



**Down's Syndrome
Association**

A Registered Charity No. 1061474

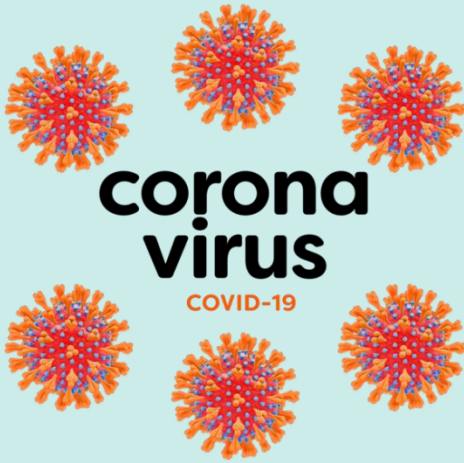
Coronavirus series



Staying safe

Easy read

Staying safe



All of us need to stay safe during the coronavirus pandemic.



Here are some things we can all do to help each other.

Hands, face, space

The best things you can do to stay safe are:



Washing your hands.



Wearing a mask on your face.



Keeping 2 metres apart.



If you feel unwell



If you have a:

- Temperature
- New cough
- Loss of sense of smell



Tell someone straight away.



Stay at home.

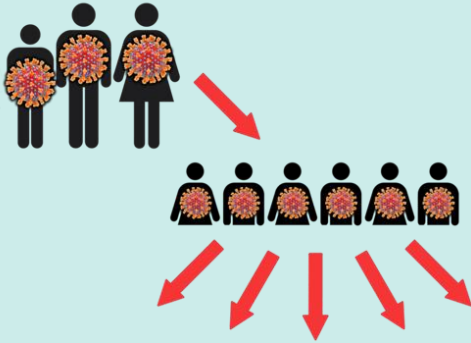


119

Organise a test by calling 119.
You can ask someone to help you with this.

The test can be sent to your home.

Groups of people



Coronavirus is spread from person to person.



When you are outside, stay away from busy places.



If you cannot stay 2 metres apart from people, then wait until it is less busy or go somewhere else.

Visitors at home



If someone visits you at home,

ask them if they can talk to you:

- outside in the front or back garden or
- just outside the front door



Stay 2 metres away from the person.



If the person needs to come into your home:

Ask them to:

- Wash their hands
- Wear a mask
- Stay 2 metres away from you



Support at home



There are some reasons why a person may need to come closer than 2 metres in your home.



They may be a support worker who helps you with personal care.

Or another professional who needs to check you are OK.



They should always explain why they need to be close to you.

They should always wear PPE (mask, gloves, apron).

Going to work



If you have a job, your work place must follow the coronavirus safety rules.

You must follow the safety advice.

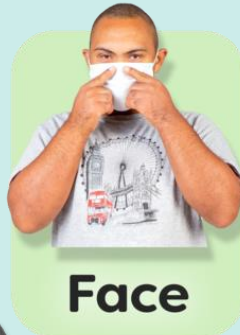


You can tell your manager if you feel worried or want something to change.

Remember



Hands



Face



Space

Meeting people outside



It is safest to meet people outside.



If you can, arrange to meet friends and family at a local park.

Asking questions



At the moment, there is lots of information.

Things are changing quickly.



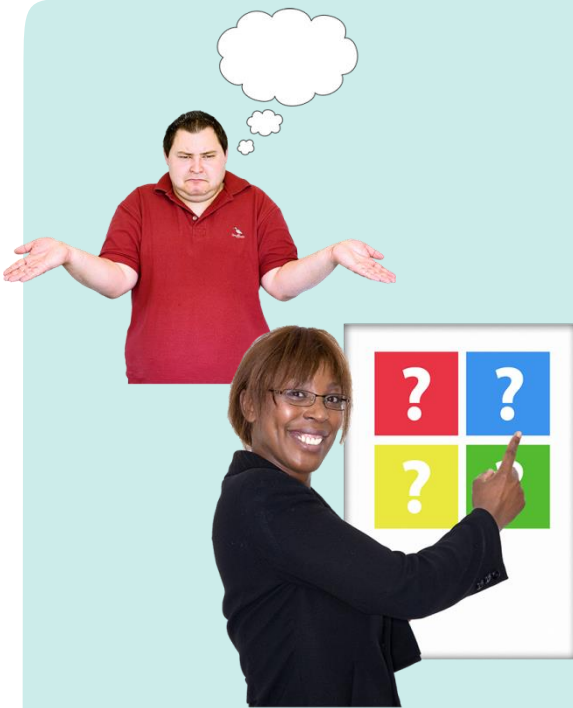
Accessible Information Standard

You have the right to have clear information.



So that you can understand and make choices.

Asking questions



Support workers and family members must support you to make decisions.



If someone is making decisions for you, ask them why.

Tell them how you feel and what you want to happen.

Seeing the positive things in our life



During the coronavirus pandemic, things have changed quickly.



When things change quickly, it can make you feel uncertain about the future.



This can have an affect on our emotions.

We can start to feel sad or angry.

It is OK to have these feelings.

Seeing the positive things in our life



We all need to look after ourselves and each other.

Talk to others about how you are feeling.



Remember to do things that are fun and you enjoy.



At the end of each day, try writing down three things that make you feel good. You can ask for help to do this if you want.

Our Voice



You can join 'Our Voice'.

'Our Voice' is a group of people who have Down syndrome.

We meet online.

What does a member of Our Voice do?

You will be part of an active and growing community of people who have Down's syndrome.

You can help other people who have Down's syndrome and create change.

You can tell the DSA what you think and help us to make information resources and training.

You will also have the opportunity to meet new people and make new friends!

To join Our Voice click here!



Or email – info@downs-syndrome.org.uk

The Down's Syndrome Association is here to support people who have Down's syndrome and to help them live their lives to the full. We also stand up for their rights, campaign for change and challenge unfairness and discrimination.

Call us on 0333 1212 300
Monday to Friday, 10am-4pm

Email us on info@downs-syndrome.org.uk

Write to us at
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Find more on our website downs-syndrome.org.uk



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