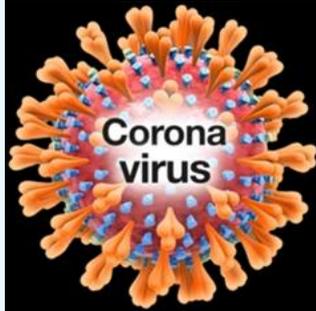




**Fife Health & Social Care  
Partnership**

Supporting the people of Fife together

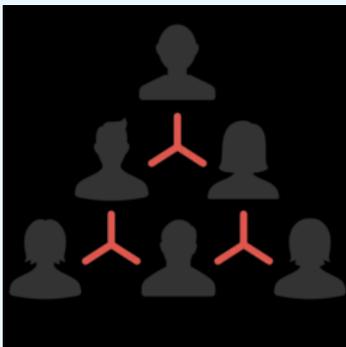
## Coronavirus Easy Read Information



Coronavirus is an illness like a bad cold or the flu.



It is a new illness that nobody in the world has ever had before so there are no medicines for it.



You can get it by being beside a person who already has it or from touching something that has the virus on it. You then pass it on to the next person.



The best thing you can do to stop it spreading is to wash your hands often with soap. You should do this for 20 seconds. If you sing Happy Birthday twice this is about 20 seconds.



You must tell someone if you feel hot, have a sore throat or a cough that doesn't go away. This means you might have the virus. They might need to phone a doctor for advice.



If you feel unwell you must stay in your house for 14 days. People who live with you will have to stay at home too. You should mark off the days on a calendar.



If you have a cold or a cough or need to sneeze you must do this into a tissue, not into your hands. You should then wash your hands again.



It is a good idea to keep tissues in your pocket, in your bag, on a table or by your bed so that you easily reach them. You must throw the tissue in the bin straight away.



You must not shake hands, hug or kiss people in case they have the virus and give it to you.



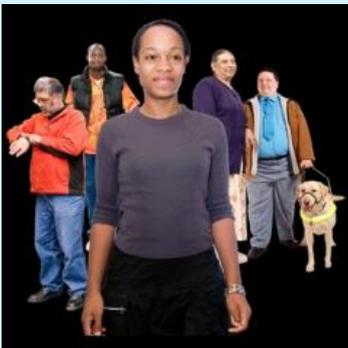
Try not to touch your face, ears, mouth, nose or eyes unless you have washed your hands first. This is how the virus gets into your body from your hands.



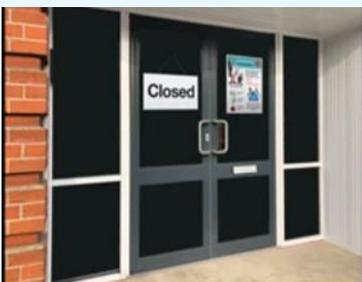
Staff might wear face masks, aprons and gloves to stop them and you from passing on the virus. This is nothing to worry about.



You may get new staff that you don't know. They must show you their badge and will introduce themselves. They will do their best to get to know you and to follow your usual routines.



We have all been told to stay at home to stop the virus from spreading to lots of people.



Health Centres, some respite, day services, community support service, sports centres, cafés, shopping centres and other places you go to are closed to stop the virus from spreading.



Some people will feel lonely or fed up. It is important that you get up each morning and find things to do at home to stop you from getting bored and from feeling sad..



You can still speak to your family and friends on the phone. You can ask for help to do this if you need to.



If you use an i-pad or mobile phone you can video message your friends and family and send texts or other messages.



Here are some thing you might want to do at home. Listen to music, watch TV or DVDs, jigsaws, games, arts and craft, computer games, gardening, beauty treatments, making videos, dancing, doing exercises or reading books and magazines.



If you have any worries or questions at all please speak to family, friends or a staff member about it. They will listen to you and answer your questions.

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