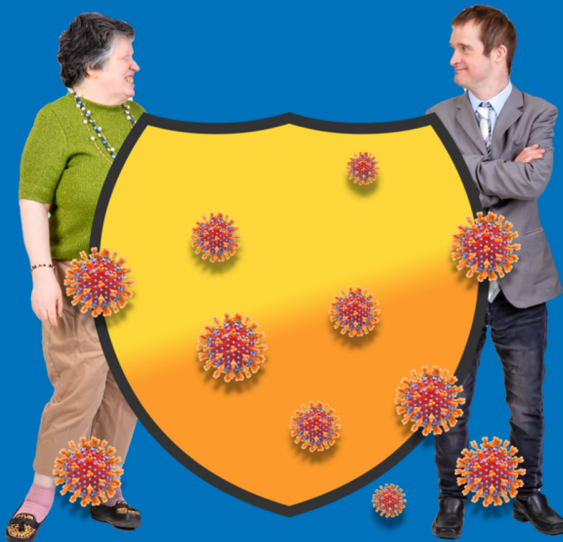


# COVID-19 (Coronavirus)

## Stay Safe and Stay Well

### Easy Read





Some people get very ill from the virus.

There is a high risk that the virus might make you very ill if you:



- are old



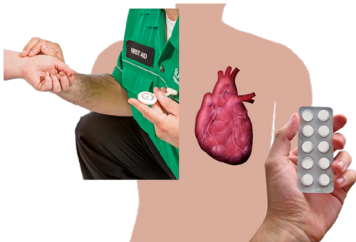
- are Black or Asian



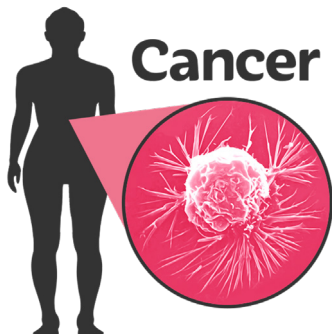
- are overweight



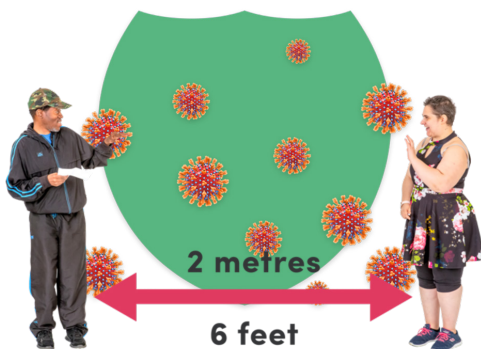
- have diabetes



- have heart problems



- have cancer



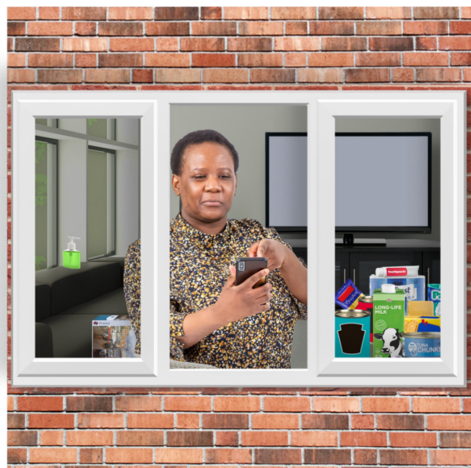
Knowing your health risks will help you learn ways to keep safe.

You will also help other people keep safe from the virus.



There is more information on the website:

[www.nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)



Help and support  
If you are high risk and need to stay at home, you can get help from NHS volunteer helpers.





Volunteers can get your:

- food
- medicine
- other things you need



To get help call NHS  
Volunteer Responders.



Telephone:  
0808 196 3646

Open 8am to 8pm

# Staying Safe

Everyone must follow these easy rules.



**Hands**



**Face**



**Space**



Wash your hands for 20 seconds or more.



Use sanitiser when you cannot wash your hands.



Don't touch your face until you have washed your hands.



