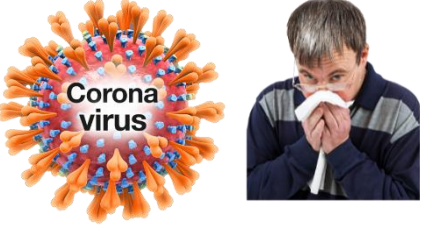








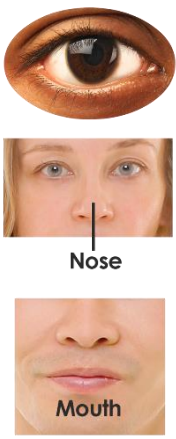










## Coronavirus

	<p>Coronavirus is a new illness.</p>
	<p>The signs of coronavirus are like other illnesses such as a cold or the flu.</p> <p>This might mean you may have</p> <ul style="list-style-type: none"> <li>• a cough</li> <li>• a high temperature</li> <li>• a change in taste or smell</li> </ul> <p>These signs do not always mean you have coronavirus.</p>
	<p>Call 111 if you think you might have coronavirus or if you have been with someone who has coronavirus.</p>
	<p>If you are unsure go to this website: <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/">https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/</a></p>
	<p>There are lots of new rules to follow to keep everybody safe. To find out the most up to date rules in Hertfordshire go to <a href="#">our website.</a></p>

## How to stop catching or spreading germs

	<p>Cover your mouth and nose with a tissue when you cough or sneeze.</p>
	<p>Put used tissues in the bin straight away.</p>
	<p>Then wash your hands with soap and water straight away. Learn how to wash your hands from the Purple All Stars: <a href="https://vimeo.com/134952598">https://vimeo.com/134952598</a></p>
	<p>We must all remember:</p> <ul style="list-style-type: none"> <li>• Hands</li> <li>• Face</li> <li>• Space</li> </ul> <p>The Purple All Stars have made a video about how to do this, <a href="#">you can watch it here</a>.</p>
	<p>If your hands are dirty you should try to not touch your</p> <ul style="list-style-type: none"> <li>• Eyes</li> <li>• Nose</li> <li>• Mouth</li> </ul>

	<p>If you have called 111 about coronavirus, you may be asked to stay away from other people. This may be called self-isolation.</p>
	<p>This means you should stay at home and cannot go out.</p>
	<p>Do not go to work, school or public places.</p>
	<p>Do not use a bus, trains or taxis.</p>
	<p>You will need to do this for 10 days.</p>
<p><u>If you have coronavirus</u></p>	
	<p>Antibiotics do not help, as they do not work against viruses.</p>
	<p>At the moment, treatment will help make you feel a little better while your body gets rid of the illness.</p>
	<p>You will need to stay away from other people until you are better.</p>