

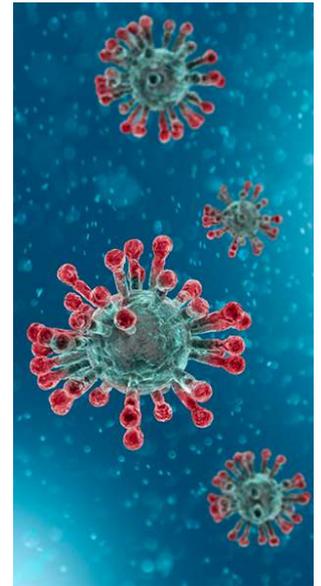
Empowered Community Services Coronavirus Quick Guide

What is Coronavirus?

Coronavirus or Covid 19 is a virus spreading around the world which is making some people sick. You can't see it but if you catch it you may feel unwell. People with Coronavirus might feel things like:

- Fever or feeling hot
- Cough
- Sore throat
- Trouble breathing

It's important that people who have the virus stay away from everyone else to stop other people getting sick too. This is called isolation.



How is Coronavirus spread?

Anybody can catch Coronavirus. It spreads from one person to another when somebody coughs or sneezes. You can catch it if you are close to somebody with the virus or if you touch something (e.g. door handle) contaminated then touch your face.



It's everybody's responsibility to help stop the spread. It's important that we all do everything we can to keep ourselves and other people healthy. You might notice some changes in your community. This is a good thing and a sign people are helping. Things like people wearing gloves and face masks, people not standing close to each other and people using hand sanitiser or washing hands more than usual. Some places are closed and some activities might be cancelled to help stop the virus spreading. Remember this is not forever and it's important we all help.



What can you do to stay safe?

- Wash your hands properly with soap for 20 seconds or use hand sanitiser
- Always cover your nose and mouth with a tissue when you cough or sneeze then put tissue in the bin
- If you don't have a tissue, cough or sneeze into your elbow
- Try not to touch your face
- Clean surfaces e.g. door handles, tables, light switches
- Social distancing



What is social distancing?

This means staying 1.5 metres away from other people. This means no shaking hands and no high fives. You can still wave hello, sign or bump elbows instead.

Empowered is here to support you. If you start to feel sick, let your support worker or Empowered office know straight away. This is important so we can help you. If you have any questions or feel like you need more support, reach out to your support network or the team at Empowered.

