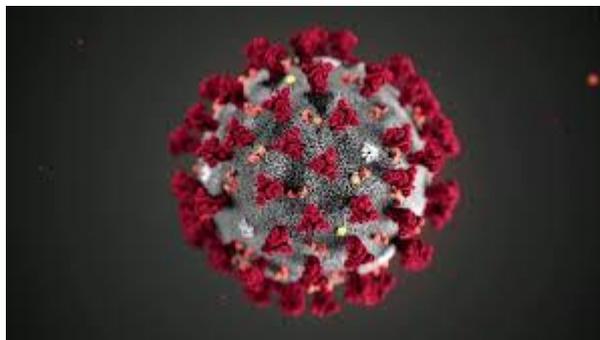
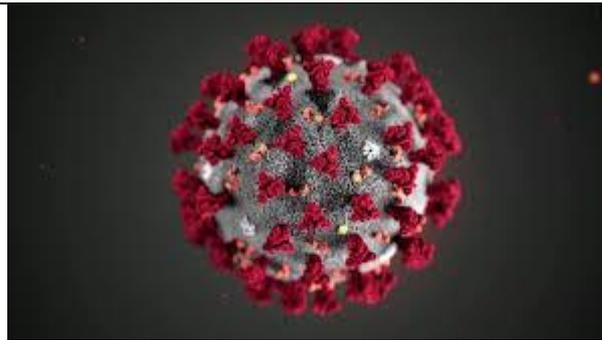


Learning Disability Partnership Board (LDPB)

Guide to Coronavirus



24^h March 2020



There has been a lot of information in the news about a new virus called Corona virus or Covid 19

A virus is a type of illness

Corona virus is a new virus and people first had it in China



Because we travel a lot for holidays and work it has now spread to a lot of countries in the world including here in the UK



There are now a lot of people in the UK who have got this virus



There is a lot of information on the news about this, and people are talking about the virus and what it means

	<p>What is Corona Virus?</p>
	<p>It can make you feel poorly and you may have -</p>
	<p>A Cough A high temperature You may struggle to breath more than normal</p>
	<p>Most people feel unwell but do not need to go into hospital - some people may need help to get better though</p>



What do you do if you think you have Coronavirus?

If you think that you or someone you live with has a high temperature or a cough
You should

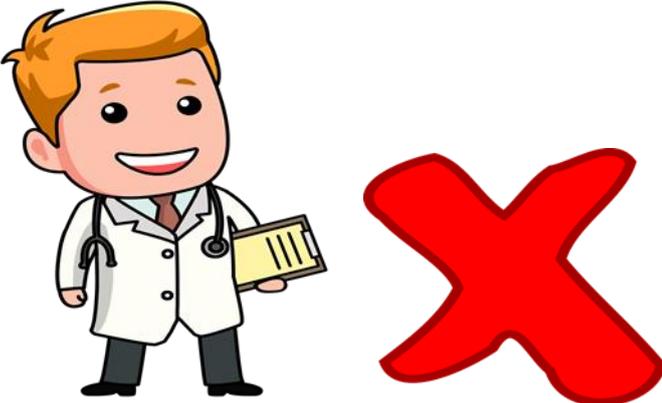


1. Stay at home
2. Not go near other people - this is called self-isolation



The government has said that if you live with friends and family you need to stay at home for 14 days which is the same as 2 weeks

<p>8</p>  <p>shutterstock.com • 1585741969</p>	<p>If you live on your own you still need to stay at home but for 7 days which is the same as 1 week</p>
	<p>If you have the virus, you should tell your friends and family who you spend time with</p>
 <p>shutterstock.com • 1645278208</p>	<p>They will need to think of other ways to keep in contact with you and make it less likely that they catch the virus from you</p>

 A cartoon illustration of a male doctor with orange hair, wearing a white lab coat and a stethoscope, holding a clipboard. To his right is a large, bold red 'X'.	<p>You should NOT go to your doctors if you think you have Coronavirus</p>
 A photograph of an NHS 111 call center. In the background, a large blue sign displays '111' and 'NHS 24'. Staff members in blue scrubs are seen working at computer workstations.	<p>You SHOULD contact 111 online or the telephone if you start to feel very unwell or if you are still unwell after seven days</p>
 A cartoon illustration of a desktop computer monitor with a smiling face and arms, pointing upwards. Next to it is a laptop with a globe on its screen and the letters 'www'.	<p>The online link for 111 is here https://111.nhs.uk/covid-19</p>
 A line drawing of a woman lying in a hospital bed. She has a forehead thermometer on her forehead and a digital thermometer in her mouth. An IV drip is hanging from a stand next to her.	<p>Some people who get the virus do need more medical help, and if you are very unwell you may need to go to hospital - this makes sure you get the right help to get better</p>



What do you do if you feel unwell with something else?



