

# HOW TO KEEP HEALTHY AND AWAY FROM CORONAVIRUS

Easy English booklet



## How to use this booklet



We use pictures to explain some ideas.

Some words are written in **Orange**.  
We explain what these words mean.

This document explains what **coronavirus** is and how Orange Health will help you.



There is a virus going around called **coronavirus**, which is making some people sick.

Coronavirus sounds like 'ca-ro-na-vy-rus'

Coronavirus is a bit like the flu. You can't see it but if you catch it, you may feel very sick.

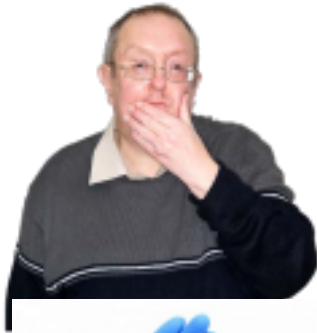


People who have the coronavirus can feel things like:

- Fever
- Cough
- Sore throat
- Trouble breathing



- Coronavirus is spread when we cough sneeze or touch people who have it



As your service provider, Orange Health is doing everything we can to protect you from catching it in our services.



This means that you may see some different things in the way we support you over the next few months.

You might notice things like:



- Staff wearing gloves or face masks -
- People not standing close to each other -
- People using lots of hand sanitiser or washing their hands more than usual





Some activities might be cancelled, or places closed to stop the virus spreading

It is important that people who have coronavirus stay away from everyone else to stop other people getting sick too.



There are things that you can also do to avoid getting coronavirus.

Wash your hands properly with soap for 20 seconds including in between your fingers



Always cover your nose and mouth with a tissue when you cough or sneeze and place the tissue in the bin. Approvals

Date of approval: 3 March 2021

Date of review: 3 March 2021

Signature of CEO:

A handwritten signature in black ink, appearing to be 'M. Smith', written in a cursive style.