

HOW TO KEEP HEALTHY AND AWAY FROM CORONAVIRUS

Easy English booklet 16 MARCH 2020



How to use this booklet

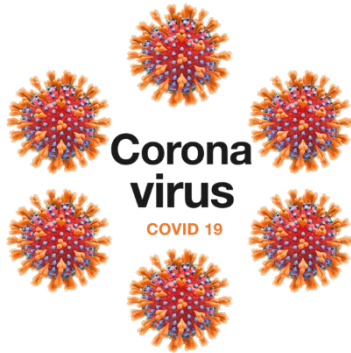
- This document was written by Life Without Barriers in Easy English.
- We use pictures to explain some ideas.
- Some words are written in **blue**. We explain what these words mean.
- This document explains what **coronavirus** is and how Life Without Barriers will help you.



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- There is a virus going around called **coronavirus**, which is making some people sick.
- Coronavirus sounds like 'ca-ro-na-vy-rus'
- Coronavirus is a bit like the flu. You can't see it but if you catch it, you may feel very sick.
- People who have the coronavirus can feel things like:
 - Fever
 - Cough
 - Sore throat
 - Trouble breathing



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- Coronavirus is spread when we cough or sneeze or touch people who have it



- As your service provider, Life Without Barriers is doing everything we can to protect you from catching it in our services.



- This means that you may see some different things in the way we support you over the next few months.

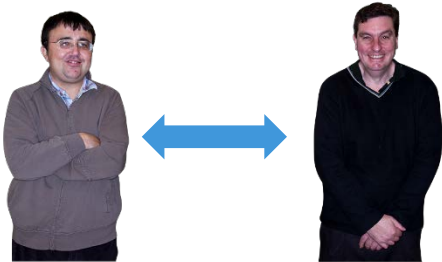


- You might notice things like:
 - Staff wearing gloves or face masks
 - People not standing close to each other
 - People using lots of hand sanitiser or washing their hands more than usual

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- Some activities might be cancelled, or places closed to stop the virus spreading

- It is important that people who have coronavirus stay away from everyone else to stop other people getting sick too.



- There are things that you can also do to avoid getting coronavirus.



- Wash your hands properly with soap for 20 seconds including in between your fingers



- Always cover your nose and mouth with a tissue when you cough or sneeze and place the tissue in the bin.

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- If you don't have a tissue, cough or sneeze into your elbow

- Don't touch your face with your hands and wash your hands after

• If you start to feel sick, tell your support team straight away.



It's very important staff know if you are unwell so they can help you.

• If you do catch coronavirus, Life Without Barriers staff will continue to support you.



• If you have any questions about coronavirus and how you can stay safe from it, talk to your support network.

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