

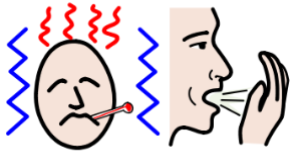


## Easy-to-read information about Coronavirus (COVID-19)



Coronavirus is a virus that started in China.  
It spread all around the world.

Coronavirus is also called COVID-19.  
That is the scientific name of the virus.



People with Coronavirus have:

- a high temperature
- a cough
- a short breath.



Please keep in mind that if you feel this way  
it doesn't mean that you have Coronavirus for sure.  
It can also be a normal flu.  
But you should call an hospital  
and tell the doctors and nurses how you feel.



There are some things you can do  
to not get the Coronavirus.

For example:

- wash your hands often  
with soap and water  
and for 20 seconds at least
- do not touch your face  
if your hands are not clean
- cough and sneeze in a tissue  
and then throw the tissue away.





The situation of Coronavirus can be different depending on the State or District you live in.

Governments are taking different actions in every country.



Many organisations of people with intellectual disabilities are giving information about Coronavirus in easy-to-read and in different languages.



Manovikas suggests you to not panic and not believe to everything you read on social media. The best thing to do is to follow what the experts tell us about Coronavirus.

**Read more information and other resources here.**

1. [www.manovikas.co.in](http://www.manovikas.co.in)
2. [www.manovikasfamily.org/egyanshala](http://www.manovikasfamily.org/egyanshala)

