



Coronavirus Virus (COVID-19) Information Advice Sheet

What is Coronavirus?

Coronavirus (COVID-19) is a new illness that can affect your lungs and airways. Like the common cold, it usually occurs through close contact with a person who has been infected with it via cough and sneezes or hand contact.

A person can also be infected by touching contaminated surfaces if they do not wash their hands.

Symptoms of coronavirus

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Stay at home:

- **Only go outside for food, health reasons or work (but only if you cannot work from home)**
- **If you go out, stay 2 metres (6ft) away from other people at all times**
- **Wash your hands as soon as you get home**

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

- **Do not go to a GP surgery, pharmacy or hospital. Call [111](tel:111), stay indoors and avoid close contact with other people.**

Tell 111 about any symptoms you have.

Things to do to help stop viruses like the Coronavirus from spreading

- **Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.**
- **Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.**
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Avoid close contact with people who are unwell.**