

What is Coronavirus?

Coronavirus is a virus which is a type of illness.

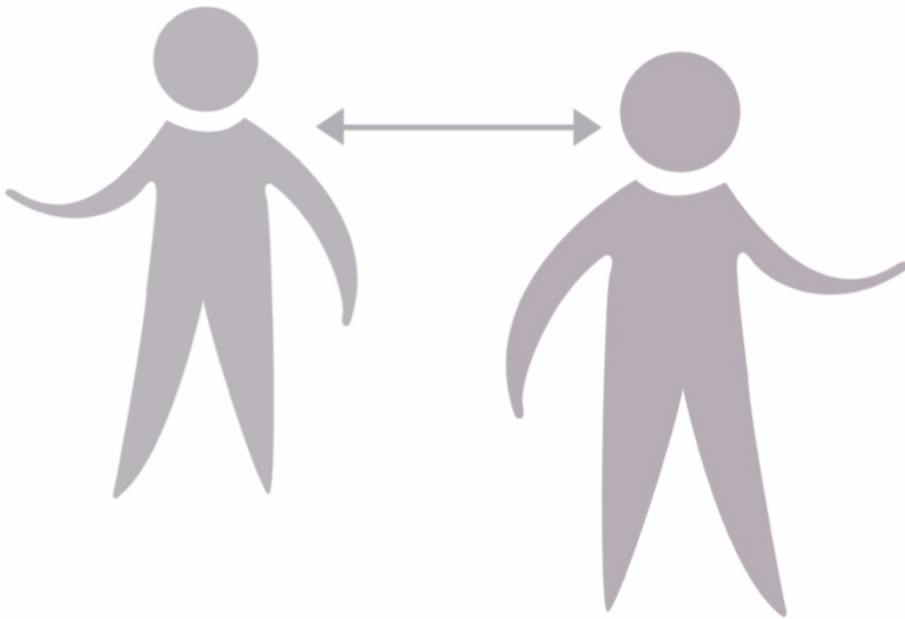
People who have Coronavirus may have:

- A persistent cough
- High temperature
- Find it harder to breathe



Most people who have the virus feel unwell but do not need to go to hospital. They stay at home.

A small number of people will need more help to try and get better and may need to go to hospital.



What should I do if I think I have Coronavirus?

If you have a:

- High temperature
- Cough that will not go away

You should stay at home and try to stay away from other people. This is called self-isolation.

You will need to stay at home for 7 days.

You should not go to the doctors if you think you have Coronavirus.

You should phone 111 if:

- You begin to find it difficult to breathe
- You feel more unwell
- You are not better after 7 days

They will decide whether you need to go to hospital or whether you need medication.



What should I do if someone at home thinks they have Coronavirus?



If someone at home has a:

- High temperature
- Cough that will not go away

- they should stay at home but you should also stay at home and try to stay away from other people. This is called self-isolation.

You will need to stay at home for 14 days.

If you develop symptoms during self-isolation, such as a:

- High Temperature
- Cough that will not go away

You must restart your self-isolation and stay at home for a further 7 days.

You should not go to the doctors if you think you have Coronavirus.

You should phone 111 if:

- You begin to find it difficult to breathe
- You feel more unwell
- You are not better after 7 days

They will decide whether you need to go to hospital or whether you need medication.

What do I do if I sneeze or cough?



Sometimes I sneeze or cough.
Water might come out of my mouth.



When I sneeze or cough, I must
cover my mouth and nose with a
tissue.



After I sneeze or cough, I must
put my tissue in the bin.



After I sneeze or cough, I must
wash my hands.

