



# COVID 19 POLICY (EASY READ)

PREPARED BY

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# COVID 19 POLICY



Coronavirus (COVID-19) is a virus that has affected many people around the world.

A virus is an illness or disease that can spread easily from one person to another person.

Coronavirus is spreading quickly.  
Coronavirus has been called a pandemic.

A pandemic happens when a virus spreads quickly to lots of countries around the world.

Due to the Pandemic we may have to go into lock down. This means we need to follow the governments health advice.

You may need to wear a mask.

## HOW CAN YOU STAY SAFE?

Do More Yoga!





# YOGA IS MEDICINE

## How can you stay safe?

- Stay away from large groups of people
- wash your hands throughout the day
- try not to touch your face
- sneeze into a tissue or your elbow
- call the doctor if you don't feel well.

You should also be careful about the places you choose to go.

And you should self-isolate if you need to. If you self-isolate, you don't:

- leave your house
- see other people.

You might self-isolate because you have:

- just come back from overseas
- been close to someone who has coronavirus.

Taking these steps will help protect you and others from getting coronavirus.

You can find other ways to stay in touch with friends and family.

You might connect with your friends online, or on the phone.



## SYMPTOMS OF COVID-19



FEVER OVER  
100.4 DEGREES



COUGH OR  
SORE THROAT



NEW SHORTNESS  
OF BREATH



CHILLS



NEW  
MUSCLE PAIN



NEW LOSS OF  
TASTE OR SMELL



NAUSEA/  
VOMITING



DIARRHEA



NEW HEADACHE/  
EXCESSIVE FATIGUE



CONGESTION/  
RUNNY NOSE

**FACTS.**   
**OVER FEAR**  
COVID-19

## WHAT ARE THE SIGNS OF COVID-19?

The most common signs of COVID-19 are:

- a fever
- a dry cough
- tiredness
- feeling that it is hard to breathe

A person with COVID-19 might have other, less common signs. Some less common signs of COVID-19 are:

- Pain in any part of the body
- sore throat
- loss of taste and/or smell
- rashes

Signs of COVID-19 might feel a lot like a cold or a flu.

The only way to know for sure if you have COVID-19 or not is to do a test.

If you think you might have COVID-19 please let us know.