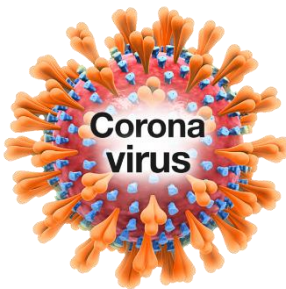
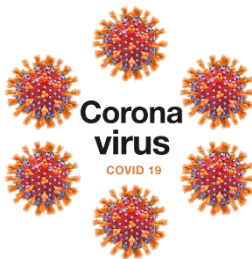


## What is coronavirus and COVID-19?

15 April 2020 update

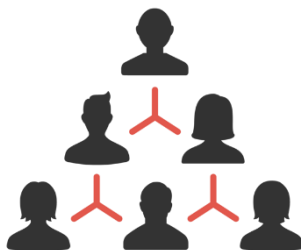


**Coronaviruses** are a big group of viruses that can make people and animals sick.



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 high temperature of at least 38°C on a thermometer – this is when you would feel very hot



- find it hard to breath



- have a sore throat
- sneeze and have a runny nose



- not be able to smell things for a little while.



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



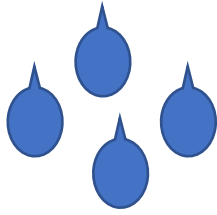
Some people with COVID-19 may not get sick.



But they can still pass the virus to another person.

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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.



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



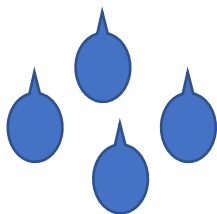
- cough
- sneeze



- 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.



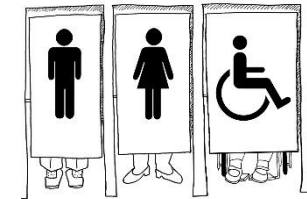
Make sure you **wash your hands with soap and water** for at least **20 seconds**:



- 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.



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 is more Easy Read information about COVID-19 on this website:

**<https://covid19.govt.nz/resources/information-sheets/#easy-read-factsheets>**



You can also find more Easy Read information about COVID-19 on the People First New Zealand website:

**<https://www.peoplefirst.org.nz/easy-read-information-about-covid-19/>**



**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](http://Changepeople.org)



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- **Sam Corliss**



- **Steve Bolton**