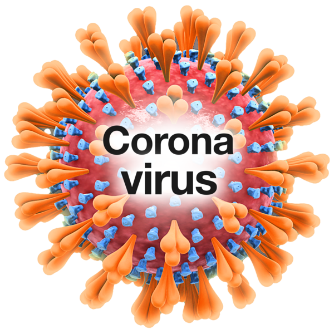
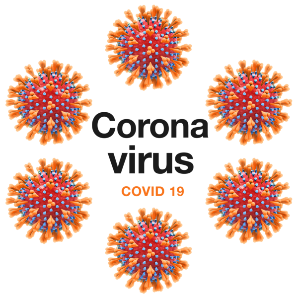


**What is coronavirus and COVID-19?**

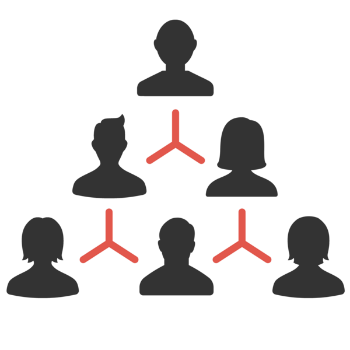
**16 March 2020 update**



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

A **virus** is something that can make people sick.

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



COVID-19 can pass from person to person.

People with COVID-19 may:

* have a cough
* have a fever - this is when you

get really hot

* find it hard to breathe.



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

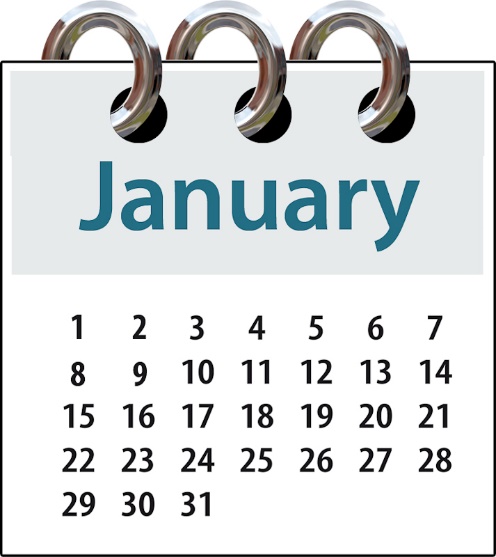


Some people with COVID-19 may not get sick.



But they can still pass the virus to another person.

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



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



* cough
* sneeze



* talk
* touch other people like shaking hands



* touch **surfaces or objects** that someone else then touches

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

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

**Surfaces** and **objects** are things like:

* tables



* bathroom sinks

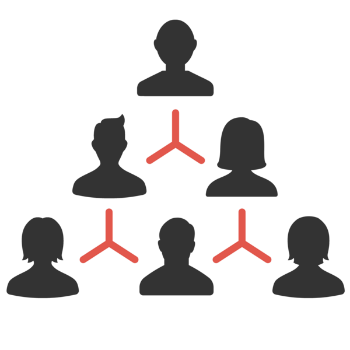


* kitchen benches
* door handles.



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

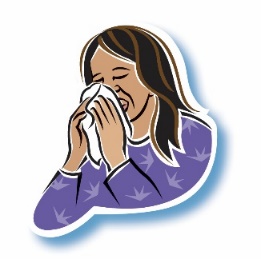
**Things you can do to protect yourself and others from COVID-19**



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



You should:

* stay away from people who are unwell with a cold or flu
* stay home if you feel unwell



* cover your mouth and nose with a tissue when you cough or sneeze
* throw away any tissues that you use



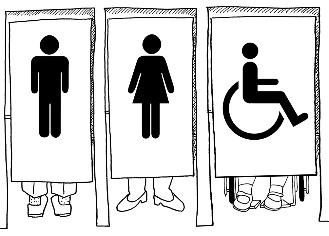
* cough or sneeze into your elbow if you have no tissues.

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

* after coughing or sneezing
* after blowing your nose



* before eating or touching food

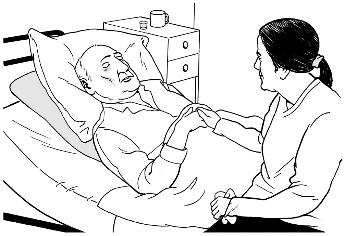


* after using the toilet



* after helping children wipe their

noses



* after caring for sick people.

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

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

* eyes



* nose
* mouth.

