



CORONAVIRUS SUPPORT COVID-19

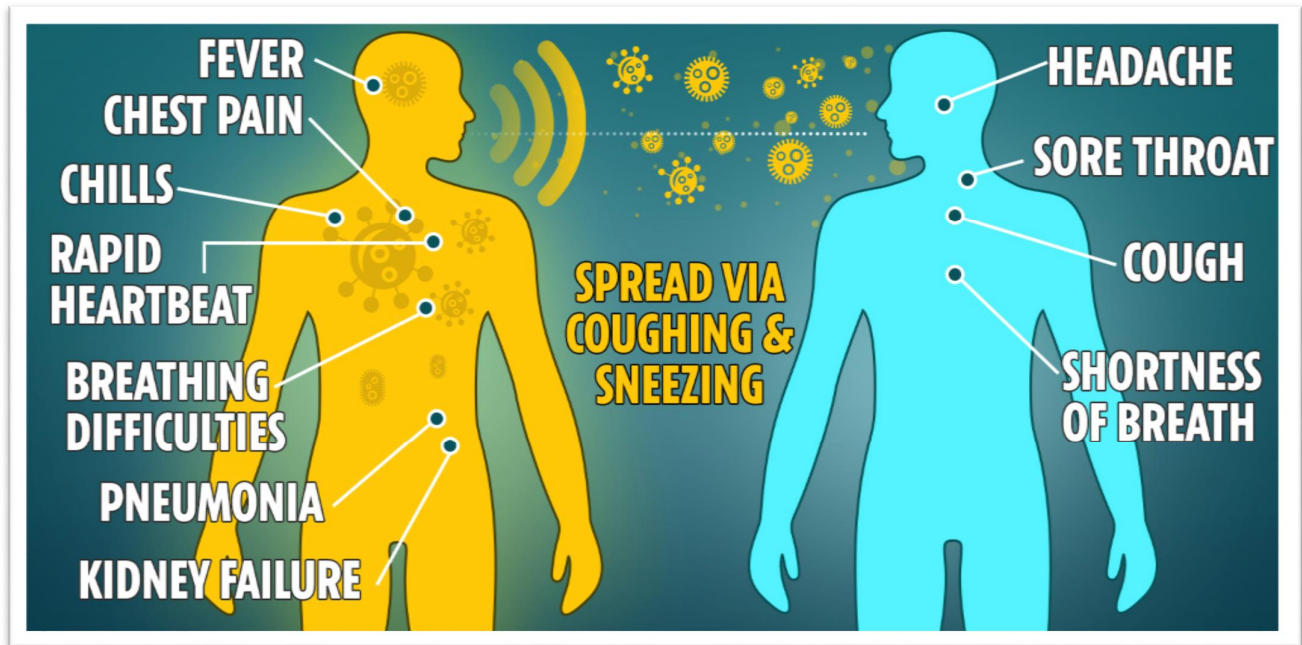
Tadcaster Town Council
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Open Monday to Thursday 9.30am to 12.30pm



HOW IT SPREADS

The virus is transmitted between humans in droplets from coughing and sneezing and touching and handshaking.

HOW IT CAN KILL

Most victims of the virus die from complications including pneumonia and swelling in the lungs. The virus also causes swelling in the respiratory system, which can make it hard for the lungs to absorb oxygen.

If you are immune compromised you are at greater risk

How to protect yourself



Wash hands for at least 20 seconds with soap and water



Avoid touching eyes, nose or mouth



Stay home if you are sick



Cough and sneeze into your sleeve



Clean and disinfect frequently touched objects and surfaces



Avoid close contact with sick people



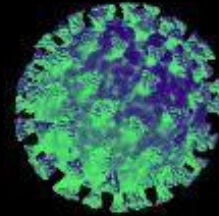
HM Government



Coronavirus

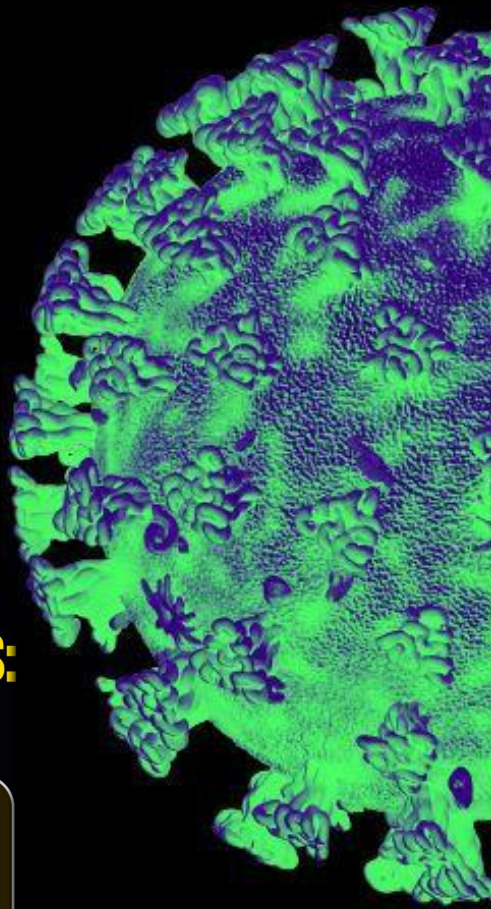
Isolate yourself

Stay at home



If you have a high temperature or a new and continuous cough – even if it's mild

- ✓ **Stay at home** for 7 days from the first symptom and keep away from others.
- ✗ **DO NOT** go to the GP or hospital.
- ✓ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✓ **Protect** older people and those with existing health conditions by avoiding contact.







Find out how to isolate at home at nhs.uk/coronavirus

CORONAVIRUS: THE FACTS



SYMPTOMS

 Runny nose
  Cough

 Sore throat
  High temperature