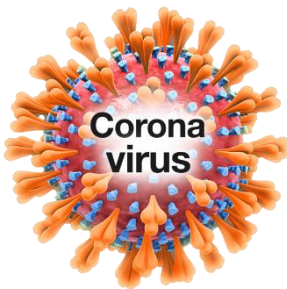
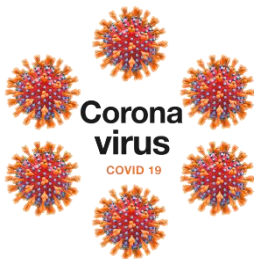


What is coronavirus and COVID-19?

16 March 2020 update

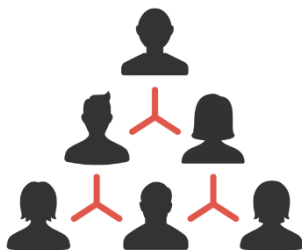


Coronaviruses are a big group of viruses that can make people and animals sick.



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.



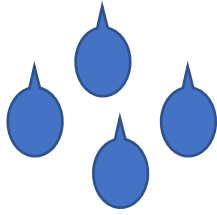
Some people with COVID-19 may not get sick.



But they can still pass the virus to another person.

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:



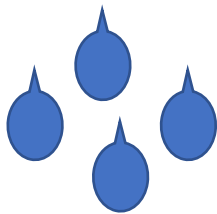
- cough
- sneeze



- 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

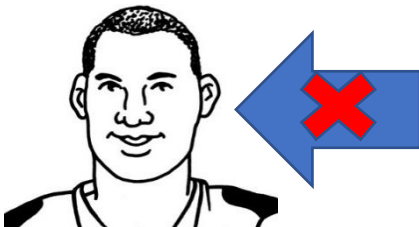


- after caring for sick people.



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

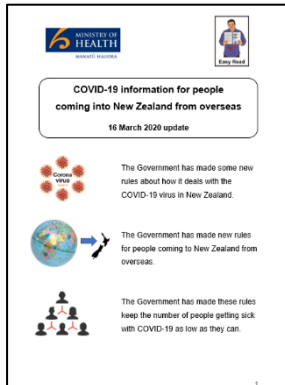


It will not cost you any money to call
Healthline.



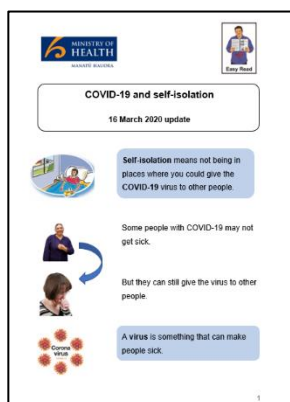
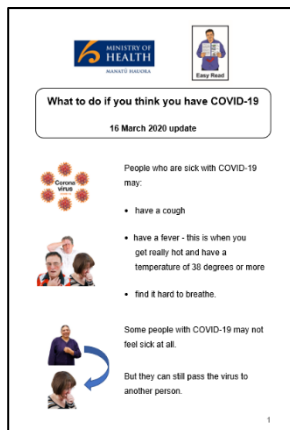
Healthline is open all the time – day
and night.

Where to find more Easy Read information about COVID-19



There 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](http://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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