[](https://www.photosymbols.com/collections/home/products/dusting?_pos=6&_sid=7fed8694a&_ss=r)

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

If you have any questions about COVID-19 you can call Healthline on:



**0800 358 5453**

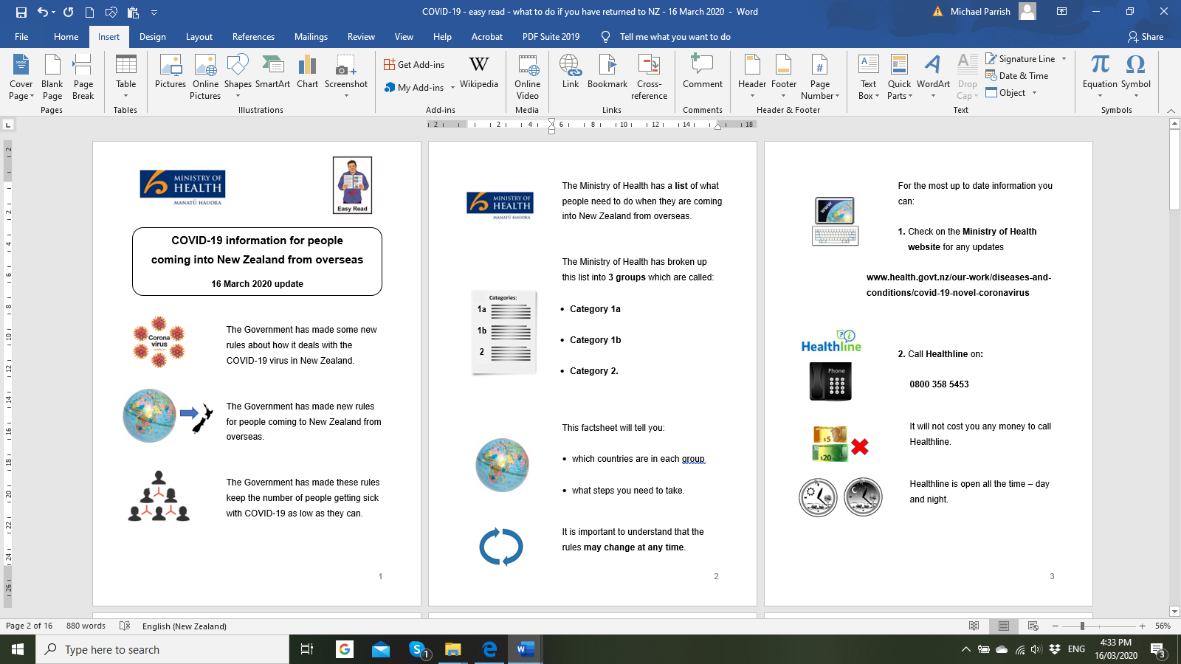
It will not cost you any money to call Healthline.



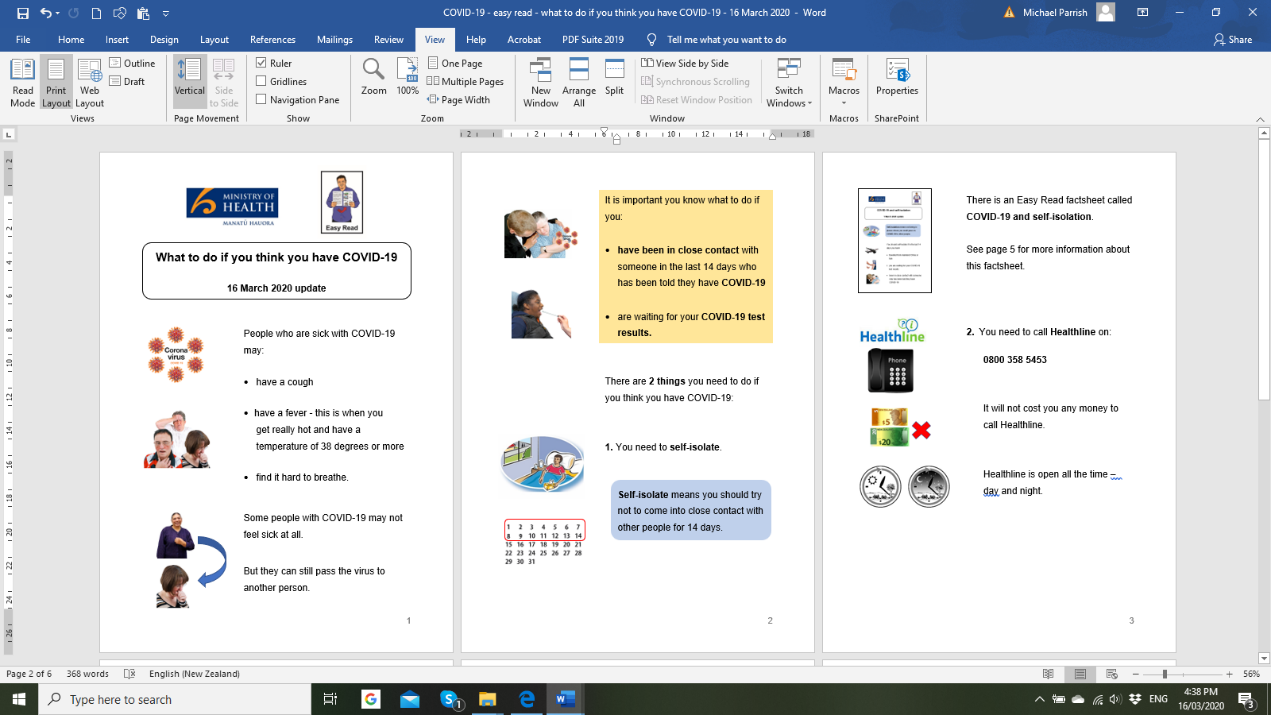
Healthline is open all the time – day and night.

