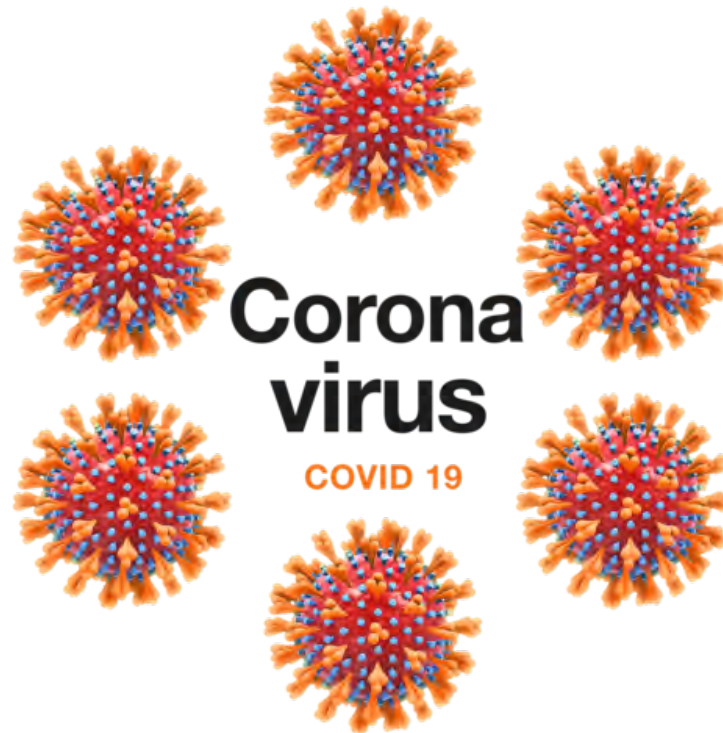


The Coronavirus and staying healthy when it is colder



The Coronavirus and staying healthy in winter



- What to do to keep safe during the Coronavirus outbreak
- Things you can do to not get ill when the weather is colder



Staying healthy in winter



- It is important to think about your health
- You are more at risk of getting ill when the weather is colder
- There might be more diseases going around

Who is at risk?



- Older people (65+)
- Young children
- People with other health conditions
- Pregnant women



How to stay well when it is colder



- Make sure to get advice from your doctor or a Pharmacist if you're feeling unwell
- You can get advice from the NHS, call: 111
- Get a flu jab
- Keep your home warm



What is Coronavirus?



A virus that makes it hard to breath and can be dangerous if you are older or have other health problems

Spread through the air and touch

What it might look like:

A high temperature (fever)

Being **very** tired (fatigue)

Headaches

Being short of breath

Cough

Sore throat



How to stop your self getting ill



- Wash your hands with warm water and soap regularly, especially if you go to a public place with lots of people



- Keep your hands away from eyes, nose and mouth
- Stay away from people who look ill, are coughing or sneezing a lot

How to stay safe from Coronavirus



- **Clean any surfaces** that people touch often with disinfectant (Such as; your front doorknob, kitchen counters, bathroom counters, and taps etc)
- Use Disinfectant with bleach in them, as they are better at killing viruses

How to stay safe from Coronavirus



- **Stay home**, if you think you are ill
- **Cover your mouth** if you cough or sneeze with a tissue and throw it away
- **Get medical help** right away if you are ill – call 111

Animals and Coronavirus



- **DO NOT** touch animals (your own pets should be alright)



- **FULLY** cook through any meat (beef, pork, chicken, eggs etc) when you're cooking food

If someone in your house has Coronavirus



- Do not share anything with the ill person (cups, towels, plates, don't use the same bed/sheets). Wash all cloths on hot (at 60°C) to kill the virus
- If the weather isn't too cold open the window to let in some fresh air
- Use gloves and disposable masks if you are helping to care for someone sick



If you are told to stay at home



- In-case there is an outbreak you may be told not to go outside
- Get some canned foods or foods that do not go bad easily (Enough for 2 weeks, rice, pasta, soup, vegetables etc)
- Buy some hand wash and disinfectants (with bleach)
- Only go out if you have to get more food or if a doctor says you need to visit them





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