



# Young People's Factsheet

## WHAT IS CORONAVIRUS (COVID-19) AND HOW CAN YOU HELP STOP IT SPREADING?

COVID-19 is a new type of Coronavirus which can make us unwell. Everyone who gets it will feel hot (fever/temperature). Most people who get a fever will feel tired and might get achy muscles. Lots of people may also get a cough. Some people might find breathing harder than usual – these people might need to be looked after by doctors and nurses until they feel better. You will have probably have caught a virus before such as flu or a cold. Like these other viruses, the illness usually lasts about 5 days at which point most people will begin to feel better. For most people this is a mild illness, but if someone has other sorts of health problems already, then they may need extra support by doctors and nurses.

There are things you can do to help slow down the spread of this illness, help those with extra health problems not catch it and help keep you and your family healthy.

### What can you do?

#### 1. Wash your hands!

Do this with soap and water for 20 seconds (you can count, sing Happy Birthday twice through or find another song you like that lasts 20 seconds).

It's important to do this often, particularly:

- After you arrive home if you have been out somewhere where other people may have been, like in a food shop
- After you cough or sneeze
- Before you eat

#### 2. Do not eat or touch your face with unwashed hands.

#### 3. Cover your mouth and nose when you sneeze or cough.

Do this with your elbow (not your hands) or with a tissue which you should throw away immediately. Wash your hands after you sneeze or cough.

#### 4. Try not to be with people who are unwell.



This is the advice from the Prime Minister and it is something we all have to do for the next few months. This is to help slow down the spread of Coronavirus, so that doctors and nurses can take care of the people who need extra help, without too many people being ill at the same time.

# Information for care leavers

To help slow down the amount of people that catch Coronavirus at the same time, some of the things we all normally do will have to stop. The Prime Minister has told everybody that we need to stay at home and avoid crowded places or close contact with people to help stop the spread of Coronavirus.

## What does this mean for you?

This will affect how you keep in touch with your friends, family members and any other adults you might normally see. However, the changes in the way we interact with each other will make it harder for the virus to jump from one person to the next person, so it is really important that we make these changes.

If you are a care leaver this means that the contact you have with your Pathway worker will change for a while. Your Pathway worker isn't able to come out and see you as usual so we will make sure that they keep in touch with you over the phone, as it is important that we still know how you are doing. If your Pathway worker for any reason can't do this, we will make sure that someone else from the Pathway Team is able to do this on their behalf. You will still be able to keep in contact over the phone or online. Pathway Duty will continue Monday to Friday between 1pm - 5pm and you can call EDT on 01609 780780 outside of those hours. We would ask that you ring and do not attend in person.

If you have an Independent Visitor or an Advocate they will not be able to come and see you for a while but they will make sure they keep in touch over the phone. There may also have to be some changes to meetings that take place, such as your Pathway Review, as we won't be able to have lots of people coming together like we normally do.

It will also be harder to see some of your family members or friends. If you are not living with your family, and not able to see them as planned, we realise this is likely to be really difficult for you. Please be assured that these changes to the way you see certain people is only taking place to try to keep everyone as safe as possible. Whilst it isn't the same, there are other ways to stay in touch with people. It might be that you can speak over the phone, have contact with each other online or exchange letters and photographs. This is something that you can talk to your Pathway worker about as everyone's situation will be different.

It is likely that you'll have questions about what this all means. It is important that you talk to someone about anything that is on your mind. It is natural to worry but please remember that we are all working hard to keep everyone safe. For information on Coronavirus symptoms and what to do if you are unwell visit: [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

## Your Pathway worker can be contacted:

Phone .....

Email .....

**Pathway Duty:** Monday to Friday 1pm - 5pm Phone .....

