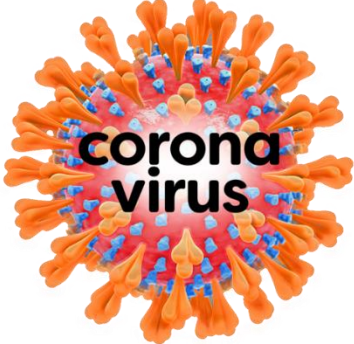# An easy read guide to finding out if you have coronavirus (COVID-19)

	This is the 1st of 3 simple guides.
	It tells you what the signs are that you may have coronavirus or flu.
	The 2nd guide tells you what to do if you think you or someone you support shows these signs.
	The 3rd guide tells you how to look after yourself if you are supporting someone who shows these signs.

	Key Signs of COVID-19 and Flu
	The COVID-19 and flu viruses can cause: **A High Temperature -** usually 38°c or above. This is sometimes called a fever. Many things can cause this but it's usually the body fighting an infection.
	Chills -feeling cold for no reason. You can get chills with a fever and they can cause shivering or shaking.
	Long Coughing Fits - Coughing clears your airways of things like mucus, dust and smoke.
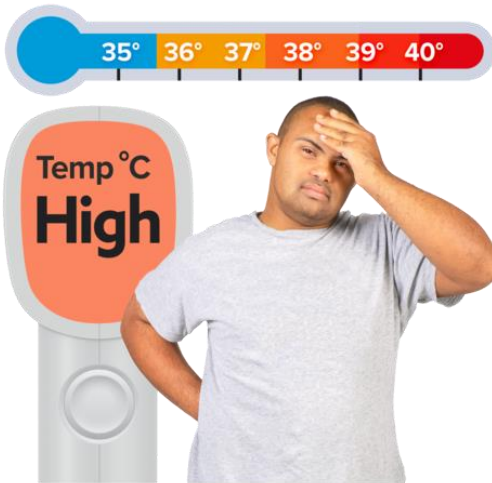
	Loss or change to your sense of smell or taste – things smell or taste differently to normal or the person cannot smell or taste anything.
	Short of breath or difficult to breathe
	Feeling tired all the time

	Other signs: • Sore throat
	• Runny nose
	• Headaches
	• Skin rash

	- Feeling sick
	- Diarrhea
	This list does not include all the signs of COVID 19 or flu.
	These signs can take up to 14 days to appear from being near someone with COVID-19.

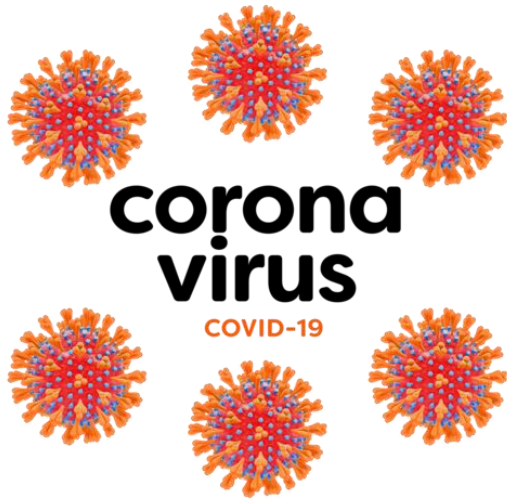|	
	But these signs can also be caused by other illnesses like flu.
	Older people and those with health issues like heart disease, lung disease or diabetes are more likely to become very ill from COVID-19. But anyone can become ill with it.
	2. What is the difference between Flu and COVID-19?

| | Flu and COVID-19 are caused by different viruses.

Because the signs that you have flu and COVID-19 are similar, it is hard to tell the difference between them. |
| --- | --- |
| | A test may be needed to be sure if you have COVID-19. |
| | You can call NHS 111 who can help if you have an urgent medical problem. |

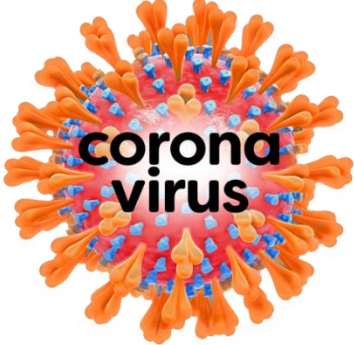|	
	You can also use the NHS website, your doctor or health centre.
	For more information go to: • https://www.nhs.uk/conditions/coronavirus-covid-19 • https://www.gov.uk/coronavirus

