



**Down's Syndrome  
Association**

A Registered Charity No. 1061474



# Coronavirus

What is it? How to stay safe?

*Easy Read*

## What is coronavirus?



Lots of people are talking about Coronavirus.

They may also call it COVID 19.

You will hear it in the news.



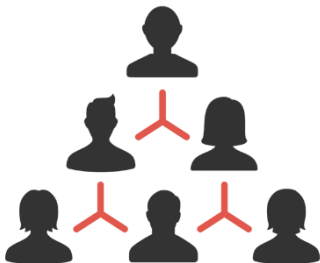
Coronavirus is like the Flu.

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.

## How to stay safe



You need to be extra careful if you are older or already have health issues, like:

- Heart Problems
- Diabetes
- Breathing problems



Stay away from crowds.



Avoid sick people.



Make a plan for if you get ill –  
your care, food & tablets

## 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"

This service is suitable for all ages.

 [Start now](#)

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 **two weeks**.

This is called self-isolation.



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



Keep your house clean.

Wash your laundry regularly.

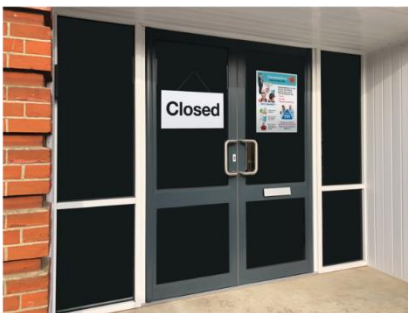


## What to do



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 you 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

### Down's Syndrome Association

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MUSEUM OF  
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[www.langdondowncentre.org.uk](http://www.langdondowncentre.org.uk)

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