

school-based youth health nurse



Novel coronavirus (COVID-19) is a respiratory illness, which means it affects the parts of your body you use to breathe: your nose, throat and lungs. If you're sick with novel coronavirus (COVID-19), your symptoms might include:

What are the symptoms?



Fever



Cough



Fatigue



Sore throat



Shortness
of breath

How does novel coronavirus (COVID-19) spread and how can I catch it?

Novel coronavirus (COVID-19) spreads between people, usually when a sick person coughs or sneezes.

You might catch novel coronavirus (COVID-19) if someone with the virus sneezes or coughs onto you. You could also catch the virus if they have coughed or sneezed onto a surface (like a door handle) that you touch, getting the droplets on your hands and then transferring them to your mouth, nose or eyes when you touch your face or eat.

How can I stop myself from getting it?

Washing your hands often and properly means that you can prevent viruses from entering your body. That means washing your hands when you've been out and about and before you eat (and after you go to the toilet!).

Did you know there are six steps to washing your hands properly? Follow the below steps to make sure you're washing your hands successfully. [Here's a great video to watch that will help you to prevent the spread of germs and COVID-19.](https://www.youtube.com/watch?feature=youtu.be&v=NpmB80pWUsk&app=desktop)

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If you have any questions you can come and see the School Based Youth Health Nurse Nicola on Tuesdays, and Fridays and some Wednesdays.