An easy read guide to finding out if you have coronavirus (COVID-19)

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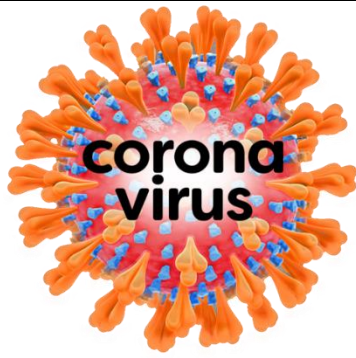
	If you think someone you support has COVID-19:
	Choose a bedroom with a door for them where they should stay. They should not to come out except to go to the bathroom. No one else should go in unless they have to.
	Children and pets should stay out.
	Keep a window open in the room and give them tissues and water.

	If you only have one bedroom, give it to them and sleep in the living room.
	If you have 2 bathrooms give them one and don't let anyone else use it.
	If you don't, clean all the surfaces after every time they go to the bathroom.
	Take their temperature several times a day without getting close to them and write it down.

	Some people use pulse oximeters which measure how much oxygen is in a person's blood.
	Make sure they drink lots of water and other non-alcoholic drinks.
	Help them understand how often they can take medicine to reduce their fever and make them feel better. Don't let them take more medicine than they should.
	Make sure they take any other medicines they would normally take unless their doctor has told them to stop.

	Keep them comfortable and make sure they sit up in bed especially if they have difficulty breathing.
	Make sure they have blankets and pillows, books, magazines, computer, radio or TV and a phone charger.
	Help them with food but keep your distance.
	Use specific cups, glasses, knives, forks, plates and dishes for the person.

	If they can get out of bed you could put food and drink on a tray outside their closed door.
	If they can't get out of bed wear a mask and any other PPE available when you go in their room to leave food and drink by their bed.
	Wash their dishes with hot water and soap. Do not touch your face until you have washed your hands.
	Wash their clothes on their own, not with other people's.

	Make sure they have a basket for dirty clothes in their room.
	Use disinfectant spray or wipes to clean everything the person may have touched.
	If you have to see someone in person, do it outside and stay at least six feet away from them.
	If they give you something, ask them to put it down and step away so you can pick it up.

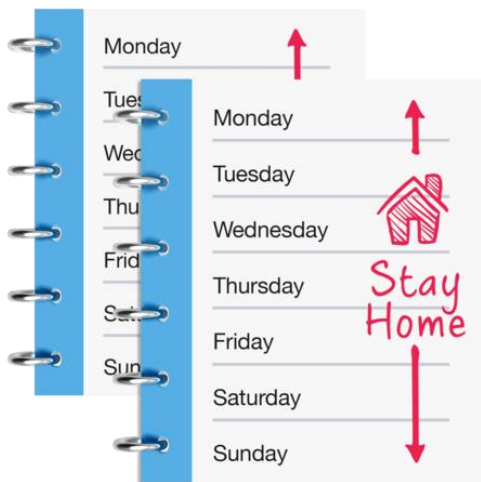|	
	Use a video link to chat with the person.
	You could have caught the virus with you even if you don't have symptoms and may need to self-isolate.
	Spend time outdoors if you have a garden, patio, balcony or porch but stay 6 feet from anyone who doesn't live with you.
	It is OK to let friends and family know someone you live with is sick. They can help but do not let them near the person.

	They can bring you shopping from the 'outside world 'and leave them on your doorstep.
	They could even walk the dog as long as you clean the lead before and after.
	Someone who has had COVID-19 should stay at home and away from others home for 14 days after.
	After this you should clean their room really well and wash all bedding including blankets.

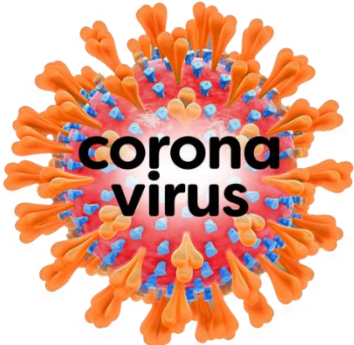|	
	You can call NHS 111 who can help if you have an urgent medical problem.
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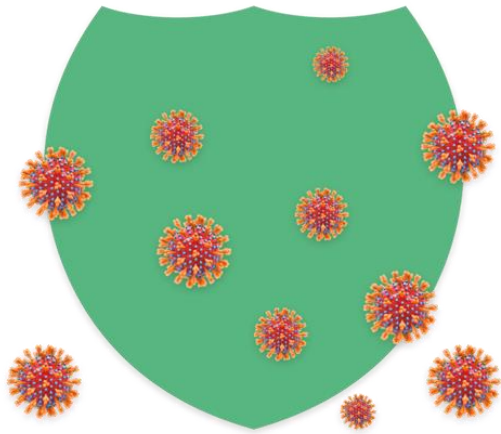
	Things you can do to protect yourself and others
	Wash your hands often with soap and water for at least 20 seconds. **It is important to wash:**
	• Before making or eating food
	• Before touching your face

