

# Coronavirus:

## Everything you need to know about staying safe

Coronavirus (COVID-19) is a virus that affects the **lungs and airways**.

It can pass from **person to person** and has spread across the world.

The common symptoms of coronavirus are:

An ongoing cough

A high temperature

Shortness of breath

Coronavirus is usually a **mild infection** for most people who catch it, but for some people it can be more serious.



That's why it is important for **everyone** to make sure they do what they can to help stop the virus spreading.



### How can I help stop the virus from spreading?

Coronavirus spreads easily, so here are **four steps** you can take to help stop coronavirus in its tracks:

1

Wash your hands often for at **least 20 seconds** with soap and water, or hand sanitiser.

2

Catch all coughs and sneezes **in a tissue**, then throw the tissue in the bin.

3

**Avoid close contact** with people who are unwell.

4

Avoid touching your **mouth, nose and face** with unwashed hands.

### What should I do if I feel unwell?



If you feel unwell or have any of the symptoms of coronavirus, **tell an adult straight away**.



If you are at school, you should be sent home. If you are at home, you should stay away from others.

You may need to stay away from other people, where possible, **for up to 14 days**.