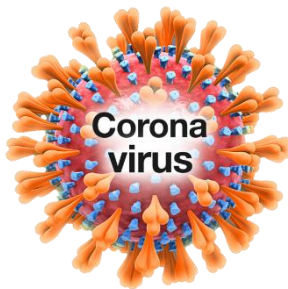


What is coronavirus and COVID-19? ¿Qué es el coronavirus y COVID-19?

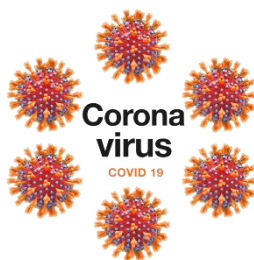
16 March 2020 update

Actualizado: 16 March 2020



Coronaviruses are a big group of viruses that can make people and animals sick.

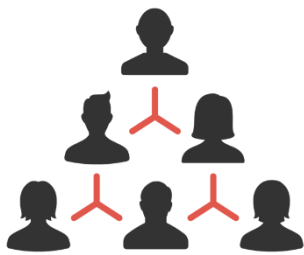
Los **coronavirus** son una extensa familia de virus que pueden causar enfermedades tanto en animales como en humanos.



A **virus** is something that can make people sick. Un virus es algo que puede enfermar a la gente

1 type of Coronavirus that can make people to sick is called **COVID-19**.

1 tipo de Coronavirus que puede enfermar se llama **COVID-19**.



COVID-19 can pass from person to person.

COVID-19 se propaga de persona a persona.

People with COVID-19 may:

Las personas con COVID-19 pueden:



- have a cough
- Tener tos
- have a fever - this is when you get really hot
- Fiebre (es cuando te sube la temperatura)
- find it hard to breathe.
- Tener dificultad para respirar.



It is important to know that people who get a cold or flu may also have these things.

Es importante entender que las personas que tienen un resfriado, o influenza (gripe), pueden presentar síntomas similares.



Some people with COVID-19 may not get sick.

Algunas personas contagiadas con COVID-19 pueden no desarrollar la enfermedad.



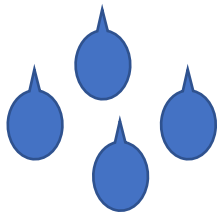
But they can still pass the virus to another person.

Pero de igualmente pueden contagiar a otras personas.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

It can take up to 14 days from the time a person has been around someone with COVID-19 to when they get sick.

Puede tomar hasta 14 días desde que una persona que haya tenido contacto con alguien con Covid-19 se enferme.



When a person has COVID-19 they can spread **droplets** onto things or people around them when they:

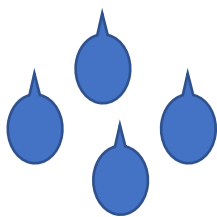
Cuando una persona contagiada con COVID-19, puede esparcir gotitas en superficies a su alrededor o a otras personas, esto cuando:



- Cough
- Tose
- Sneeze
- Estornuda



- Talk
- Habla
- Touch other people like shaking hands
- Toca a otras personas, como saludando de mano
- Touch **surfaces or objects** that someone else then touches
- Tocando superficies u objetos que otra persona tocara después



Droplets are very small bits of liquid that come out of a person's nose or mouth.

Las gotitas son pequeñas partículas de agua procedentes de la nariz o la boca que salen despedidas cuando una persona infectada tose o exhala.

The droplets could have the COVID-19 virus in them.

Las gotitas pueden contener el virus de COVID-19 ellas.



Surfaces and **objects** are things like:
Las superficies y objetos pueden ser:

- Tables
- Mesas
- bathroom sinks
- lavamanos de baño
- kitchen benches
- Mesones de cocina
- door handles.
- Manijas de las puertas

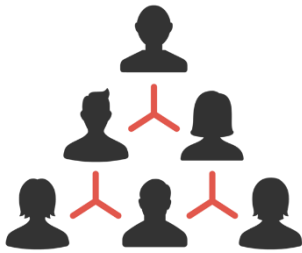


This factsheet will tell you what you can do to have less chance of getting COVID-19.

Esta hoja informativa le dira que puede hacer para minimizar las posibilidades de contraer COVID-19

Things you can do to protect yourself and others from COVID-19

Qué hacer para protegerme a mí y a otros del COVID-19



There are some important things that everyone can do to stop the spread of COVID-19.

