

Coronavirus

- A Global Pandemic -

Reference: NHS, 2020. *Coronavirus (COVID-19)* [online]. Website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

High-risk groups



Elderly



Breathing diseases



Heart disease



Diabetes



Pregnancy



Immunosuppressed

What is coronavirus?

A virus which affects the lungs



It spreads via droplets from coughing and sneezing

Most people develop mild symptoms, but in some it can cause death



What are the symptoms?



Fever



Cough



Loss of sense of smell or taste



Breathing difficulty



Muscle ache

If you have symptoms...

Rest at home for **7 days** separately in your room

&

Those who live in the house should stay indoors for **14 days**

Seek medical assistance...

If your symptoms persist for longer than 7 days

OR

If you are struggling with your symptoms within 7 days



How to Stay Safe

Hygiene



20 seconds

Only leave the house for essential activities. For example, to buy food, to exercise and to help those in high risk groups.

Do not believe everything that you read on your mobile phones. Reliable sources of information include:



Social Distancing

2 metres



Regularly wash your hands with soap. If you head outdoors, wash your clothes and any surfaces you touch.