

Advice about COVID-19



**easy
read
online**

How serious is COVID-19?



It is not serious for most people, including children.



It feels like flu, you may get:

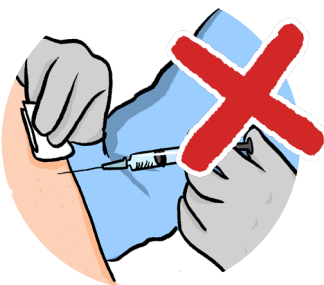
- A fever



- A cough



- Difficulty with breathing



There is no vaccine at the moment. This means you can't get a jab to stop you getting it.



Most people get better with:

- Rest



- Drinking plenty of water



- Some medicine for the pain



How likely are you to catch it?

You can only catch it if you have been close to someone who has the virus.

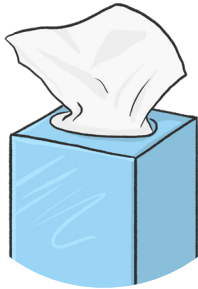


Currently, there is only a **very** small chance that you have been close to someone who has it in **New Zealand**.



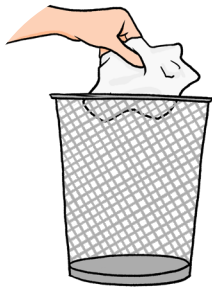
There is a bigger chance of catching it in certain other countries.

How can you stop COVID-19 spreading?



If you need to cough or sneeze:

- Catch it with a tissue



- Bin it



- Kill it by washing your hands with soap and water



You should wash your hands with soap and water:

- After breaks



- After sport activities



● Before cooking



● Before eating



● When you get to school,
college, work or your day centre



● After using the toilet



● Before leaving home



Try not to touch your eyes, nose and mouth with unwashed hands



Do not share cups and water bottles



Do not share things that may touch your mouth or nose like: bedding, dishes, pencils and towels

If you feel unwell



- Keep away from others and stay at home



- Don't go on the bus or train



- Tell a member of staff. Tell them if you have been to another country recently



- Call Healthline on 0800 358 5453 for advice



- Visit www.govt.nz/covid-19-novel-coronavirus for more information



- If there is an emergency call 111 immediately



This Easy Read document is based on the 'Advice on coronavirus for places of education' from Public Health England.