



**Down's Syndrome
Association**

A Registered Charity No. 1061474



Coronavirus

What is it? How to stay safe?

Easy Read

What is coronavirus?



Lots of people are talking about Coronavirus.

They may also call it COVID 19.

You will hear it in the news.



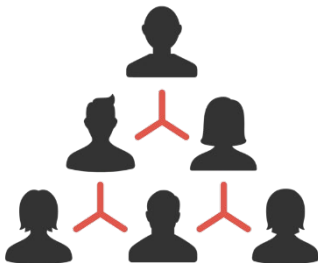
Coronavirus is like the Flu.

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.

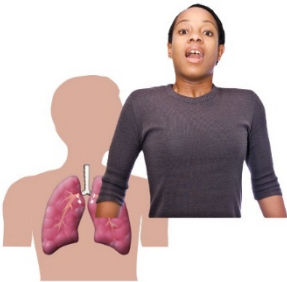
What to look out for



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.

How we can help



NHS Updates:

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



Government updates:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Get in touch



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The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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