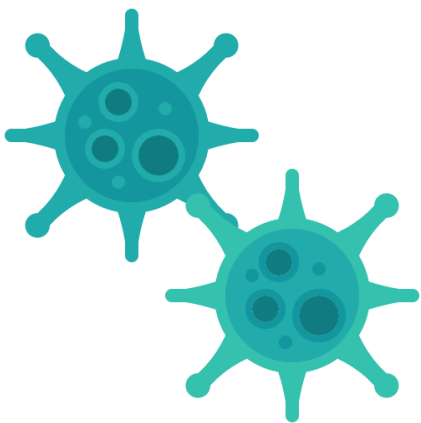
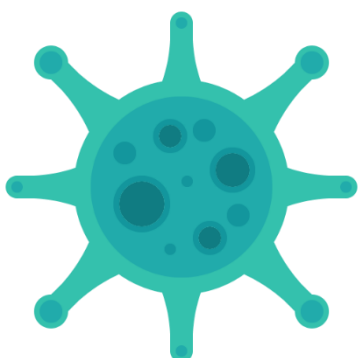


KEEPING HEALTHY AND AWAY FROM CORONAVIRUS

This booklet explains what Coronavirus is and how Life Without Barriers will help you stay safe and healthy.



There is a virus going around called **Coronavirus** (or COVID-19) which is making some people sick.



Coronavirus sounds like *'ca-ro-na-vy-rus'*

You might have heard about this on the news or at school.

Coronavirus is a bit like the **flu**. You can't see it but if you catch it, you may feel sick.

People who have the coronavirus can **feel** things like:

- fever
- cough
- sore throat
- trouble breathing

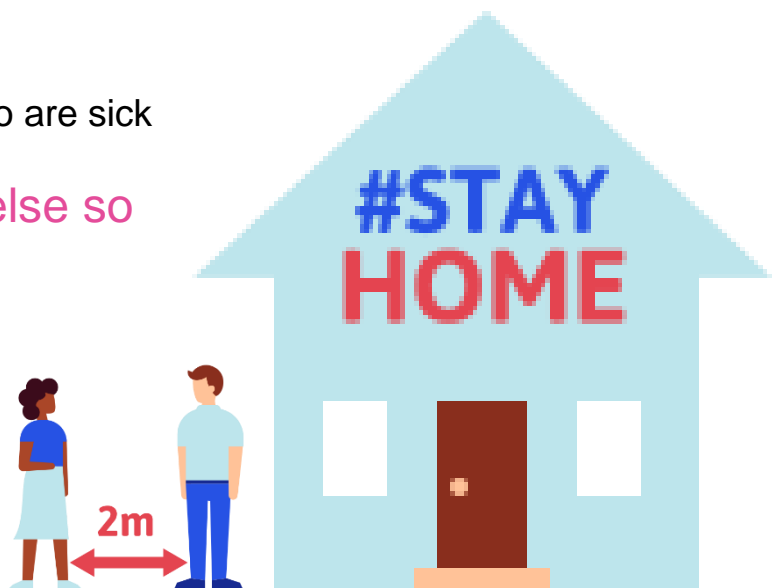


Coronavirus is **spread** when we cough, sneeze or touch people who have it.

Life Without Barriers is doing everything we can to **protect you, your family and your carers** from catching it. This means that you may see some different things in the way we help you, your family and your carers over the next few months, like:

- Some people wearing **gloves** or **face masks**
- People **not standing close** to each other
- People using hand sanitiser or **washing their hands** more than usual
- Some activities might be cancelled or places closed to stop the virus spreading.

It is very important that people who are sick **stay away from everyone else so they don't get sick too!**



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

1. Wash your hands properly with soap for 20 seconds, including in between your fingers.

- 20 seconds is how long it takes to sing "happy birthday" twice!




2. Cover your nose and mouth with a tissue whenever you cough or sneeze and put the tissue in the bin. If you don't have a tissue, cough or sneeze into your elbow

3. Don't touch your face with your hands and wash your hands after



It's very important that we
know if you're unwell so we can
help you!



Tell your carer or us
straight away if you
feel sick

Make sure you listen to advice from your carer and as we are working to keep you healthy.

If you or your carer does get sick, we will continue to look after you.

If you have any questions about coronavirus, talk to

- your carer, or
- your Life Without Barriers supporter.