1. you can make a doctor's appointment they will probably speak to you on the phone first

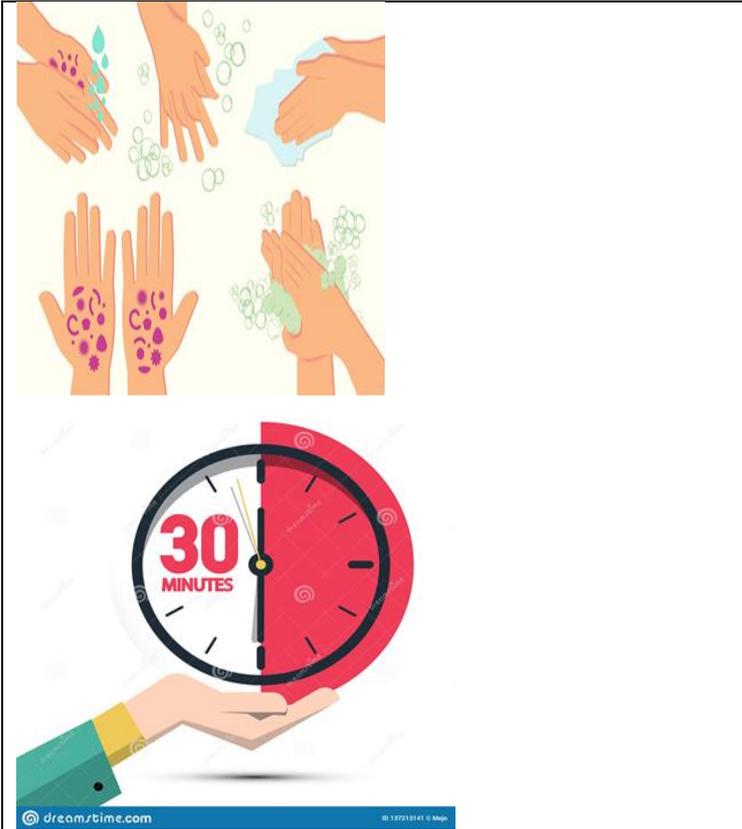
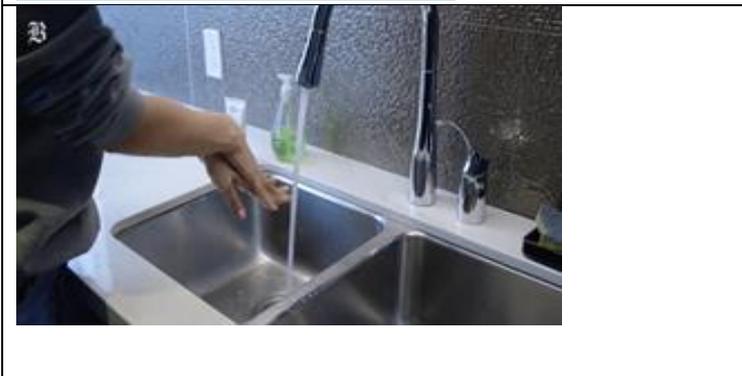
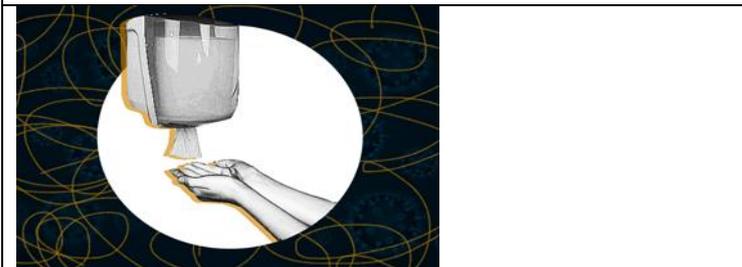


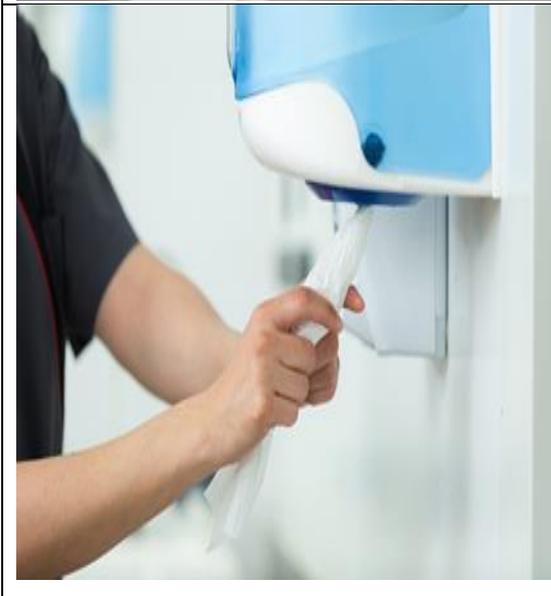
2. if you need emergency help you should still call 999 as it is an emergency