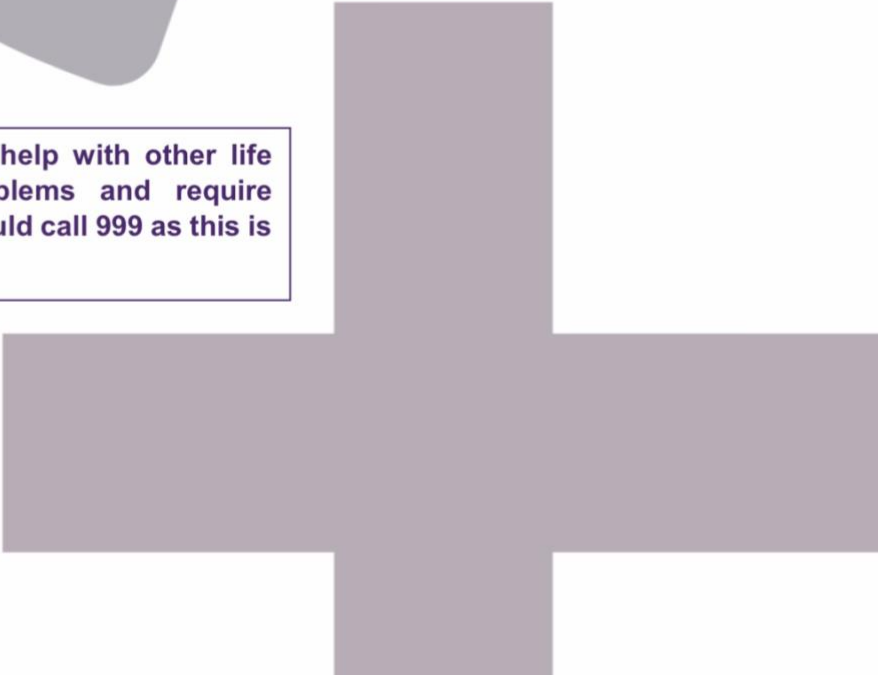


What if I am ill with something else?

If you feel ill with something else and you need help from a doctor you should still phone and make an appointment.

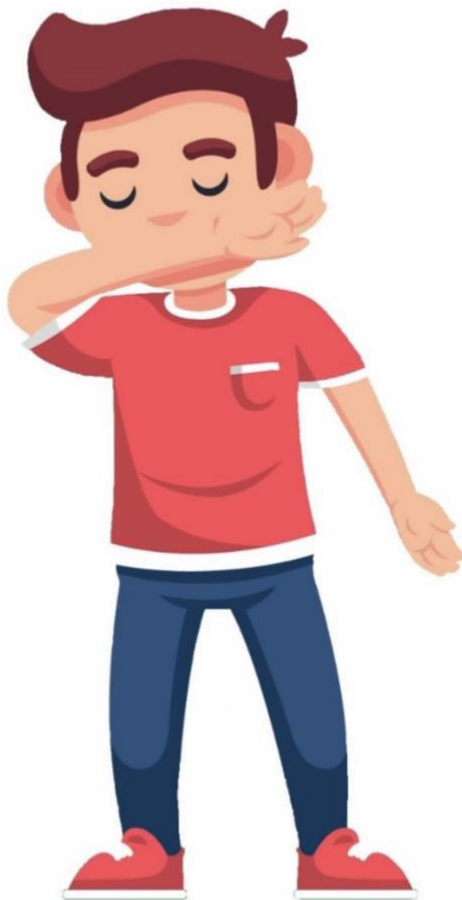
When making an appointment you might be asked more questions than normal, this is to make sure you do not have coronavirus.

Your appointment might be over the phone or online.



If you need emergency help with other life threatening health problems and require immediate help, you should call 999 as this is an emergency.

I will try and sneeze or cough into my elbow instead



Usually, people sneeze or cough into a tissue.

Sometimes, people do not have a tissue when they sneeze or cough.

If people do not have a tissue, people usually sneeze or cough into their elbow instead.

I can ask someone to show me how to sneeze or cough into my elbow instead.

I will try to sneeze or cough into my elbow instead.

Hand Washing

20 Second Strategy



Use soap



Palm to palm



Back to hands



Fingers interlaced



Base of thumbs



Fingernails



Wrists



Rinse Hands



Dry Hands

Scottish autism

WHERE AUTISTIC PEOPLE
ARE VALUED

Learning at home today

To the left of this page there is space to add your own images

Usually, I go to school to learn with my teacher and the other children in my class.

School is now closed.

Some children will do their learning at home now. I will try to do my learning at home.

Learning at home can be fun and I can do lots of exciting things.

Learning at home can also make people feel upset or frustrated.

If learning at home makes me upset, I can ask an adult in the house for help.

An adult will tell me when school is open again.

Scottish autism

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Groups and Activities Outside of the Home



Sometimes, I go to groups and activities outside of home.

Usually, people enjoy going to groups and activities outside of home.



Because of Coronavirus I might not be able to go to groups and activities outside of home.



This is due to social distancing.



Some people are not going to groups and activities outside of home to stay healthy.

I will try to not go to groups and activities outside of home to stay healthy.



I can do activities inside my home instead.

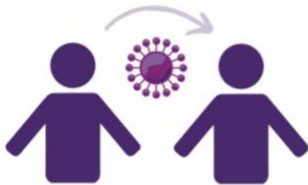
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What is Social Distancing?



Coronavirus is a virus which is a type of illness.



Coronavirus is spread from person to person.



It is therefore important at this time to see less people and avoid busy places. This is called social distancing.



By doing this it can keep me healthy.



It means that you might not be able to see all your family and friends.



It might mean you cannot do the things you would enjoy, like going to a restaurant or the cinema.