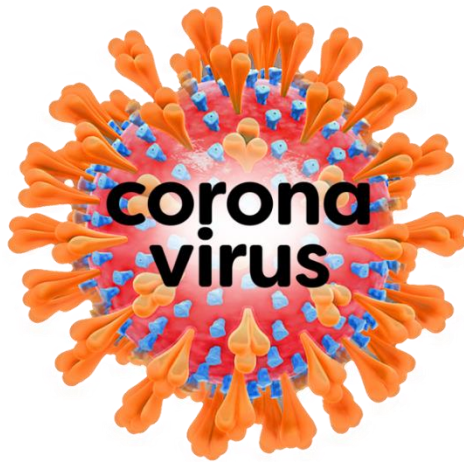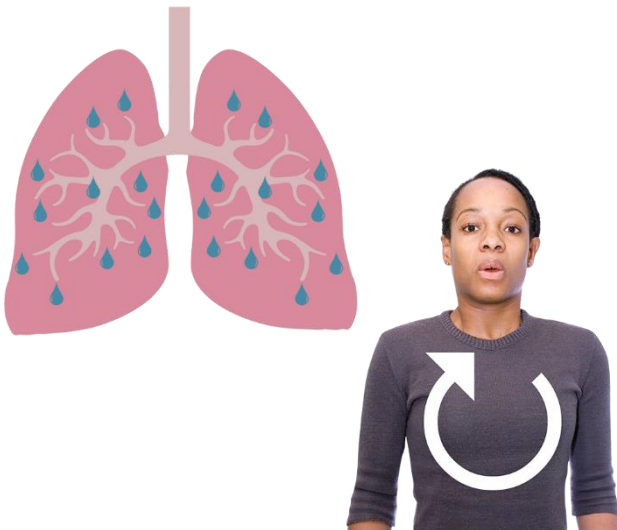# KEEPING YOU SAFE FROM CORONAVIRUS

Coronavirus is an **illness.**
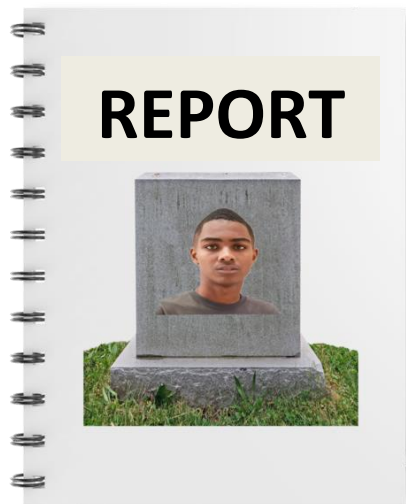It is also called COVID-19.

It can affect your
lungs and breathing.

Most people get a little
bit ill with coronavirus if
they get it. **They will get
better.**

If you have a learning disability and a health problem, you might be more likely to get very ill if you get coronavirus.

A new **report from Public Health England** says that many more people with a learning disability died earlier this year than should have. Click **here** to read it.
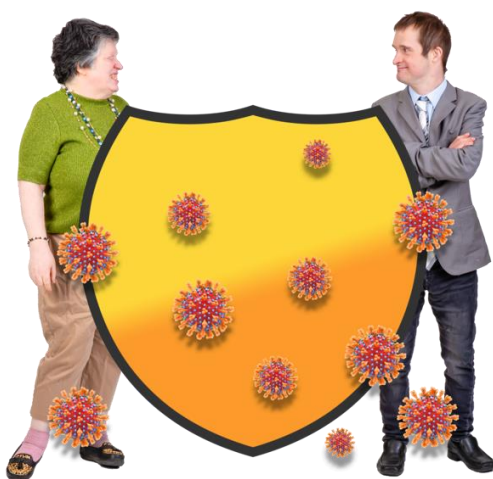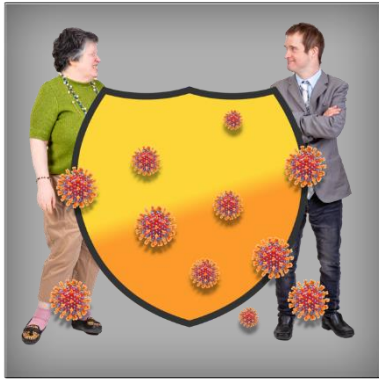
This is why we take extra care to **keep you safe and well.**

We support over **2000 people** in Achieve Together.

**2000**



**30**    **1970**

So far **30 people** we support have had coronavirus. **This is a very small number.**



Most of these people are very well now.

This is what we are doing to **keep you safe and well:**

There are lots more **tests** now so that we can find out who has coronavirus and make sure they don't infect others.
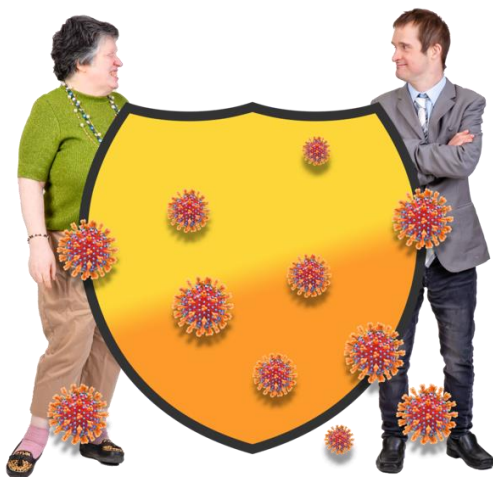
We are supporting you to keep your homes really **clean** and free from the virus.
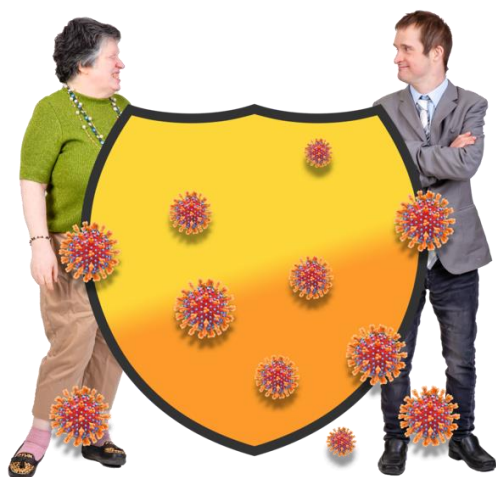
We have lots of **masks** and **gloves** to help protect you – this is known as Personal Protective Equipment or PPE.

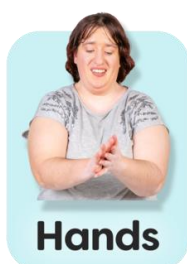Hopefully there is going to be a **vaccine** in 2021.

A vaccine will stop coronavirus making us ill.

We will carry on working really hard to **stop people getting coronavirus.**

This is what you can do to **keep yourself safe and well:**

Keep **washing your hands**, and **keep space** from people you don't live with.

Keep healthy by choosing **healthy foods and drinks.**

**Stay active** and **do regular exercise** – this is good for your mental and physical health.

Talk to your support team if you have any worries.