

Stay at home

A guide for people with
Coronavirus (COVID-19)



**easy
read
online**

This guide



This guide is for people who may have caught Coronavirus COVID-19.



If you think you have caught Coronavirus COVID-19, you should self-isolate.



This means that you should stay at home for 7 days and not go out.



This Easy Read document is based on the Government guidance: Stay at home: guidance for people with confirmed or possible coronavirus (COVID-19) infection. Published 12 March 2020.

<https://bit.ly/2wjUvq8>

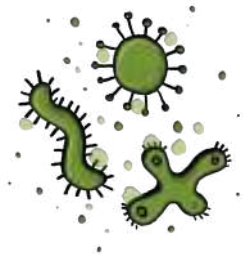
Coronavirus (COVID-19)



COVID-19 is a new illness that can affect your lungs and breathing.



It's caused by a **virus** called Coronavirus.



A **virus** is a bug that gets into your body and can cause harm.



If you have caught COVID-19 you will get:

- A cough all the time
- A high temperature



For most people COVID-19 won't be very serious.

Plan ahead



There is a good chance that you will catch COVID-19 at sometime.

So you should get ready by:



- Thinking what you need if you are going to stay at home for 7 days.



- Talking to your family, friends and your boss about how you are going to get the things you need.



- Asking someone to drop off things like food that you might need.



- Making sure you keep in touch with friends and family by telephone.



- Thinking about things you can do at home that will keep you busy.

When you are staying at home



If you think you have caught COVID-19 you should stay in your home.



Do not go to work, school or public places.



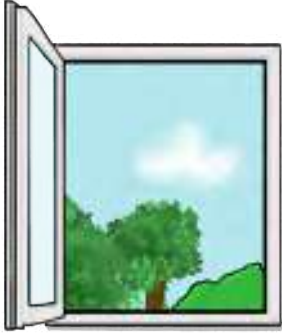
Do not use buses, trains or taxis.



You cannot go for a walk.



Ask family or friends to go shopping for you.



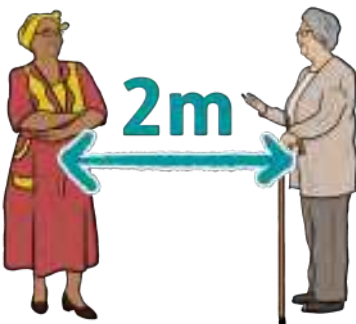
Keep yourself separate from the people you live with

Stay in a room with a window that can be opened.

Try to keep the window open as much as you can.



Keep yourself separate from other people in the house.



Try to keep at least 2 metres (about 3 steps) away from people.



Keep washing your hands.



Don't touch your face.



Keep surfaces clean.



Sleep in a separate bed if you can.



Do not to share toothbrushes, cups, glasses, dishes, towels or bed clothes.



Do not share food and drink.

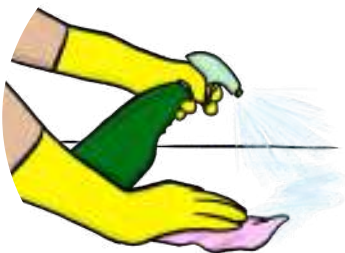


It's fine to go out in the garden, but keep 2 metres away from other people.



Cleaning

Use your usual household cleaning products like detergents and bleach.



These will be very good at getting rid of the virus on surfaces.

Clean all the surfaces that people touch as often as you can.



Wash all your cloths after you have used them.

Getting rid of waste



Put your personal waste, like used tissues and cleaning cloths in rubbish bags.



Tie them up and put them in a second bag.



Keep them aside for 3 days before putting them into your wheelie bin.



Other household waste can be put in the wheelie bin as usual.

Laundry



Do not shake dirty laundry because this might spread the virus.

You should wash your laundry as usual.

Wash your hands often



How to wash your hands with soap and water:



- Wet your hands with warm water and put on some soap.



- Rub your hands together until the soap forms some bubbles.



- Rub the top of your hands, between your fingers and under your fingernails.



- Do this for about 20 seconds.



- Rinse your hands under running water.



- Dry your hands with a clean towel or paper towel.



Cover your coughs and sneezes

When you cough and sneeze, cover your mouth and nose with your bent elbow or a tissue.



Put used tissues into a closed bin and wash your hands.



If you have a carer, they should use tissues to wipe away any snot or spit after you have sneezed or coughed.



Face masks

Face masks are not recommended as a way of stopping the spread of the virus.



They are good in hospitals but not so good outside.



However, if you have a carer you may be asked to wear a mask to reduce the risk to your carer.



Do not have visitors in your home

Do not let visitors, such as friends and family enter your home.



If you want to speak to someone who is not a member of your household, use the phone or social media.



If you have pets in the household

Animals or pets such as dogs and cats, cannot get the coronavirus (COVID-19).



Looking after your wellbeing while staying at home

Staying at home for a long time can be difficult, frustrating and lonely for some people. You may start to feel unhappy.



It's important to remember to take care of your mind as well as your body. You should ask for support when you need it.



Stay in touch with family and friends over the phone or on social media.



You can get advice and support from:
www.nhs.uk/oneyou/every-mind-matters



Think about things you can do during your time at home.



Keep yourself busy with activities such as cooking, reading, online learning and watching films.



If you feel well enough you can do some exercise in your home or garden.

Getting better



You can help yourself to get better by:

- Drinking plenty of water.



- Taking paracetamol if you have any pain. Don't take more than the label says you should.

Ending your self-isolation



You should stay at home for 7 days after you started coughing or having a temperature.



After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine.



If you have not got any better, contact **NHS 111** online.



If you have no internet access, call **NHS 111**.



In an emergency phone **999**.



Coughing may carry on for a few weeks for some people, even though the coronavirus has cleared.



A cough on its own does not mean you must carry on self-isolating for more than 7 days.

For more information



If you need more information about coronavirus (COVID-19) go to the Government website:

<https://bit.ly/2vwnyGx>



For more information about Easy Read go to:

www.easy-read-online.co.uk



Or email:

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