
Information for Clients in Social Care Homes about Coronavirus (Covid-19)

What is Coronavirus (Covid-19)?

Covid-19 is a new type of illness which can affect your lungs and airways. It is caused by a virus called coronavirus. It is highly contagious and it is affecting people all over the world. Transmission is caused by human to human contact. Because it is new there is no vaccine against it and currently no cure. Scientists are trying very hard to make a vaccine but this will take more than a year to be ready.

What can I do to stop getting Coronavirus

- Wash your hands frequently with soap and water often – do this for at least 20 seconds
- Use hand sanitizer gel if soap and water are not available
- If you have been outside wash your hand as soon as you get inside
- Do not touch other people by hugging, shaking hands or kissing
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- DO NOT touch your eyes, nose or mouth if your hands are not clean
- You should not leave your environment. People all over the world have been told to stay within their homes.
- You should keep at least one meter away from any person as the virus can jump from one person to another.
- You should eat a healthy diet and do light exercise if you can.
- Try to keep busy and carry out your normal daily activities if you can

How do I know if I have Coronavirus?

The symptoms usually start with a high temperature and a new continuous dry cough. Most people will only have these mild symptoms. Although they may be uncomfortable, people with these symptoms are likely to recover within a week. For other people it can be much more serious. Some people may go on to develop difficulty in breathing and will need medical support and, sadly, some people will die.

What should I do if I think I have Coronavirus?

You should tell a member of the staff without delay, so that other people do not get the virus. You may be asked to stay alone in a room for seven days. People all over the world have to do this.



Restrictions on Visitors

There may be restrictions which mean that people cannot visit you. This is to stop visitors bringing the virus into your environment or to stop visitors catching the virus when visiting. This may be difficult but it is an essential way of preventing the spread of the virus.

Personal Support and the Use of Social Media

You may have difficulties coping with this situation and you may feel overly anxious. This is very usual and you should talk to a staff member about your feelings.

Many people all over the world are not allowed to leave their homes at present and they are using social media to contact their loved ones. If you have access try using WhatsApp, Skype or Facetime to contact friends and family.

