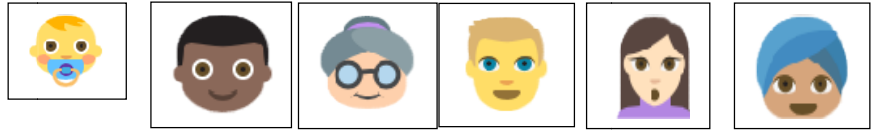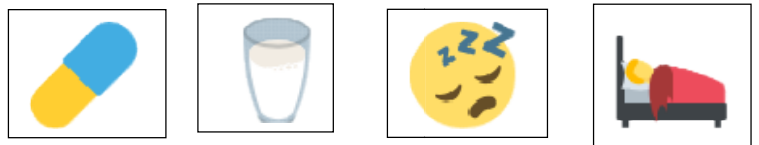# Coronovirus

Coronovirus is an infection.
It is also called COVID 19
Anyone can get it.

If you get Coronavirus
You may feel hot and sweaty.
You will have a temperature.
You may have a sore throat.
You will have a cough.

You will need to take Paracetamol.
You will need to drink fluids, like water.
You will need to rest.
You will feel tired.
You may find it more difficult to breathe.

You will need to stay at home.
You will not be able to see your friends.
You might not be able to see your family.
This is called being in isolation.
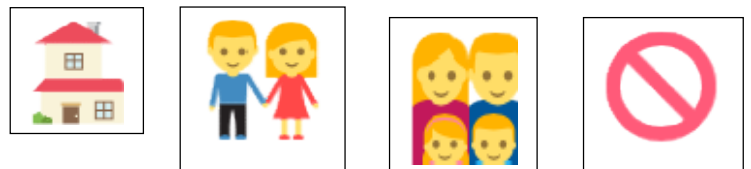
Don't worry.
Keep calm.
Breathe as normally as you can.
Cover your mouth if you cough.
Throw any used tissues in a bin.

Tell people if you are worried.
Tell people if you feel worse.
Your carers will look after you.
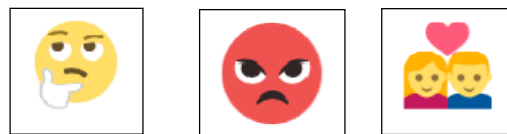
Some people may get quite ill.
If they do they will need to go to hospital.
If you get ill like this you will go to hospital too.
You will be looked after there.
Your carers will help you decided if you need to go to hospital.

Important numbers you need to know to telephone are:
111 for help and advice.
999 if it is an emergency and if you need an ambulance.
If you cannot ring ask someone to help you.