

Coronavirus vital information

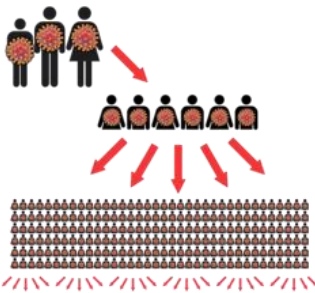
What is this easy read about?

This easy read is about the coronavirus in Scotland



How does coronavirus spread?

People spread the virus



How can I protect myself and other people?

Stay at home as much as possible



We should only go outside for a few reasons

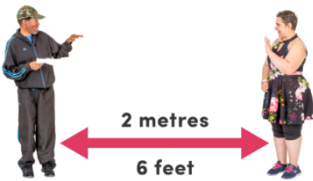
To buy food when we need it



To exercise like a walk or run



People with learning disabilities can go out **more** than once a day for health reasons



When we go outside we should stay two metres away from people



We should wash our hands whenever we get home



We should **not** meet with family or friends



There are signs to look out for that mean you might have Coronavirus. Doctors call signs of illness symptoms.



One sign of having Coronavirus is a cough.



Being very hot with a temperature over 38 is a sign of Coronavirus.

This is called a **fever**



If you or a person you live with has signs of coronavirus please stay at home



If you live alone stay at home for 7 days





If you live with other people they should stay at home 14 days



They might show signs of being ill in the second week of being at home. This means they might have to stay at home for **more** than 14 days in total



Staying at home is also called household isolation. It will help keep us all safe.

When should I call 111 or 999?



If you feel very ill with coronavirus call 111. If you feel ill with coronavirus for longer than seven days call 111



If you have an emergency you should still call 999



The NHS is open and able to help you if you get very ill

What if I received a letter from the NHS saying I am at higher risk of severe illness?



The Scottish Government have sent a **letter** to the people who should be shielding



Shielding means extra things that you should do to keep safe if you live with other people and are at risk of getting very ill



The Scottish Government want people who should be shielding to send them a **text message**. The number is on your letter



If you cannot send a text message you can find numbers to phone [here](#)



More information can be found at
www.gov.scot/covid-shielding-contacts

What if I have another chance of becoming very ill?



Some other people are at risk of becoming very ill from Coronavirus



You must follow the rules very carefully if you get a flu jab



You must follow the rules very carefully if you are over 28 weeks pregnant



You must follow the rules very carefully if you are 70 years old



Older people who need help can phone the Age Scotland helpline on 0800 12 44 222

How can I look after myself?



It is normal to feel worried or sad during these changes



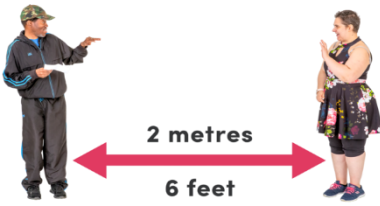
There are some things you can do to help



Phone or video call a friend for a chat



Go out for exercise



Remember to stay two metres apart from people when you do



Remember to wash your hands when you get home.



The website www.nhsinform.scot has other things that might help