

# CORONAVIRUS (COVID-19)

## USEFUL INFORMATION



Coronavirus (COVID-19) is a new illness that can affect your:



- lungs



- airways



The risk to individuals in the UK is low.\*

### SIGNS OF THE VIRUS



The main signs of the virus are:



- a cough



- a high temperature



- shortness of breath

### HOW TO AVOID CATCHING OR SPREADING GERMS



There is currently no vaccine for this virus.



But there are things you can do to help stop germs spreading.

#### DO



- **Do** cover your mouth and nose with a tissue or your sleeve in elbow when you cough or sneeze



- **Do** put used tissues in the bin straight away



- **Do** wash your hands with soap and water often. Use hand sanitiser gel if soap and water are not available



- **Do** try to avoid close contact with people who are unwell

#### DO NOT



- **Do not** cough or sneeze on your hands



- **Do not** touch your eyes, nose or mouth if your hands are not clean



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### WHAT WE WOULD LIKE YOU TO DO



- Follow the advice about spreading germs



- Do not attend our sessions or activities if you are feeling unwell



- Talk to your family, carer or support worker if you think you may have come into contact with the virus and are showing signs



- With support call, 111



- **Do not** visit your GP Surgery, stay at home and do what NHS 111 say



- You can also call The Ark on 01344 266899

### Follow our updates at;



- **Facebook** @thearktrust



- **Website** [www.theark.org.uk](http://www.theark.org.uk)



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### WHAT WE HAVE DONE



- We have deep cleaned Trax



- We are cleaning things we all touch after every sessions; i.e. the door handles



- We have planned what we will do if we have to stop a session or activity



- We may have to stop a session or activity at short notice

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- **Call** 01344 266899 or **Email** [info@theark.org.uk](mailto:info@theark.org.uk)

This was produced from:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

For the latest information visit:

<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

\*On the 18 February 2020 the government said the risk to the public is moderate. The risk to individuals remains low.