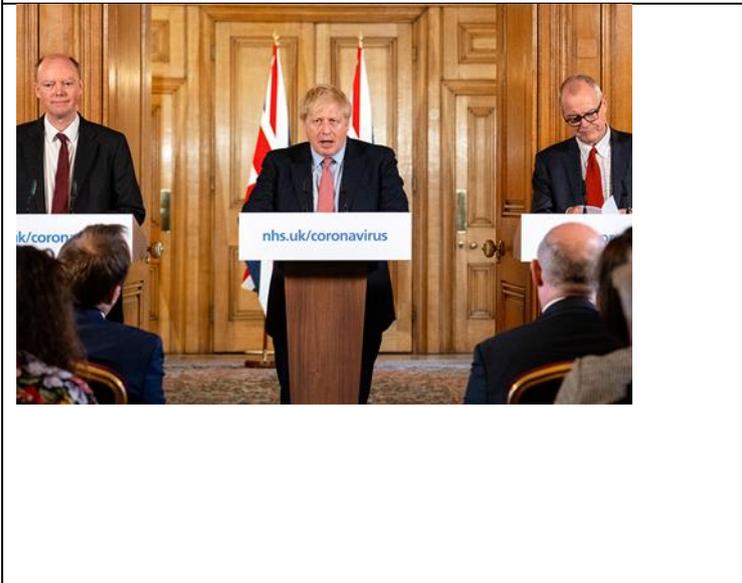
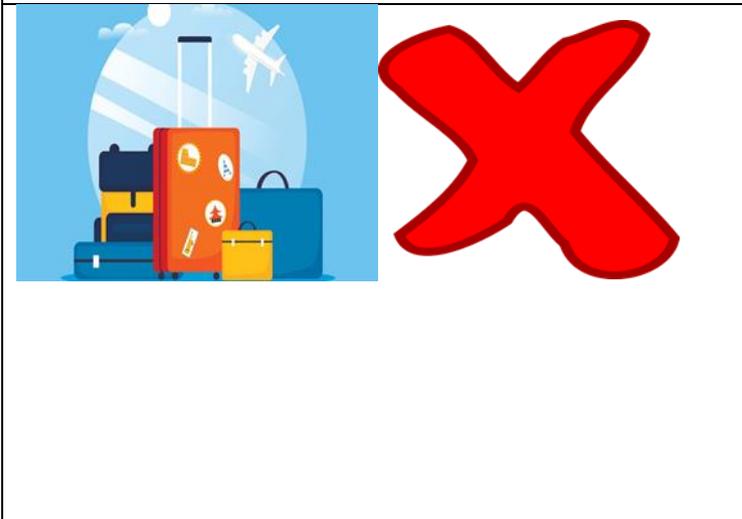


How can you stop the virus spreading?

	<p>There are some things you can do such as</p>
	<p>1. Cover your mouth with a tissue if you cough or sneeze</p>
	<p>2. Put tissues in the bin</p>
	<p>3. if you do not have a tissue cough into your sleeve not your hands</p>
	<p>4. try not to touch your eyes, nose or mouth with your hands</p>

 <p>The illustration shows two sets of hands being washed. The top set shows hands being scrubbed with soap bubbles. The bottom set shows hands being rinsed with water. Below this, a hand holds a clock face that is split vertically, with the left half white and the right half red. The clock face has '30 MINUTES' written on it. At the bottom left of the illustration, there is a small copyright notice: '© dreamstime.com'.</p>	<p>5. wash your hands with soap and water every 30 minutes, after coughing and before eating food</p>
 <p>A photograph showing a person's hands being washed under a running faucet in a stainless steel sink. The water is clear and flowing. There is a soap dispenser on the counter next to the sink.</p>	<p>To wash your hands properly you need to</p> <ol style="list-style-type: none">1. Wet your hands under warm running water
 <p>An illustration of a hand dryer blowing air onto a pair of hands. The hands are positioned under the nozzle of the hand dryer. The background is dark with a pattern of yellow and white circles.</p>	<ol style="list-style-type: none">2. apply soap

	<p>3. rub your hands together and make sure that the soap and water cover all your hands</p>
	<p>4. wash your palms, and the backs of your hand including fingers and thumbs wrists and nails</p>
	<p>5. rinse your hands under running water</p>
	<p>Dry your hands properly using disposable towels if possible - turn of the tap with the paper towel if possible this is a really good video of how to wash your hands</p> <p>https://vimeo.com/134952598</p>

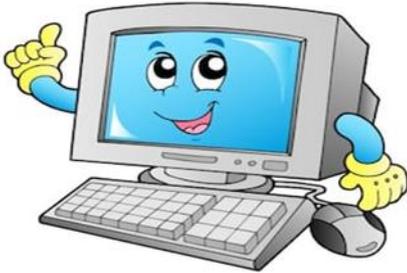
	<p>Other ways to stop the spread of the virus - Do not go to places with groups of people</p>
	<p>The government has made some rules to stop the virus spreading</p>
	<p>1. do not travel unless it is absolutely needed</p>
	<p>2. people who can work from home must do so</p>

	<p>How can we find out more information?</p>
	<p>There is a website that can give you more medical information it is - click on the link below</p> <p>https://111.nhs.uk/covid-19</p>

	<p>If you want more help or information you can let Carole or James Know in different ways</p>
	<p>Contacting us at Care Network</p>



You can Ring us on 01254 507255



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Online At

info@carenetwork.org.uk

Thank you