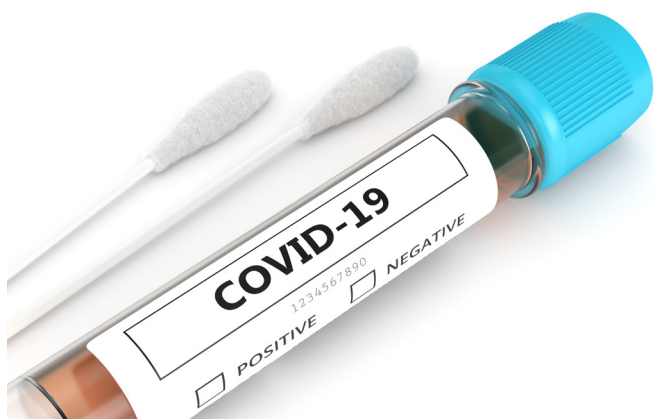# EasyRead information for coronavirus patients discharged from hospital.

We are giving you this information because you have been diagnosed with possible coronavirus.

Coronavirus is a respiratory virus.

This means it affects your lungs.

The most common symptoms that it causes are sore throat, fever, headache, muscle pains, cough and shortness of breath.

It is important to drink plenty of fluids like water to keep you hydrated.

You can take paracetamol if you have a fever and get plenty of rest.
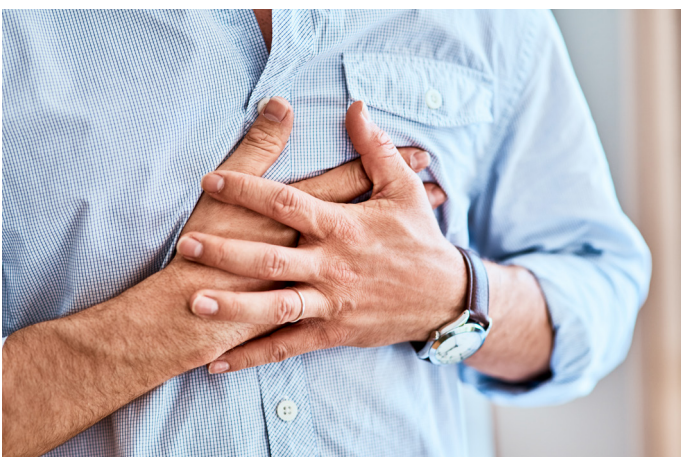

Some people have very mild symptoms and some people have more severe symptoms which can make them feel very poorly.

If you start to feel very unwell or you get breathless it is important that you get further medical help.

This is especially important if you start to get more out of breath 7 to 10 days after your symptoms started.

Your symptoms of cough, chest feeling tight and feeling breathless might carry on for a few weeks.

They should start to feel better every day though.

If they do suddenly get worse you should get medical help from your GP or call 111 for advice.

If it is an emergency you should call 999 or go to Accident and Emergency at the hospital.

You should stop being infectious 10 days after your symptoms began.

This means that other people can't catch it from you.

Other people who live in the same house as you will have to self-isolate for 14 days.

This is to help stop the spread of the coronavirus.

When you self-isolate you must not leave your house or have any contact with anyone outside your house.

You can follow the government advice on self-isolation at: https://www.gov.uk/coronavirus

Remember to wash your hands often with soap and water.

You should do this for 20 seconds which is as long as singing the happy birthday song twice.

If there is no soap or water available then you can use alcohol gel.

When you sneeze or cough use a tissue and put it in a bin straightaway.