
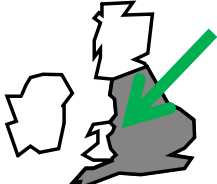

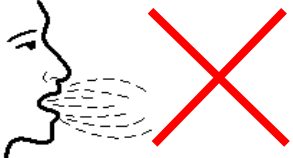

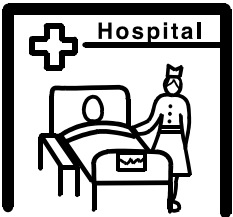


# Coronavirus

Looking after people who are most likely to get poorly

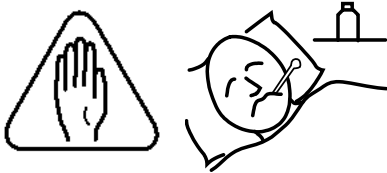
|   |   |
|---|---|
|                        | <p>There is a new illness called Coronavirus.</p>                 |
| <p><b>England</b></p>  | <p>People where we live are getting this Coronavirus illness.</p> |

|   |  |
|---|--|
| <p>If <b>you</b> have coronavirus you may</p>                                       |  |
|  | <ul style="list-style-type: none"> <li>• Feel very hot on your chest or back (this is called a temperature)</li> </ul> |
|  | <ul style="list-style-type: none"> <li>• Find it hard to breathe</li> </ul>  |
|  | <ul style="list-style-type: none"> <li>• Start to cough a lot</li> </ul>   |
|  | <p>Some people need to go to hospital for help.</p>  |

**People who are most likely to get very poorly**



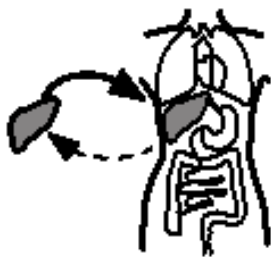
**Some people are already poorly. They might get more poorly with the coronavirus illness.**



**People who are poorly need to do things to stop them getting the Coronavirus illness.**



**They might need help from their families and carers to do this.**



**The people who are more likely to get poorly are:**

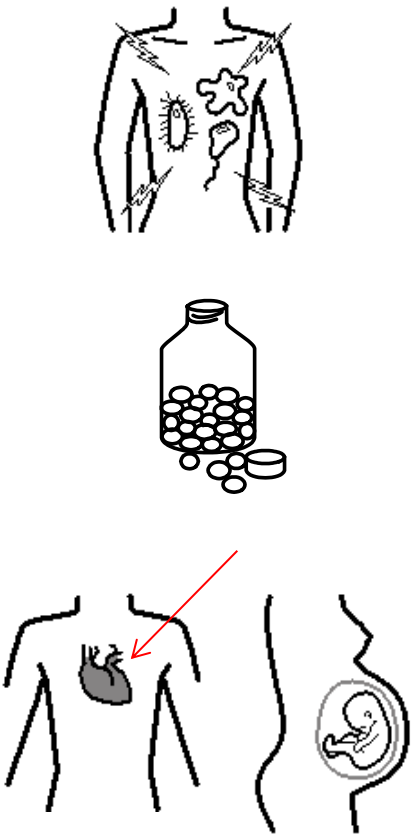
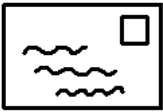

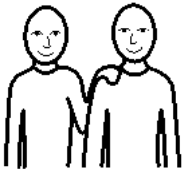
- People who have had transplants. This could be a liver or kidney transplant, or something else.


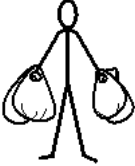




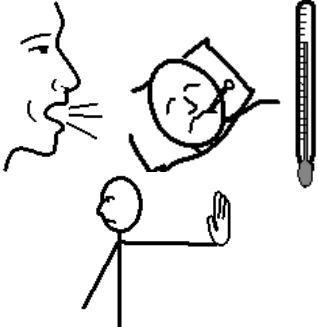




- People who are getting treatment for some cancers



- People who have lung problems

|   |  |
|---|--|
|   | <ul style="list-style-type: none"><li>• People who have a condition that makes them more likely to get infections</li><li>• People who take medications that make it harder for their body to fight infections</li><li>• People who are pregnant and have heart problems</li></ul> |
|  | <p>The <b>NHS is sending letters</b> to people who are <b>most likely to get poorly</b> from coronavirus.</p>  |
|  | <p>Getting a letter might make you feel <b>worried</b>.</p>  |
|  | <p>The NHS is <b>making plans</b> to make sure you <b>get the help you need</b>.</p>   |

| Things you should do if you get a letter  |   |
|---|---|
|    | <p><b>Stay at home for 12 weeks.</b></p>  |
|    | <p>People should help you by <b>bringing you food</b> or other things you need.</p>   |
|    | <p>Friends, family or carers should <b>get your medication for you.</b></p>   |
|    | <p>They should leave things <b>on your doorstep.</b></p>  |
|  | <p>If your carers help you with things you can't do like <b>washing, dressing, eating or going to the toilet</b>, this can carry on.</p>  |
|  | <p>Carers, friends and family can also get more information here:<br/><a href="https://www.gov.uk/government/publications/covid-19-residential-care-supported-living-and-home-care-guidance/covid-19-guidance-on-home-care-provision">https://www.gov.uk/government/publications/covid-19-residential-care-supported-living-and-home-care-guidance/covid-19-guidance-on-home-care-provision</a></p> |
|  | <p>Anyone with <b>a cough, temperature or other signs</b> of the illness <b>must stay away from you.</b></p>  |
|  | <p>If you are <b>worried that you do not have help:</b><br/>Go to <a href="https://www.gov.uk/coronavirus-extremely-vulnerable">https://www.gov.uk/coronavirus-extremely-vulnerable</a> on the computer<br/>or call <b>0800 028 8327</b></p>  |

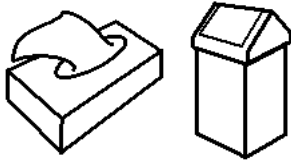
| What you can do   |   |
|---|---|
|    | <p>Use the phone or internet to talk to people.</p>   |
|    | <p>Call NHS 111 or visit <a href="#">NHS 111 Online</a> if you get poorly and think you have coronavirus.</p> |
|   | <p>You can speak to your GP doctor over the phone in the 12 weeks at home.</p>                                |
|  | <p>You could ring your local council for help with your care.</p>   |
|  | <p><b>If you need help in an emergency, call 999.</b></p>   |

Keep healthy at home



**Washing your hands.**

This is a song about how to wash your hands  
<https://vimeo.com/134952598>



Cover your mouth with a tissue when you cough or sneeze. Throw the tissue away.



Do things you like doing indoors



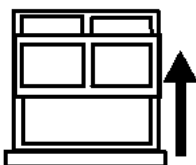
Do some exercise



Eat healthy food



Drink water



Open the window to let in fresh air



Go in the garden