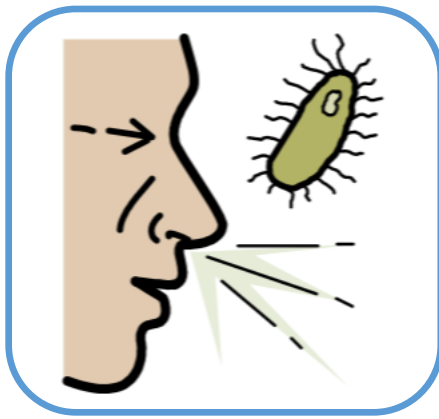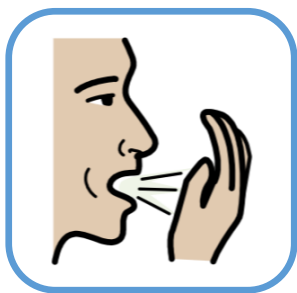# Staying Safe during Coronavirus
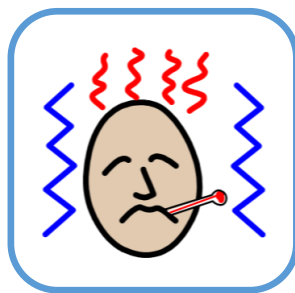
Silva care

Coronavirus

Coronavirus is also called COVID-19. It is a new illness that can affect your lungs and how you breath. This is called Coronavirus. Experts think that many people in the UK might become unwell. There are things you can do to keep yourself safe and well.

Symptoms of coronavirus

A cough

A high temperature

Finding it hard to breathe

If you have these symptoms you might have the coronavirus, but it does not mean you definitely do.

There are other illnesses with the same symptoms so try not to worry before you know for sure.

Top tips for staying healthy

Wash your hands with soap and water often. You should wash your hands for at least 20 seconds.

Wash your hands when you get inside after being outside.

When you sneeze make sure you cover your mouth and nose with a tissue or your sleeve—not your hands. Throw the tissue away after and wash your hands.

Try to stay away from people who are not feeling well.

You can use hand sanitiser gel, but it is better to wash your hands with soap and water to stop the virus from spreading.

What to do if you have symptoms

Stay calm and tell somebody you think you have symptoms and they can support you with the next steps.
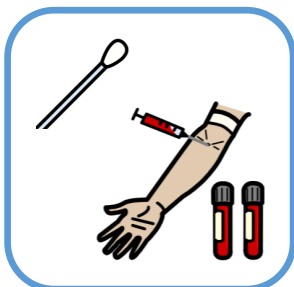
Do not go to the doctors, a pharmacy or to the hospital to ask for help. Stay in your house.
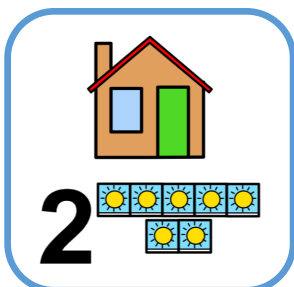
Call NHS 111.

They have a coronavirus team to help you and tell you what you need to do.

NHS 111 might ask you to go and be tested for the virus. This may be a blood test or a swab test. NHS 111 will tell you exactly where to go and what to do.
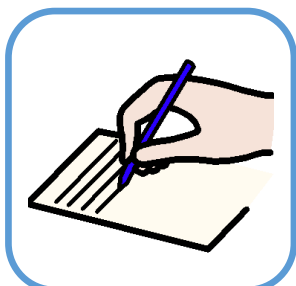
NHS 111 might ask you to stay in your house for 2 weeks to keep other people well. NHS 111 will explain what to do. You will have to ask family or friends to bring you food and medicine if you need them. No one should visit you at this time.

How to contact us
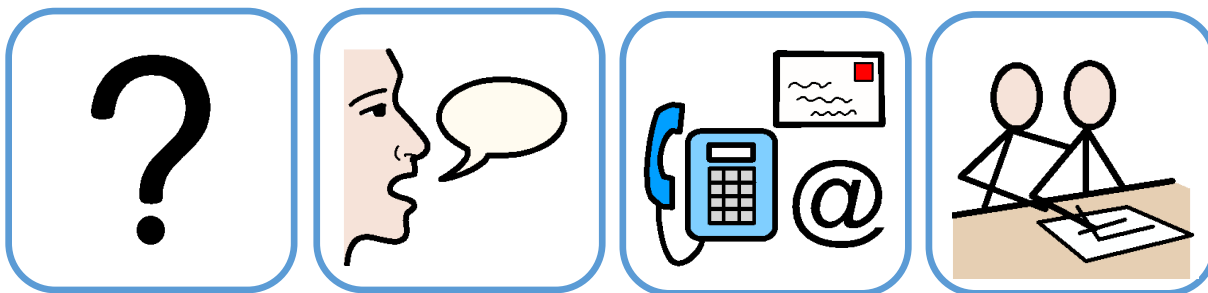
If you need more help you can ask your support worker or contact us

The Oaks Office, 37 Penn Drive

Frenchay, Bristol, BS16 1NN

0117964 2828

admin@silvacare.org.uk