	• After using the toilet
	• After leaving a public place
	• After blowing your nose, coughing, or sneezing
	• After touching your mask

	• After changing or helping to change someone's clothes
	• After caring for someone who is sick
	• After touching animals
	If soap and water are not available use a hand sanitizer.

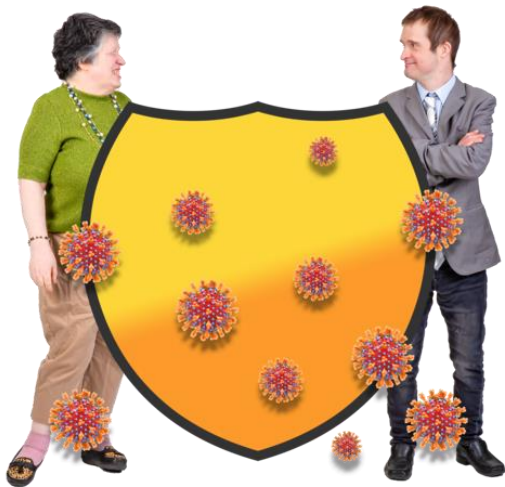|	
	Cover all of your hands and rub them together until they feel dry.
	Do not touch your eyes, nose and mouth with unwashed hands.
	Inside the Home
	Do not go near people who are sick. Keep at least 6 feet away from the person who is sick.

	Remember that some people without any of the signs of Covid-19 may be able to spread the virus.
	Keeping away from others is important for people who are at higher risk of getting very sick.
	Wearing a Mask Cover your mouth and nose with a mask when around others.
	You could spread COVID-19 even if you do not feel sick.

	The mask protects other people if you are infected.
	Wear a mask in public and when around people who don't live with you.
	If you are disabled there may be reasons why you are unable to wear a mask.
	Do not put masks on children under 2 or anyone who has trouble breathing or is unable to take it off without help.

	You still need to keep at least 6 feet away people if you wear a mask.
	Coughs and Sneezes
	Always cover your mouth and nose with a tissue when you cough or sneeze.
	Throw used tissues in the bin.

	Then wash your hands with soap and water or hand sanitizer for at least 20 seconds.
	Clean and Disinfect Every day clean and disinfect surfaces like tables, doorknobs, light switches, worktops, handles, desks, phones, keyboards, toilets, taps and sinks.
	If surfaces are dirty then clean them.

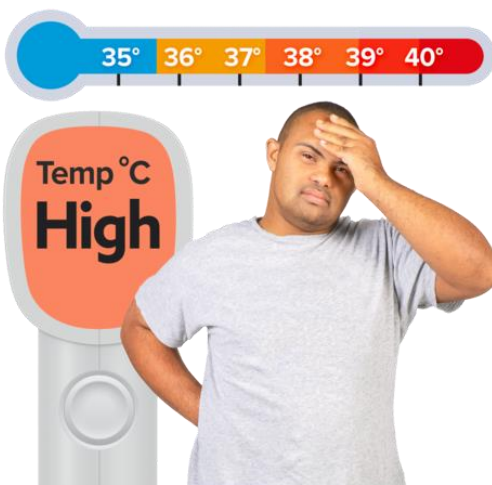|	
	Use detergent or soap and water and then a household disinfectant.
	Check Your Health Every Day Watch out for fever, cough, shortness of breath or other signs of COVID-19.
	This is very important if you are supporting someone else.
	Check your temperature if you think you are becoming ill. Do not take your temperature if you have just been exercising or after taking medication that could lower your temperature.

	It's likely that flu and COVID-19 will both spread this winter.
	The NHS may not cope with treating both patients with flu and patients with COVID-19.
	So getting a flu jab is more important than ever.

	You can call NHS 111 who can help if you have an urgent medical problem.
	You can also use the NHS website, your doctor or health centre.
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