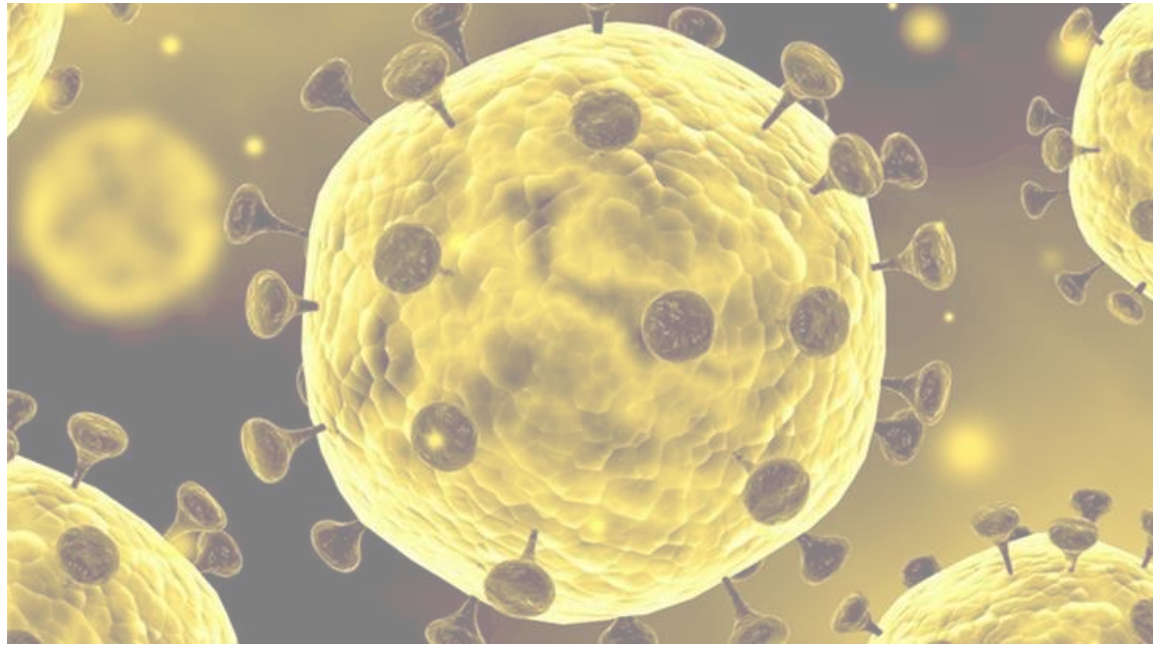


# Coronavirus (COVID -19)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus





You will hear people talking about the virus on the news and radio. The newspapers are writing stories about the virus.





The  
Corona  
Virus  
began in  
China.



Now people have the virus in  
many countries.



- The risk of catching COVID-19 (Coronavirus) in Ireland is **low to moderate**.
- This may change.
- The virus may affect how people live their lives.





How to protect yourself:

Washing your hands!





**Palm to palm**



**Between fingers**



**Back of hands**



**Base of thumbs**



**Back of fingers**



**Fingernails**

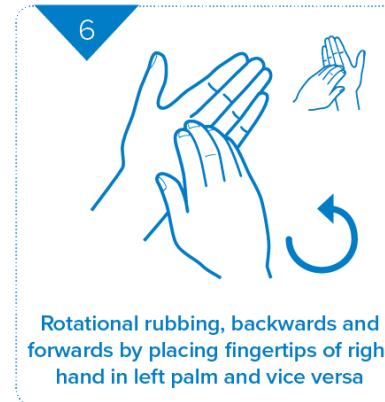
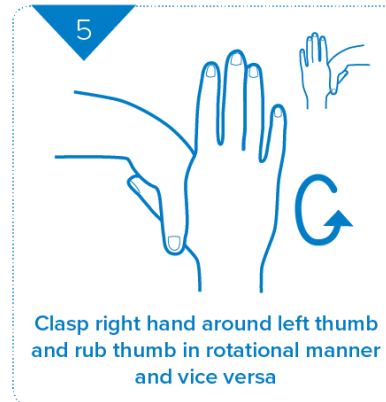
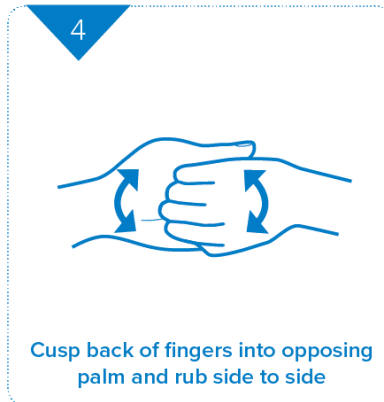


**Wrists**



**Rinse and wipe dry**






Guide to handwashing:

