999 for an emergency

