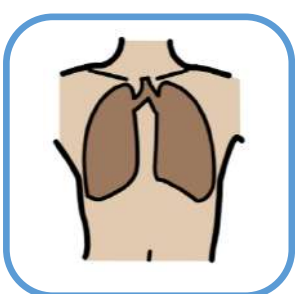
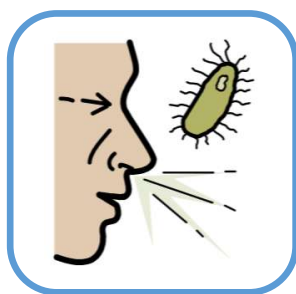


Staying Safe during Coronavirus



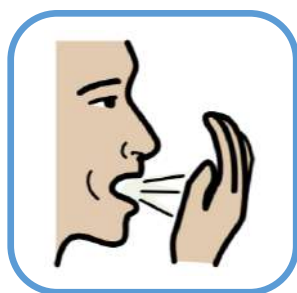
Updated: September 2020

Coronavirus

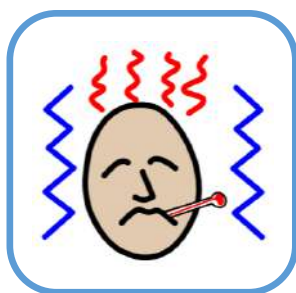


Coronavirus is also called COVID-19. It is a new illness that can affect your lungs and how you breathe. This is called Coronavirus. Experts think that many people in the UK might become unwell. There are things you can do to keep yourself safe and well.

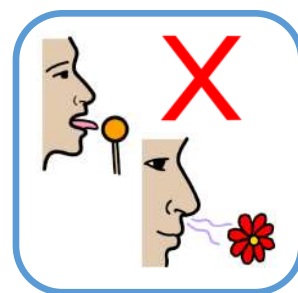
Symptoms of coronavirus



A new
cough



A high
temperature



Not able to
taste or smell

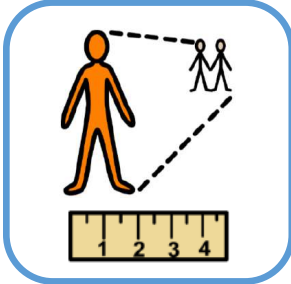
If you have these symptoms you might have the coronavirus, but it does not mean you definitely do.

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 and do it more than usual.



Always stay 2 meters apart from anybody you do not live with, when you can.



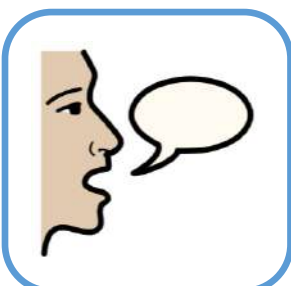
Wear a face covering when in shops, on public transport, places of worship and in busy areas if you are able to do this safely.



Use hand sanitiser when going in and out of shops and buildings. But it is better to wash your hands with soap when you can.

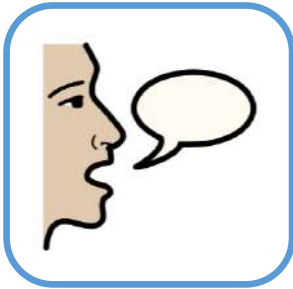


Follow social distancing guidance and rules that the government tell the country. You can ask someone to explain them to you.



Tell somebody you trust if you feel unwell, they can help you to book a Coronavirus test and contact 119 to get medical advice if you need it.

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.

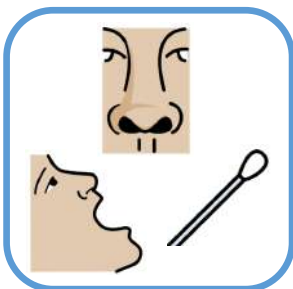


Do not go to the doctors, a pharmacy or to the hospital to ask for help. Stay in your house.



Call the NHS by dialling 119.

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



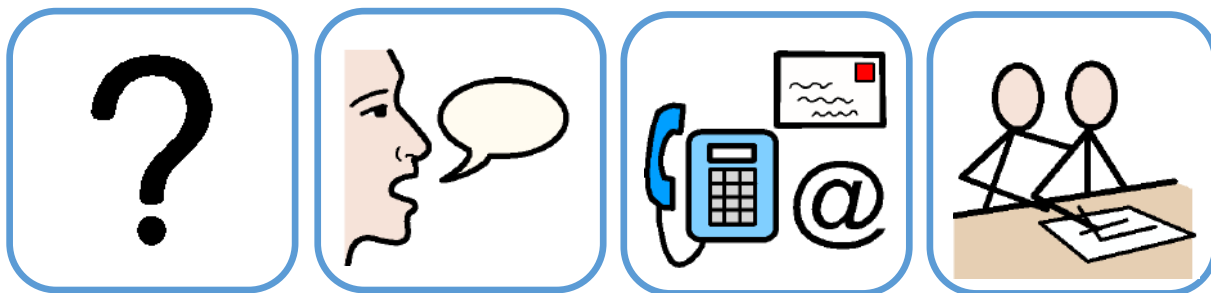
When you book your test you will be told where to go and what to do. Your test will be a swab in your throat and your nose.



You will need to stay in your house until your results come back and if you test positive you will need to stay in your house for

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



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admin@silvacare.org.uk