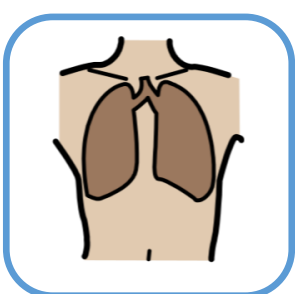
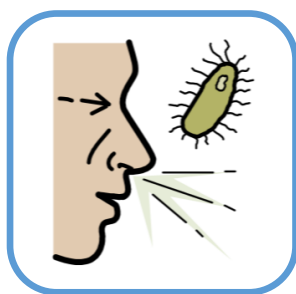


# Staying Safe during Coronavirus



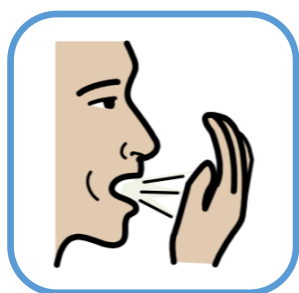
Updated: September 2020

# Coronavirus

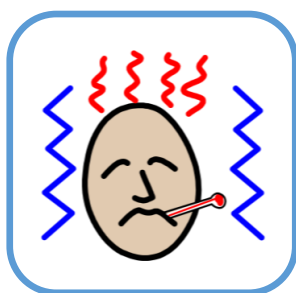


Coronavirus is also called COVID-19. Coronavirus has had an impact on most people's lives since 2020 and many people have become unwell. But as we have learnt more about Coronavirus we know there are things you can do to keep yourself safe and well.

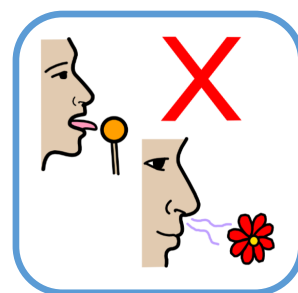
## Symptoms of coronavirus



A new  
cough



A high  
temperature



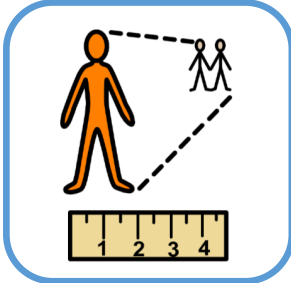
Not able to  
taste or smell

If you have these symptoms you might have 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.



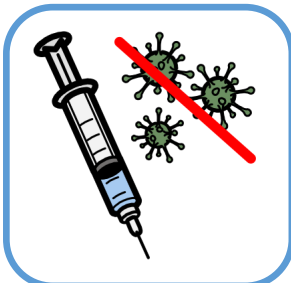
Stay 2 meters apart from anybody you do not live with, when you can.



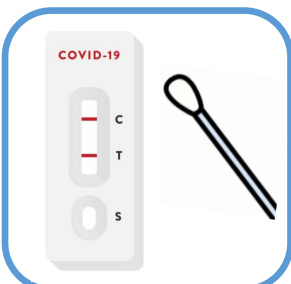
Wear a face covering when in shops, on public transport, places of worship and in busy areas if you are able to do this safely.



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.



Have the Coronavirus vaccines if you are able to. You can discuss any concerns about the vaccines with your GP.



Take LFT tests every week, if you can. This will help you to know quickly if you have caught Coronavirus, so you can rest and get support to look after yourself.

# 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.

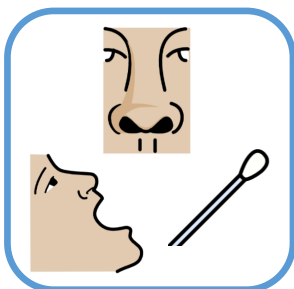


Do not go to the doctors, a pharmacy or to the hospital to ask for help. Stay in your house.

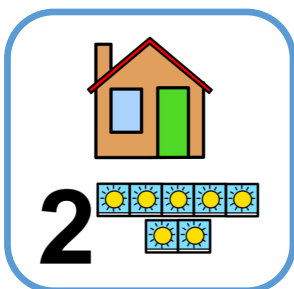


Call the NHS by dialling 119.

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



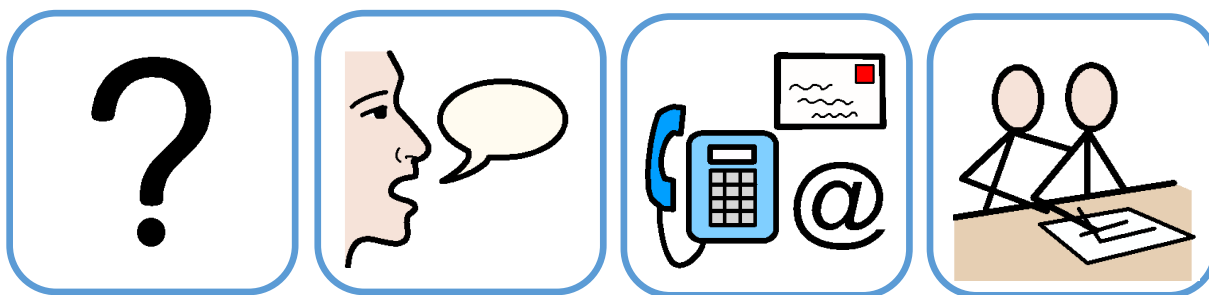
When you book your test you will be told where to go and what to do. Your test will be a swab in your throat and your nose.



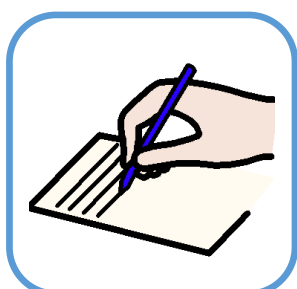
You will need to stay in your house until your results come back and if you test positive you will need to stay in your house for

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



01179642828



[admin@silvacare.org.uk](mailto:admin@silvacare.org.uk)