Use sanitiser after you touch things like:

- lift buttons
- light switches
- door handles

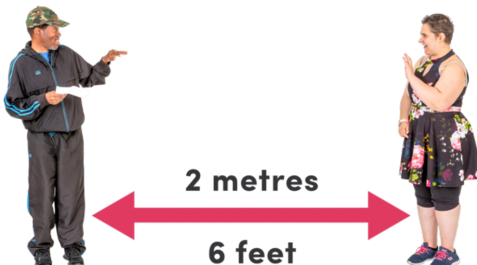
# Social Distancing



You can get close to people who live in your house.



You can meet people who are in your support bubble.



Keep 2 metres or 3 steps away from everyone else.

This is called social distancing.

# Cover your face



Cover your nose and mouth with a mask when you are inside.



Use a mask if you are:

- on a bus, train or taxi



- at the shops



- in hospital

# Some people do not need to cover their faces



- Children under 3 years old



- people with breathing problems



- people with disabilities, such as deafness

# Make sure you:



Clean your hands before you put your mask on.



Clean your hands after you take your mask off.



# Self Isolation



If you think you have Coronavirus (COVID-19), keep away from other people.

Stop the virus spreading to other people.

This is called self-isolation.

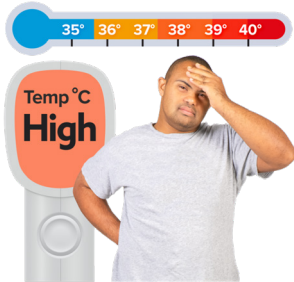
# COVID-19 Virus Tests



You do not have to pay for COVID-19 tests.



# Ask for a COVID-19 virus test if you or anyone you live with has:



- a high temperature



- a new cough



- cannot taste or smell



The NHS or Public Health  
England might ask you to  
get a test too.



To book a test call 119

or visit the website:

<https://www.gov.uk/get-coronavirus-test>



You will be given a time and date to go to a walk-in or drive through test centre.



Download the NHS app

The NHS COVID-19 app is free to download onto your phone in England and Wales.

The app will tell you if you're at risk from coronavirus.

The app will tell you what the level of coronavirus risk is where you live.

[www.covid19.nhs.uk](http://www.covid19.nhs.uk)





## Look after your body

Keeping your body healthy and moving around helps your body stay strong.



## Exercise

Try to do 30 to 40 minutes of exercise, three or four times a week.

Even 10 minutes of activity will help your body.

You can try using the Active 10 app to help you exercise.

## Eat well

Healthy food and drinking water will help your body stay strong and protect you from getting ill.



Learn about eating well online: <https://www.bda.uk.com/resource/healthy-eating.html>



## Eat fruit and vegetables

Inside fruit and vegetables there are all the things you need to keep your body healthy and strong. They will help to protect your body and stop infections.

Eat plenty of fruit and vegetables and try to include as many different colours as you can.

Different coloured fruit and vegetables have a mixture of good things inside.



8



## Drink

Try to drink 8 glasses of water every day (250ml each glass).

A body that has enough water inside will fight infection.

Water gets rid of things in your body that could make you ill.



Don't drink too much alcohol.

A lot of alcohol reduces vitamins in your body and can make your body weak.



**Go to your usual medical appointments**

Make sure you see your doctor and go to medical appointments.

Get your vaccinations such as the flu jab when you need to.

NHS staff will be happy to see you and want to look after you.

We are making sure our buildings are safe from the coronavirus for when you visit.



## Look after your mind

Stress and worry can make you feel ill.

Stress can also make your body weak this means you can catch viruses easily or get an infection.



You can help to keep your mind healthy and well by following the Five Ways to Wellbeing:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing>





## Get enough sleep

Sleep helps:

- your body keep well
- you to get better if you are ill
- lower your stress

You will sleep better if you:

- go to bed and get up at similar times each day
- have 8 hours sleep each night





You will sleep better if you:

- don't use your mobile phone, computer screens and tablets or watch television at bedtime



- drink less tea, coffee and cola if they have caffeine in them



- make your bedroom comfortable



The Every Mind Matters sleep page has some good ideas to help you get a good night's sleep.

[www.nhs.uk/oneyou/every-mind-matters/sleep](http://www.nhs.uk/oneyou/every-mind-matters/sleep)



# Make some good changes



You will feel better if you:

- lose weight



• stop smoking

You can get help and good ideas from the NHS One You service.

<https://www.nhs.uk/oneyou>

BECAUSE  
THERE'S ONLY  
**ONE**  
**YOU**





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