



**Down's Syndrome  
Association**

A Registered Charity No. 1061474



# Coronavirus



**What is it?**



**How to stay safe?**

# What is coronavirus?



**Lots of people are talking about Coronavirus.**

**They may also call it COVID-19.**

**You will hear it in the news.**



**Coronavirus is like the Flu.**

**Or a very bad cold.**



**It can make you very sick.**

**Some people have died, but this is not very many people.**



**It can spread from person to person.**

# How to stay safe.



**Cough into tissues.**



**Put all your tissues in the bin.**



**Wash your hands for 20 seconds.**



**Do not touch your face.**

# What to look out for?



**A cough**



**Feeling hot.**



**Breathing is hard.**



**Feeling tired.**

# What to do.



**Do not go to your doctors.**



**You must tell your family, support workers, or carers.**

**Very quickly.**



**Then call 111.**



**Try to stay calm.**

**Just because you feel ill, it doesn't mean you have coronavirus.**

# For more information.



## NHS Updates:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



## Government Updates:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

# Get in touch



This easy read booklet was made by the Down's Syndrome Association.