Existen cosas importantes que todos pueden hacer para detener la propagación del COVID-19:



You should:

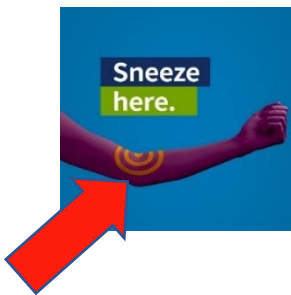
Usted debe:

- stay away from people who are unwell with a cold or flu
- Alejarse de personas que estén enfermas de gripe o influenza
- stay home if you feel unwell
- Quedarse en casa si se siente mal.





- cover your mouth and nose with a tissue when you cough or sneeze
- Cubrir su boca y nariz con un pañuelo desechable al toser o estornudar



- throw away any tissues that you use
- Bote el pañuelo a la basura
- cough or sneeze into your elbow if you have no tissues.
- Tosa o estornude en su codo si no tiene pañuelos desechables.



Make sure you **wash your hands with soap and water** for at least **20 seconds**:

Asegúrese de lavarse las manos con jabón y agua por un mínimo de 20 segundos:

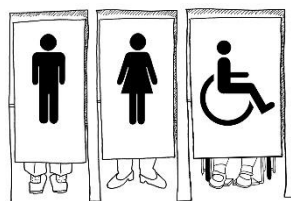


- after coughing or sneezing
- Después de toser o estornudar

- after blowing your nose
- después de sonarse la nariz



- before eating or touching food
- antes de comer o tocar comida



- after using the toilet
- después de usar el baño



- after helping children wipe their noses
- después de ayudar a los niños a limpiarse la nariz



- after caring for sick people.
- después de cuidar de gente enferma.

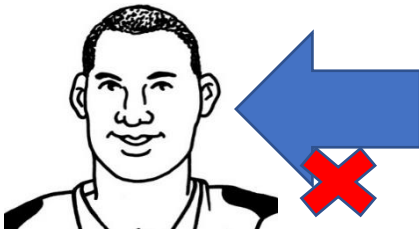


If there is no water or soap you can use **hand sanitiser**.

Si no cuenta con agua y jabón, puede usar **desinfectante de manos**

Another important thing you can do is try not to touch your:

Algo muy importante que usted puede hacer es tratar de no tocar sus:



- Eyes
- Ojos
- Nose
- Nariz
- Mouth.
- Boca.



It is also a good idea to clean **surfaces** and **objects** that you use a lot.

Igualmente es buena idea limpiar/desinfectar superficies y objetos que se usen constantemente.



If you have any questions about COVID-19 you can call Healthline on:
Enlaces para obtener más información sobre COVID-19, puede llamar al Healthline en:

0800 358 5453



It will not cost you any money to call Healthline.

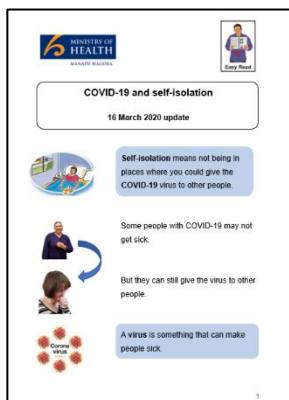
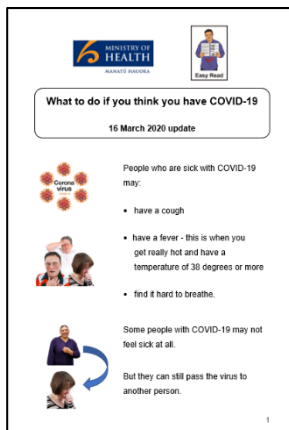
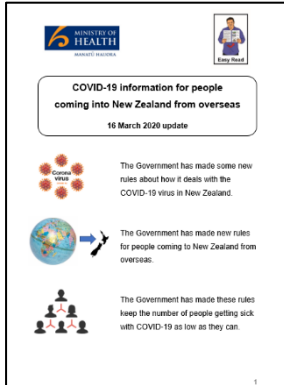
Es un servicio gratuito



Healthline is open all the time – day and night.

El Healthline está disponible todo el tiempo – día y noche.

Where to find more Easy Read information about COVID-19



There are some more Easy Read factsheets called:

- COVID-19 information for people coming into New Zealand from overseas
- What to do if you think you have COVID-19
- COVID-19 and self-isolation.

You can find these Easy Read factsheets on the Ministry of Health **website**:



www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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- Changepeople.org



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- Sam Corliss



- Steve Bolton