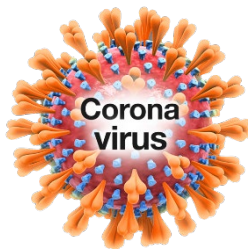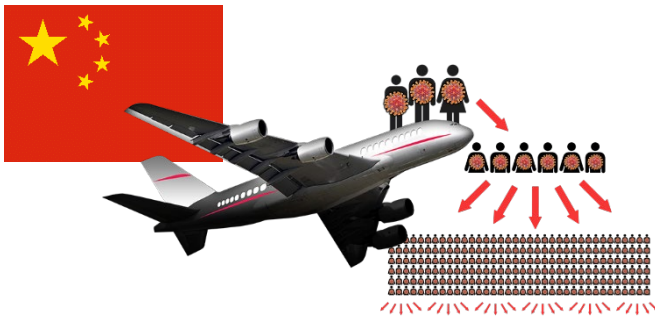# An easy read guide to COVID-19, also known as Coronavirus.

What is Coronavirus?

Coronavirus is a new illness.

It spreads from person to person, a bit like a cough or cold.

It started it China, but it has spread to lots of countries because people travel around.

How can I stop the virus spreading?

Cover your nose and mouth with a tissue when you sneeze or cough.

Throw the tissue straight into the bin and wash your hands.

You should wash your hands often.

Use hand wash and warm water. Rub your hands together for 20 seconds until they are soapy – try singing 'Happy Birthday' twice!

Dry your hands using paper towels. Use the towel to turn off the tap and throw it in the bin afterwards.
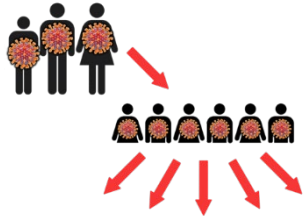
If you cannot get to a place with running water, you can use hand gel.

Hand gel is a liquid that kills germs but does not need to be washed away like soap.

Try not to touch your face, eyes or mouth.

How can I catch Coronavirus? How could it affect me?

You can catch Coronavirus from another person who has been told by a doctor they have the virus.
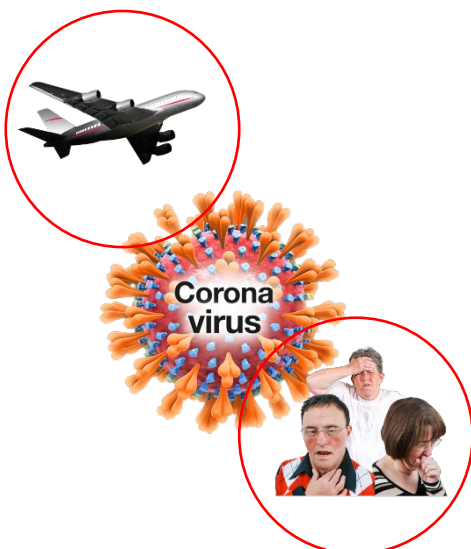
Most people have caught Coronavirus from people who had travelled to a country where the virus has spread.

The NHS says that people with Coronavirus have:

- A dry cough
- A fever
- Muscle pain
- Shortness of breath

Remember, not everyone who feels like this has Coronavirus. But it is possible you may have Coronavirus if you do, and:

- You have travelled to a country where lots of people have the virus recently.
- You have been with someone who has been told they have Coronavirus.

What should I do if I think I have Coronavirus?

Do not go to your doctor if you have the symptoms of Coronavirus.

This is because you could spread the virus to other people.

Call NHS 111.

They might ask you to stay at home for two weeks, away from other people. This is called self isolation.

If a doctor tells you that you have Coronavirus, you will be taken to hospital. This is so that they can take care of you until you are well.

Where can I find more information?

The NHS has lots of information on its website:

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