


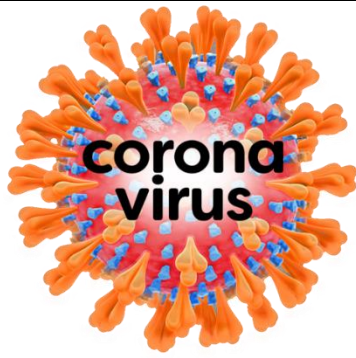


An easy read guide to finding out if you have coronavirus (COVID-19)

	<p>This is the 2nd of 3 simple guides.</p>
	<p>The 1st guide tells you what the signs are that you may have coronavirus or flu.</p>
	<p>This guide tells you what to do if you think you or someone you support shows these signs.</p>
	<p>The 3rd guide tells you how to look after yourself if you are supporting someone who shows these signs.</p>



If you think someone you support has COVID-19:



Choose a bedroom with a door for them where they should stay. They should not to come out except to go to the bathroom. No one else should go in unless they have to.



Children and pets should stay out.



Keep a window open in the room and give them tissues and water.



If you only have one bedroom, give it to them and sleep in the living room.



If you have 2 bathrooms give them one and don't let anyone else use it.



If you don't, clean all the surfaces after every time they go to the bathroom.



Take their temperature several times a day without getting close to them and write it down.



Some people use pulse oximeters which measure how much oxygen is in a person's blood.



Make sure they drink lots of water and other non-alcoholic drinks.



Help them understand how often they can take medicine to reduce their fever and make them feel better.

Don't let them take more medicine than they should.



Make sure they take any other medicines they would normally take unless their doctor has told them to stop.



Keep them comfortable and make sure they sit up in bed especially if they have difficulty breathing.



Make sure they have blankets and pillows, books, magazines, computer, radio or TV and a phone charger.



Help them with food but keep your distance.



Use specific cups, glasses, knives, forks, plates and dishes for the person.



If they can get out of bed you could put food and drink on a tray outside their closed door.



If they can't get out of bed wear a mask and any other PPE available when you go in their room to leave food and drink by their bed.



Wash their dishes with hot water and soap. Do not touch your face until you have washed your hands.



Wash their clothes on their own, not with other people's.



Make sure they have a basket for dirty clothes in their room.



Use disinfectant spray or wipes to clean everything the person may have touched.



If you have to see someone in person, do it outside and stay at least six feet away from them.



If they give you something, ask them to put it down and step away so you can pick it up.



Use a video link to chat with the person.



You could have caught the virus with you even if you don't have symptoms and may need to self-isolate.



Spend time outdoors if you have a garden, patio, balcony or porch but stay 6 feet from anyone who doesn't live with you.



It is OK to let friends and family know someone you live with is sick.

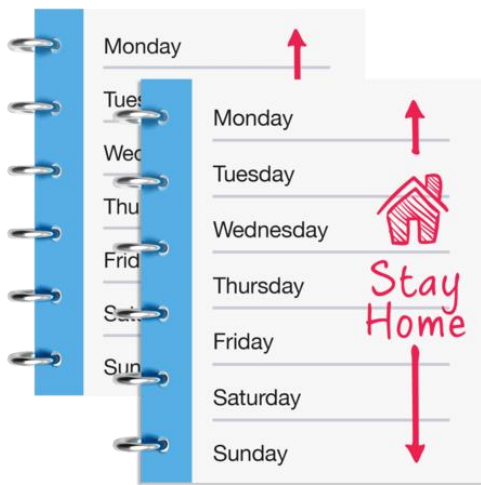
They can help but do not let them near the person.



They can bring you shopping from the 'outside world' and leave them on your doorstep.



They could even walk the dog as long as you clean the lead before and after.



Someone who has had COVID-19 should stay at home and away from others home for 14 days after.



After this you should clean their room really well and wash all bedding including blankets.



You can call NHS 111 who can help if you have an urgent medical problem.



You can also use the NHS website, your doctor or health centre.



For more information go to:

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