Information about the Coronavirus

What is the Coronavirus?

The Coronavirus is a new illness.

It makes you feel like you have a cold or flu.

What happens if you get the Coronavirus?

You might have:

- A cough
- A temperature (feel very hot)
- It might be hard to breathe

Most people who get the virus will feel like they have a cold or the flu.

These people will stay at home until they feel better.
Some people will get more sick.

These people have to go to hospital.

What should I do if I think I have Coronavirus?

Tell staff if you feel sick.

Ring your doctor if you feel sick.
Stay at home if you feel sick.

Why are some places closed?

Some places in town are closed

- Shops
- Restaurants
- Pubs
- Hairdressers
- Swimming pools

They closed to stop people getting the virus.
These places will open again when the virus is gone.

Why is my Day Service closed?

The Day Service is closed.

The Day Service closed to stop people getting the virus.
The Day Service will open again when the virus is gone.

**How do you get the Coronavirus?**

When someone with the virus coughs or sneezes, the virus might land on you.

When someone with the virus touches tables or doors, they might leave the virus there.

People might touch those surfaces and get the virus.
How do I stop getting Coronavirus?

Wash your hands a lot.

Wash them with soap

Wash your hands for at least 20 seconds.

Clean things you touch a lot

Use a disinfectant.

Try not to touch your eyes, nose or mouth with unwashed hands
How do I stop getting Coronavirus?

Stay away from places where there are lots of people like

- Restaurants & cafes
- Pubs & nightclubs
- Cinemas

Keep space between you and other people

Do not shake hands
How do I stop spreading the Coronavirus?

Cough and sneeze in to a tissue.

When you have finished:

1. Put the tissue in the bin straight away

2. Wash your hands or use hand sanitizer

If you do not have a tissue:

- Cough in to your elbow
- Sneeze in to your elbow
Clean things you touch a lot

Use disinfectant.

**When should I wash my hands?**

You should wash your hands:

- After coughing / sneezing

- Before and after eating
• Before and after preparing food

• Before and after having a cigarette or a vape

• Before and after using the bus or train

• Before and after being in a crowded place

• When coming back home
• When coming into the day service

• After using the toilet

• If your hands are dirty

What if my doctor thinks I have the Coronavirus?

The Doctor might ask you to stay at home, maybe in your room, and not be near other people.

This is called self-isolation and it stops the virus spreading to other people.
You may have to stay at home for 14 days (2 weeks)

You may need to go to the hospital if you feel very sick.

Follow the advice from your doctor.

Minding your Mental Health

Looking after your mental health, and physical health, is very important at times like these.
To do this, you can:

- Set limits for news and social media
- Exercise regularly
- Keep your regular sleeping pattern
- Eat a balanced diet
• Try meditation or yoga

• Stay connected with others by phone or text

Learn more at the HSE website:

https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html

If you need more information or support for mental health you can contact the following:

• HSE 24/7 Mental Health Information Line
  ☎ 1800 111 888

• The Samaritans are available 24/7 for free support by phone or email.
  ☎ 116 123
  ✉ jo@samaritans.ie