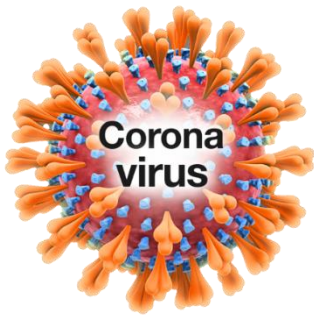


Section 1 Overview

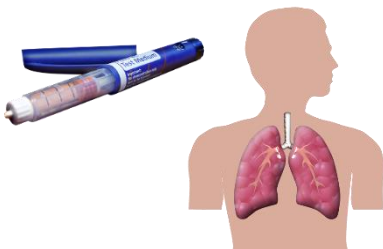
Easy Read Information

What is Coronavirus?



Coronavirus is the illness caused by a virus

If you have a long term health condition or weakened immune system you can become very ill if you get **Coronavirus**



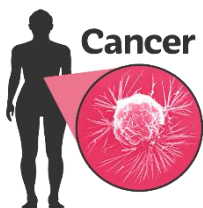
Examples of this are

Lung disease

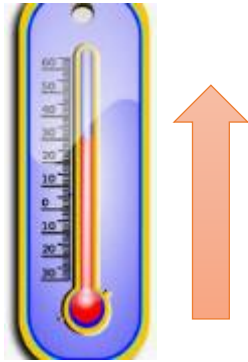
Cancer

Diabetes

Older people over 70 years



Signs to look out for



A high temperature 37.8 degrees or more

When you have a high temperature you can feel



Hot to touch on your chest and back

Feel warm

Feel cold and shivery



A new cough



× 3

3 lots of coughing in 24 hours



You can have difficulty breathing



A few people get pneumonia



If you have had a cough or high temperature
in **the last 7 days**

Stay at home for **7 days**



This is called **self-isolation**



Start counting the **7 days** from the first day
you felt unwell



Do not go to your GP, hospital or pharmacy



Phone 111



Phone 999 only if you have a medical emergency



If you live with other people they need to stay at home for **14 days**



This is called **self-isolation**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
Day 1						Day 7
13	14	15	16	17	18	19
						Day 14
20	21	22	23	24	25	26
27	28	29	30	31		

They start counting from the day of your first symptoms

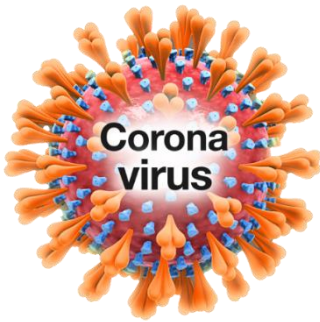
If they become unwell they start to count the 14 days from the day that they become unwell

They should do this even if it goes over the 14 day isolation period

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
			Day 1			
13	14	15	16	17	18	19
20	21	22	23	24	25	26
		Day 14				
27	28	29	30	31		



What should I do about work?



You need to let your employer know that you are off because of Coronavirus



You can phone your employer



You can get an **isolation note**



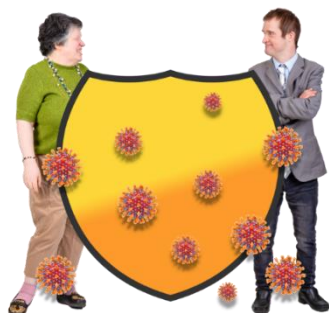
An **isolation note** tells your employer that you need to stay off work because of Coronavirus



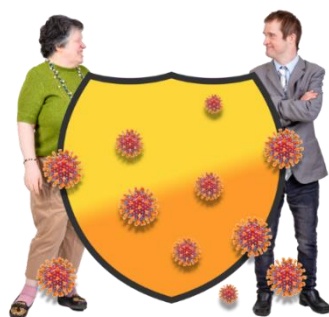
Click here to get an **isolation note**

<https://111.nhs.uk/isolation-note/>

What is Shielding?



Shielding means extra things that you should do to keep safe if you are at risk of getting very ill from Coronavirus



Shielding is done to protect people who are at the most risk of getting very ill from Coronavirus

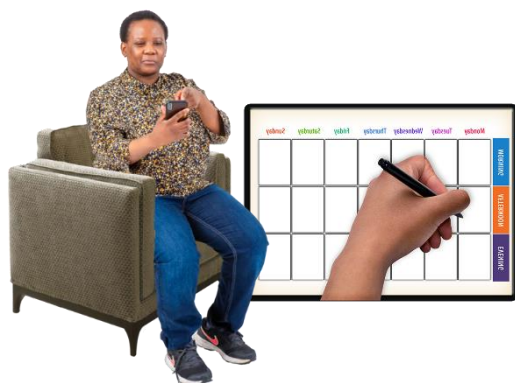


What do you do about work?



Tell your employer if you need to Shield

How do I plan to stay at home?



Talk to your family and neighbours



Make a list of phone numbers of the people that you might need to help you



Family

Neighbours

Employer

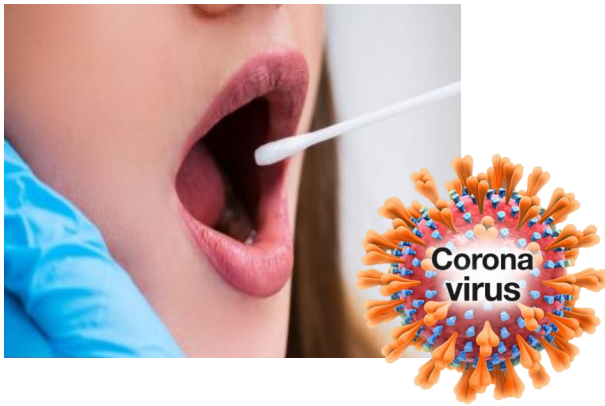
Pharmacist

GP

Order your shopping online



Testing for Coronavirus



You will only need to be tested if you are admitted to hospital



This might change

We need to pay attention to the Scottish Government guidelines



**The Scottish
Government**
Riaghaltas na h-Alba

<https://www.gov.scot/coronavirus-covid-19/>

Staying healthy



Wash your hands often with soap and water for 20 seconds



Do not touch your face and mouth with your hands



Cover your nose and mouth when you sneeze



Put used tissues in the bin



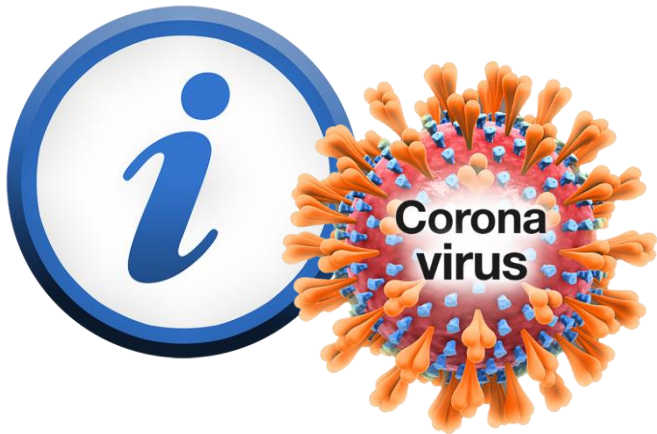
There is no vaccine for Coronavirus



You can take paracetamol if your doctor says this is OK



If you are taking other medicines ask your doctor what to do



You can phone the Coronavirus
Helpline for information



0800 028 2816



It is open from 8.00am to 10.00pm



The Helpline is open every day