

Coronavirus Information

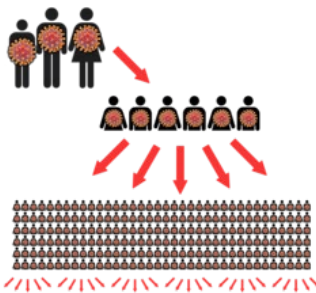
What is this easy read about?



This easy read is about what different things people need to do because of Coronavirus



This is what the Scottish Government have said we should all do



We need to change what we do so that the virus does not spread

What is the coronavirus?

Coronavirus is something can make you feel ill



There are signs to look out for that mean you might have Coronavirus.

Doctors call signs of illness symptoms.



One sign of having Coronavirus is a cough.



Another sign is finding it hard to breathe.



Being really hot is a sign of Coronavirus.

This is called a **fever**.

When should I stay at home?



If you or any person you live with has signs of Coronavirus you should all stay at home



You should stay at home for 14 days if you have any of these signs.



You will need to ask other people to get things like shopping or medicines for you.

What should everyone do?



The Scottish Government say we all need to help make sure we help to stop the spread of the virus.



We should stay away from anywhere with lots of people and crowds.



We should keep away from the pub.



We should keep away from restaurants and cafes.



We should stay away from the gym



We should stay away from busy times in church mosques synagogues or temples.



We should stay away from busses and trains if possible.



We should work at home if we can.

What should **vulnerable** people do?



The Scottish Government want **vulnerable** people to do even more



Vulnerable people are those who could become very ill from Coronavirus



They want these people to stay at home as much as they can



People over 70 years old should stay at home



Some people with learning disabilities will have an **underlying health condition**



An **underlying health condition** is when someone already has a problem that makes them ill



These people should stay at home as much as they can



People who are pregnant should stay at home as much as they can

What help is there for people who have to stay at home?



People who are the most vulnerable will get extra help and support



Doctors will speak to them soon to offer extra help and support.