

What is the Coronavirus?

Coronavirus is an illness similar to the flu. It is spread mainly through the droplets produced by coughing and sneezing.

Many people who catch Coronavirus will have a mild illness, but it can be more serious, particularly for people with existing health problems and for older people.

Remember, someone with only a mild case of Coronavirus can still pass it on to someone else.

So it is important that we all:

- ✓ Help to stop the spread of illness
- ✓ Know what to do if someone is ill



Prevent!

To help stop germs spreading, **DO THESE SIX THINGS** and help your children to do them too



WASH HANDS properly and often



DO NOT LET CHILDREN SHARE drinks, spoons, face cloths, towels or blankets



Cover a cough or sneeze with a **CLEAN TISSUE** (and throw it away) **OR WITH YOUR SLEEVE**



CLEAN surfaces and toys thoroughly **REGULARLY AND AT LEAST EVERY DAY**



DO NOT TOUCH eyes, nose or mouth with unwashed hands



AVOID CLOSE CONTACT with anyone who is sick

Act!

Follow these steps if someone is ill:

If you or your child has these symptoms:

- Fever
- Cough
- Difficulty breathing
- Sore throat

CALL THE SPECIAL NATIONAL HELPLINE NUMBER ON 0800 029 999.

They will give you advice on next steps.

If your child is sick, keep them at home and separate them from other children.

If you are sick, stay at home and try to stay a safe distance from your children and from other people - at least 1 metre.

Only go to the clinic or hospital if you are told to by the national helpline.

REMEMBER:
Always call the National Helpline first on
0800 029 999