<https://www.youtube.com/watch?v=lisgnbMfKvI&feature=youtu.be>



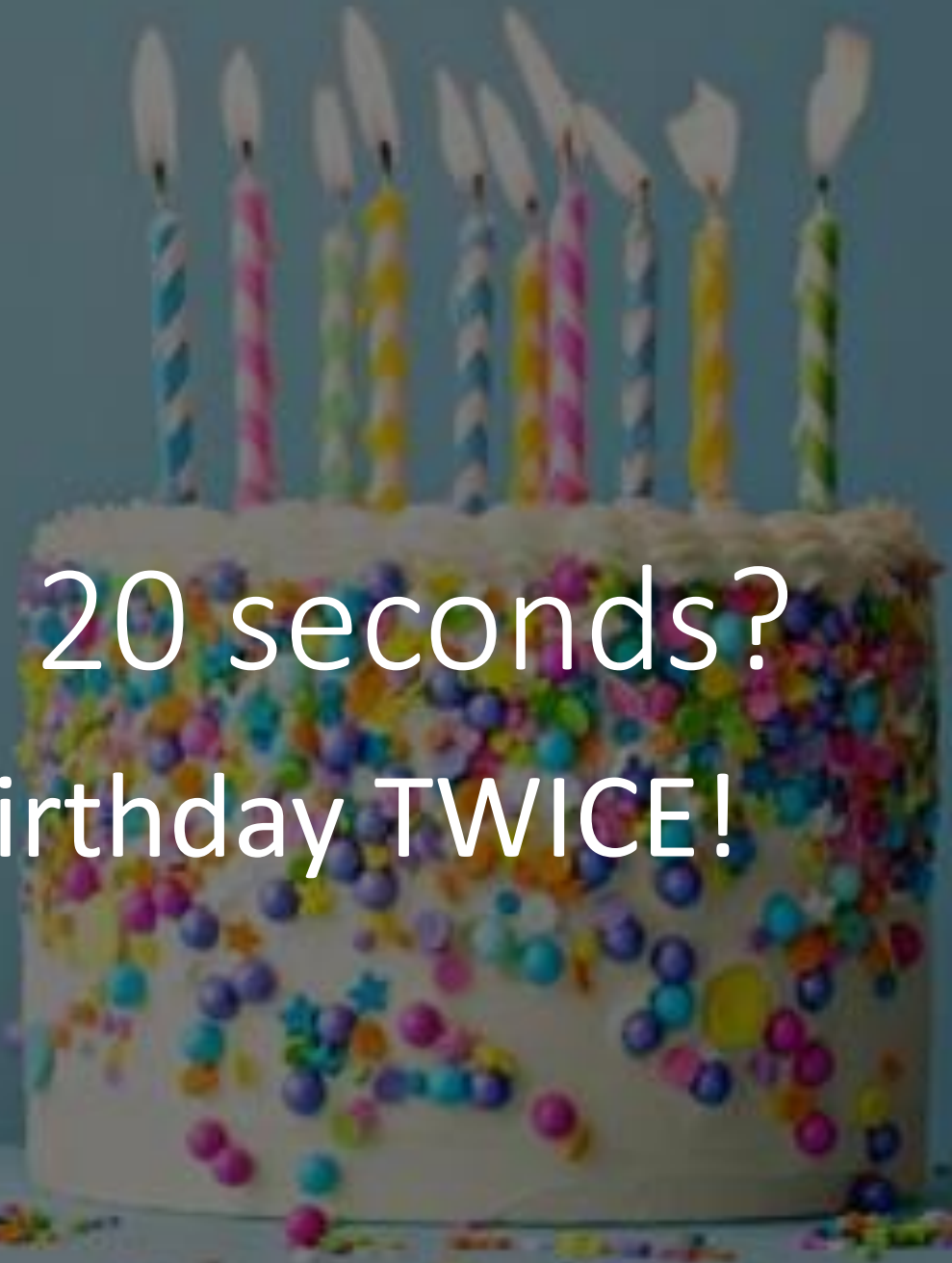


You should  
wash your  
hands for  
twenty sconds

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How long is 20 seconds?  
Sing Happy Birthday TWICE!





# Wash your hands

- after coughing or sneezing
- after toilet use
- before eating
- before and after preparing food
- if you are in contact with a sick person
- if your hands are dirty
- if you have touched animals or animal waste





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

- If you have questions, ask your Doctor or check websites you can trust like the HSE.
- Facebook is not the best place to get information!



## Why were the St Patrick's Day parades cancelled?

- The virus is passed from person to person by coughing.
- Lots of people stand very close together at the parade.
- The government said we would all be safer if the parades were cancelled.



- Down Syndrome Ireland have decided to postpone the Purple Run. This is to keep everyone safe and to help stop the virus spreading.



# How will my life change?

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- You will need to wash your hands more often!
- Your adult education classes with Down Syndrome Ireland will take a break.
- This is to help stop the virus from spreading.





# How will my life change?

- You might spend more time at home.
- Group activities like sport, discos and classes will be cancelled.
- It is important to **keep busy** at home.
- There will be activities on the Down Syndrome Ireland website to help continue your literacy.



Why won't people shake my hand?

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- This is to stop the virus from spreading.
- You can elbow bump instead!



Finally....

It is important **not** to  
worry about the virus

And

**Remember to wash  
your hands properly!**





# Additional Links

- WHO Video
- <https://www.youtube.com/watch?v=1APwq1df6Mw&feature=youtu.be>
- RTE Explainer:  
<https://www.rte.ie/news/newslens/2020/0226/1117814-coronavirus-explainer/>
- Washing hands UV light:  
<https://youtu.be/8YiN4tFVA9E>

Link to HSE page:

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>