Down's Syndrome Association
A Registered Charity No. 1061474

Coronavirus

What is it? How to stay safe?

Easy Read

A Down's Syndrome Association publication

What is coronavirus?

Lots of people are talking about Coronavirus.

They may also call it COVID 19.

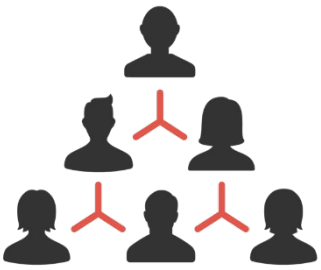
You will hear it in the news.

Coronavirus is like the Flu.

Or a very bad cold.

It can make you very sick.

Some people have died, but this is not very many people.



It can spread from person to person.

How to stay safe

Cough into tissues.

Put all your tissues in the bin.

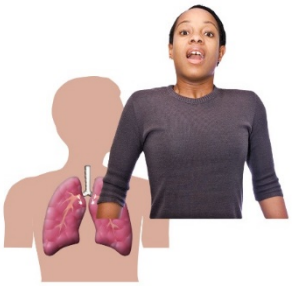
Wash your hands for 20 seconds.

Do not touch your face.

What to look out for

A cough.

Feeling hot.



Breathing is hard.

Feeling tired.

What to do

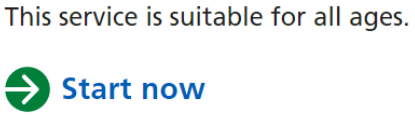
Do not go to your doctors.

You must tell your family, support workers, or carers.

Very quickly.

Then visit https://111.nhs.uk/covid-19

Or Google "111 Coronavirus"



Fill out the quiz.

If you can't use a computer.

Call 111.

What to do

If you have a **new** cough.

Or coronavirus.

You need to stay at home for **one week**.

This is called self-isolation.

Ask your family, support workers or friends to help you get enough shopping.

Keep your house clean.

What to do

Keep washing your hands.

Lots.

Tell your family and friends you can't have visitors.

Keep ringing people so you don't get lonely.

Do things you enjoy so you don't get bored.

If you feel very unwell tell someone straight away.

How we can help

NHS Updates:

https://www.nhs.uk/conditions/coronavirus-covid-19/

Government updates:

https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

Get in touch

Down's Syndrome Association

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The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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DSActive
Activities for people with Down's syndrome
www.dsactive.org

Down's Syndrome Association WORKFIT
www.dsworkfit.org.uk

LANGDON DOWN MUSEUM OF LEARNING DISABILITY
www.langdondownmuseum.org.uk

Langdon Down centre
www.langdondowncentre.org.uk

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