What is Coronavirus?

Coronavirus is a new illness, like flu

- People with Coronavirus have a fever. This means they feel hot.
- People with Coronavirus have a cough.
- People with Coronavirus can have problems breathing.

You can catch Coronavirus

- by being close to people with the virus.
- by being in places where people who have the virus have been.
How to reduce the chance of getting Coronavirus

Always wash your hands with soap and water
- When you get home
- Before you cook
- Before you eat
- After using the toilet
- Before leaving home
- When you get to work or college or school
- After any doing sports

Wash your hands before touching
- Your eyes
- Your nose
- Your mouth

Do not share things you put in your mouth
- Cups
- Bottles
- Drinking straws, knives and forks

If you are feeling ill

• When you cough cover your mouth with a tissue
• When you sneeze cover your mouth with a tissue

• Put the tissue in a bin

• Wash your hands with soap and water

Do not share
• Towels
• Bedding
• Dishes
If you think you have coronavirus

- Telephone NHS Direct Wales on 0845 4647

If you think someone else may have coronavirus

- Telephone NHS Direct Wales on 0845 4647
- You may need help from family or friends to make the phonecall

Coronavirus is not serious for everyone

People can get better by:

- Having Rest
- Taking tablets for pain – if told
- Drinking plenty of water
Finding More Information

You can find daily updates

- [phw.nhs.wales/Coronavirus](http://phw.nhs.wales/Coronavirus)

- you might need some to help you read the information