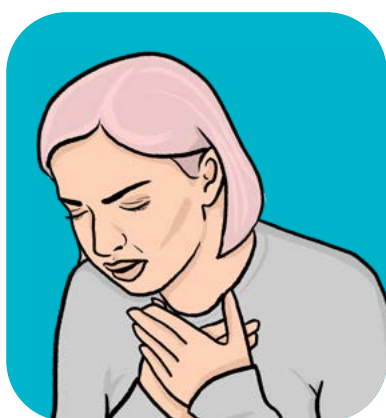


# Coronavirus update



We have all had to do things differently recently because of **Coronavirus**.

**Coronavirus** is a new illness that is spreading around the world.



It affects your lungs and breathing.



Some of the things in this booklet may be affected by Coronavirus or the latest rules that we all have to follow.



You can get all the latest information about Coronavirus on the Government website: [www.nidirect.gov.uk/campaigns/coronavirus-covid-19](http://www.nidirect.gov.uk/campaigns/coronavirus-covid-19)

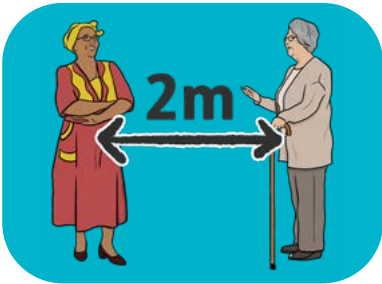


## Help to stop the spread of Coronavirus

To help stop the spread of Coronavirus you should:



- Wash your hands regularly with soap and water, for 20 seconds



- Stay at least 2 metres away from people you don't live with. That's 6 feet



- Use a tissue when you cough or sneeze. Throw the tissue in a bin and wash your hands



- Stay at home as much as possible



- Do not leave home if you or someone you live with might have Coronavirus.



## You might have Coronavirus if...

- You have a high temperature. This means you feel hot and sweaty



- You have a new cough and you keep coughing



- You have lost your sense of taste or smell. Or your sense of taste or smell has changed.