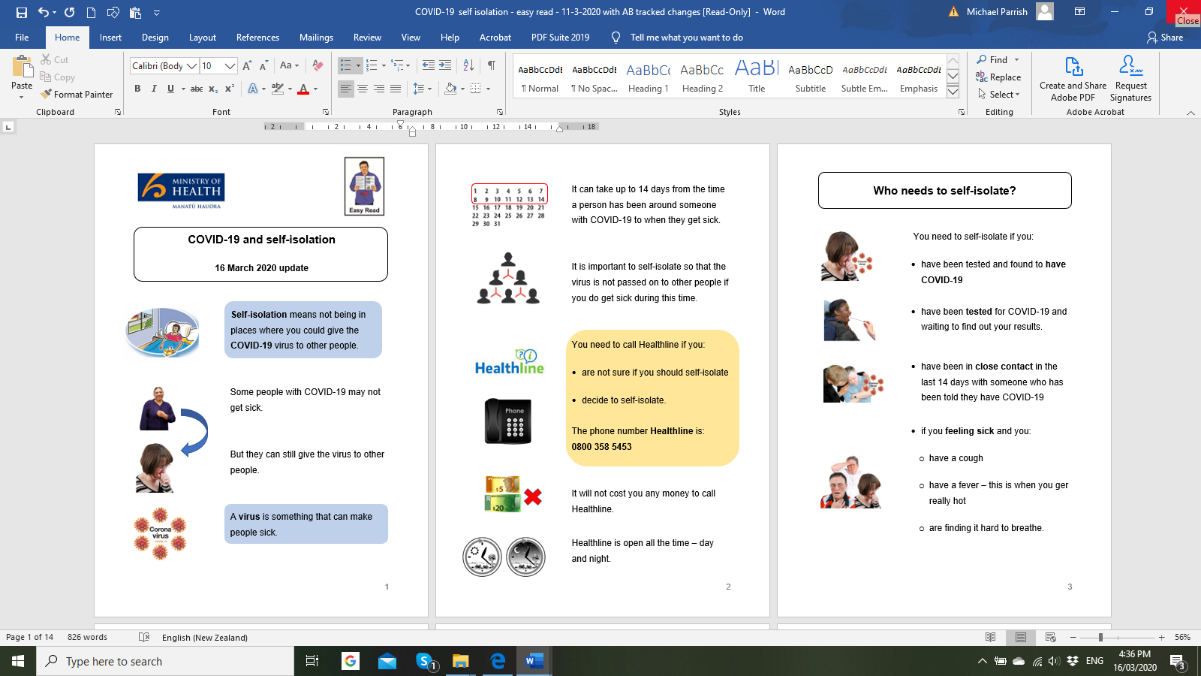
**Where to find more Easy Read**

**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.**



**The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.**

Change logo.
Change is the name of the organisation.

**Make It Easy uses images from:**



* **Changepeople.org**
* **Photosymbols.com**



* **Sam Corliss**
* **Steve Bolton**