

Coronavirus

What you need to know.

This document is in an **easy to read** format.

It contains information to **help** you to understand **Coronavirus**.

We are updating information regularly on our website.

Online: <http://easyread.info/coronavirus-easy-read/>

This document was last updated on 3rd March 2020.

Always follow official health advice.

Key Facts

Coronavirus is a **virus**.

A virus can make you **sick** or **unwell**.

A virus can cause an **illness**.

This illness was **not** seen before December 2019.

It was first found in a city called Wuhan in **China**.

By March 2020 the virus had **spread** to over 60 countries.

The illness has passed from **animals** to **humans**.

Coronavirus can pass from **human** to **human**.

People of **all ages** can be infected.

It is **not serious** for most people, including children.

Most people **will get better**.

Illness

The virus causes an illness called **pneumonia**.

Pneumonia is an **infection**.

It can cause the **lungs** to fill with fluid.

It can also cause **fever, chills** and make it **hard to breathe**.

Pneumonia is most **serious** for the very young and old.

Pneumonia is **dangerous** for people who are already sick.

It can cause **organs** to **stop working**.

Coronavirus Symptoms

Fever

- A fever is a high temperature.

Cough

This might lead to **Pneumonia**

- Difficulty breathing

It takes between **2 to 14 days** before an infected person appears sick.

Protect Yourself

If you cough or sneeze **use a tissue** and **throw it away**.

Wash your hands properly and regularly.

Clean your hands using soap or an alcohol rub.

Dry your hands using a paper towel or a warm hand dryer.

Avoid touching your **eyes, nose and mouth**.

Avoid contact with **people** with **coughs or colds**.

Wash hands if around **animals**.

Avoid close contact with **animals** that are **sick**.

Only eat well cooked food.

Avoid eating raw meat, dairy or animal products.

Do not share cups, knives or forks.

Avoid travel if you have a fever or cough.

Do not spit.

If you wear a face mask it should **cover your nose and mouth**.

Treatment

A vaccine **protects** the body from an illness.

There is **no vaccine** for Coronavirus.

Antibiotics **do not** work for viruses.

Doctors are working to **find** a vaccine that **will work**.

They **do not know** how long this will take.

Advice and Support

The World Health Organization has detailed guidance:

- Click: [Novel coronavirus \(2019-nCoV\)](#)

The UK government has produced official advice.

- Click: [Get latest advice here.](#)

The NHS has a website about Coronavirus.

- Click: [NHS Coronavirus Information](#)

The European Union has a website above Coronavirus

- Click: [European Union response](#)
- Click: [Medical information](#)

Key Numbers

- **3.6%** of people aged 60-69 years old have died.
- **8%** of people aged 70-79 years old have died.
- **15%** of people aged 80 and over have died.
- Doctors think that **about 1%** of all people infected may die.
- **81%** of people only get mild illness.
- **14%** of people get severe illness.
- **5%** of people get critically ill.
- It is **not** fully known how **dangerous** Coronavirus is.
- It is **not known** how many people have been infected.
- 10% of people who caught SARS passed away. SARS is similar to Coronavirus.
- About **400,000** people die from flu each year.
- There are now over **60 countries** with infected people.

Key Numbers are based upon facts and figures first published on or before 31st January 2020. We updated or added to these on the 2nd and 3rd of March 2020.

Resources and Sources

When we create easy read guides we always try to bring as many sources of information together as possible.

These sources can vary in detail and can be changed by their author at any time.

You can see where we found the information for this guide at the bottom of this page.

We want this guide to be correct, accurate and a reliable resource.

To do this we fact check our work.

Information and advice around health and wellbeing can change.

Do we need to update this guide? Contact us at info@easyread.info

We produce Easy Read and Plain Language resources in all formats.

[Contact us via our Online form or by Email by clicking here.](#)

In creating this information we have referred to the following sources:

- [What is coronavirus and how worried should we be?](#)
- [Pneumonia - Symptoms and causes - Mayo Clinic](#)
- [Pneumonia - NHS Guidance \(UK\)](#)
- [WHO: Novel Coronavirus \(2019-nCoV\) advice for the public](#)
- [Coronavirus: latest information and advice](#)
- [Coronavirus \(2019-nCoV\)](#)
- [Outbreak numbers reported as of 02.03.2020](#)
- [What is coronavirus and what should I do if I have symptoms?](#)
- [Coronavirus disease \(COVID-19\) advice for the public: Myth busters](#)
- [Advice on the coronavirus for places of education](#)
- [Coronavirus spreads further as WHO expert warns world 'not ready' for pandemic](#)
- [Coronavirus: today's developments at a glance \[02.03.2020\]](#)
- [Coronavirus maps and charts: A visual guide to the outbreak](#)
- <https://www.theguardian.com/world/live/2020/mar/03/coronavirus-live-updates-china-latest-news-us-australia-deaths-markets-italy-iran-update-cases-italy-south-korea-japan> [03.03.2020]
- [Coronavirus: What it does to the body](#)