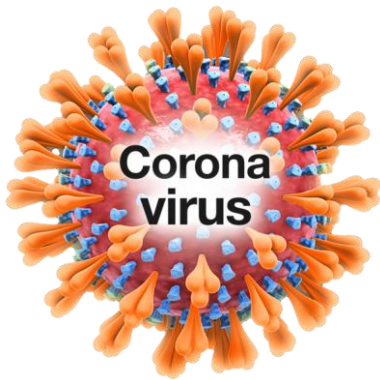


About Coronavirus in Suffolk



There is a lot of information in the news about a virus called Coronavirus.

A virus is a type of illness. Coronavirus is a new virus.

Most people who get the virus have been travelling abroad.



We know that some people in Suffolk have got Coronavirus.

Because we know they have the virus, they are getting lots of help from the NHS.

Coronavirus is like flu and can make some people very ill.

People who get the virus might have:

- A high temperature
- A cough
- And find it difficult to breathe



About Coronavirus in Suffolk



We knew that some people in Suffolk would get the virus.

We have put lots of things in place to help with this.

We know more people will get it so we have got everything ready to help them.



We are trying to stop the virus spreading.

This is important because some people who get it will become very ill.



There are things you can do to make sure you and people you know don't catch it.

The most important thing you can do is to make sure you wash your hands more often.

About Coronavirus in Suffolk



You should wash your hands in warm soapy water for 20 seconds.

You should do this after coughing or sneezing and before eating.

You should also wash your hands when you get home and when you get to work.



If you do sneeze or cough, do it into a tissue.



The throw the used tissue in the bin

About Coronavirus in Suffolk



You should also make sure you do not touch your face.



You can watch a really good video about the best way to wash your hands here:

<https://vimeo.com/134952598>

What to do if you think you might have Coronavirus



If you have a high temperature and a cough you need to stay at home for 7 days.

You must stay away from other people. This is called self-isolation.

You **must not** go to your doctor.



If you are still unwell after 7 days you must contact NHS 111 online:

<https://111.nhs.uk/covid-19>

If you are feeling unwell for another reason, you should contact your doctor.



You can find more about how to stay well here:

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>