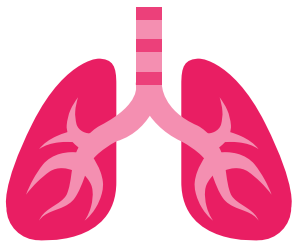


# What is Coronavirus?



**Coronavirus** is a new illness.



It can affect your **lungs** and **breathing**



**Most** people who get Coronavirus will **not** be very ill.



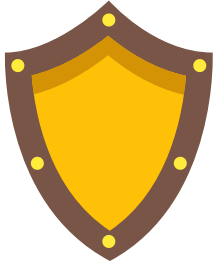
**Some** older people or people who have health problems may become **very** ill.



You may feel **worried** about Coronavirus. This is **normal**.

**Talk** about how you feel with people you can **trust**.

# What is Shielding?



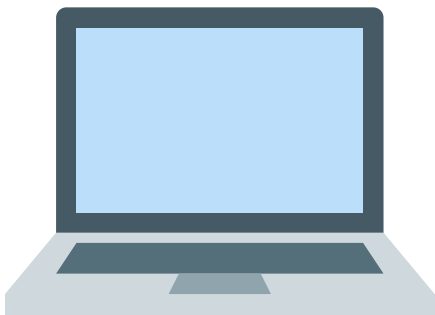
**Shielding** is there to protect people who might get very ill if they catch Coronavirus.



Shielding means **extra things** that you should do to keep safe if you are at risk of getting very ill.



The Government have sent a **letter** to the people who should be shielding.



The Government want people who should be shielding to **register** online.

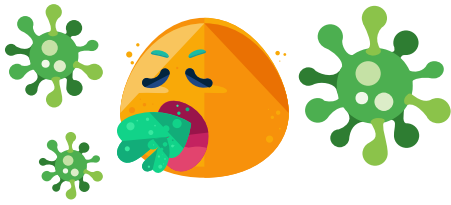
The website is on your letter.



If you cannot register online you can register by telephone.

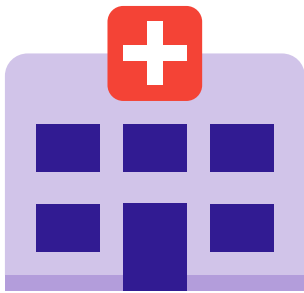
**0800 028 8327**

# Who should be shielding?

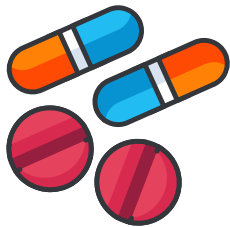


People who are at **high risk** of getting very ill from Coronavirus **should be shielding.**

**Examples** of people who should be shielding:



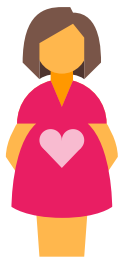
- People who have had an **organ transplant**



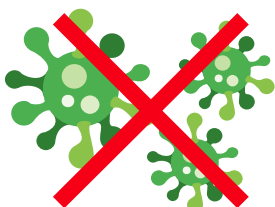
- People who are being treated for **cancer**



- People on **certain types of medication**
- People with **rare diseases** that make infections more likely.



- People with **illnesses that make it hard to breath**
- People who are **pregnant and have heart disease**



Following the advice on shielding will make it **less likely** that you will catch the coronavirus

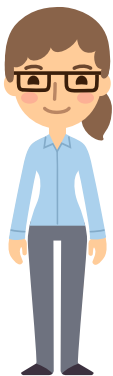
# How do I do shielding?



**Do not** leave the house



**Do not** see other people



**2 metres**

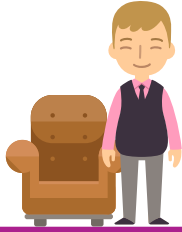


**Stay 2 metres** away from others

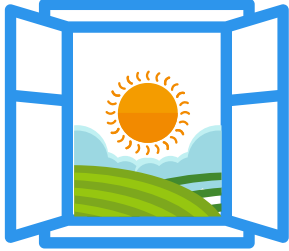


Use phones or online ways to talk to your friends and family

# What do I do if I live with other people?



You should stay in a **separate room** as much as possible



Keep the **windows open** as much as possible



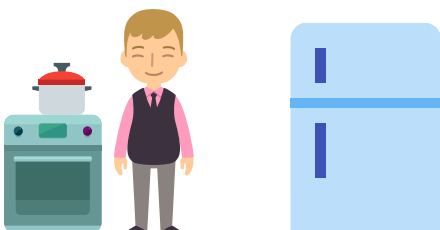
If possible keep a **bedroom** to yourself and spend your time in there



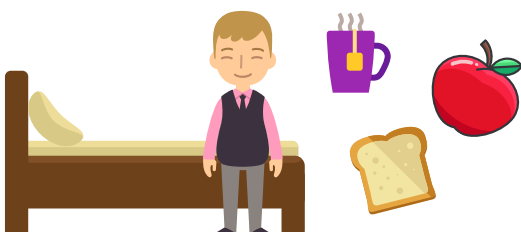
If possible use a **separate bathroom**



If this is not possible the bathroom should be **cleaned** after each visit



Make meals in the kitchen when other people are **not** in it

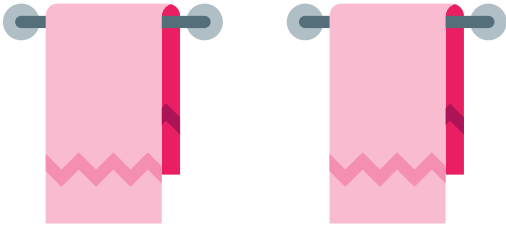


Take your meals to your bedroom to eat **alone**

# Everyone in your home should do this



Wash your hands with soap for **20 seconds**



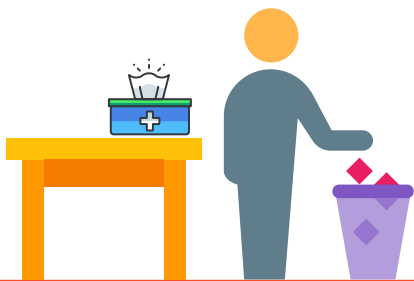
Use **separate** towels



**Stay away** from people with signs of coronavirus



**Clean** the house regularly



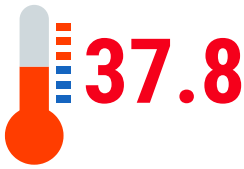
Cough or sneeze into a **tissue**

**Throw away** used tissues straight away



**Do not** touch your **face, nose, eyes** or **mouth**

# Signs to look out for



A high temperature of **37.8 degrees** or more



When you have a **high temperature** you may feel:



- Hot to touch on your chest and back
- Feel warm
- Feel cold and shivery



A **new** cough



A **lot** of coughing in 24hrs



Difficulty breathing

# What should I do if I feel ill?



**Telephone** your GP.



**Do not** go to the GP surgery in person



Stay at home for **7 days** if **you** get a cough with a high temperature



If you can not cope with your symptoms or do not feel better after 7 days call **NHS 111**



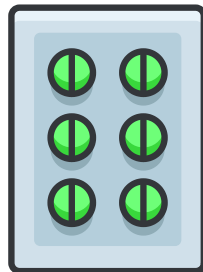
Stay at home for **14 days** if **someone you live with** has a cough or a high temperature



# Ask for help with shielding



Ask for someone to bring you shopping



Ask someone to bring you medicine and prescriptions



You can get help getting food and medicine by contacting **Thurrock Coronavirus Community Action**



Thurrock Coronavirus Community Action

**01375 511001**

Open from 9am to 5pm **everyday**