When you are at home you can still do lots of your favourite things.

- You could do a painting
- Some gardening
- Have a swim in the bath tub
- Play a board game
- Watch your favourite films

COVID-19 GUIDE

Most people who get Coronavirus will not be very ill. Some older people or people who already have health problems may become more ill.

People with ED should be extra careful and follow all of the advice given to keep them safe.

Everyone is looking out for each other whilst the virus is around – especially our doctors and nurses.

The UK government have a plan to slow down how fast the Coronavirus spreads, and we can help them.

There are things we can do to help stop ourselves and other people getting Coronavirus...

1. Wash hands a lot – with your usual soap or emollient, especially before eating or touching your face. The skin on your hands may become very dry so use your usual moisturiser every time you wash your hands.
2. Try not to touch your eyes, nose or mouth.
3. Cough and sneeze into a tissue or your elbow, then throw the tissue away and wash your hands.
4. Stay at home and do not meet up with people who do not live in your house. This includes going to school, unless your parents are key workers. The government will tell us when it is ok to do this again.

Try keeping in touch with loved ones via webcam.

If you feel well you can go out of the house for:

- Exercise, once a day. This could be a walk or jog. You could even ride your bike.
- To buy food and essential supplies – to get things you really need such as bread, milk, medicine or toilet roll.

What is COVID-19?

COVID-19 is a new illness - many people call it Coronavirus. It can give you a high temperature and a new cough. It can also affect your lungs and your airways.

You may feel worried about Coronavirus. This is normal. Talking to someone you love may help you feel better, or call The ED Society on 07774 465712.

What do we need to do?

1. Stay home. If you have symptoms, stay home. If you have fever or cough, stay home. You should also stay home if you are feeling unwell. This will help to stop the virus spreading.
2. Keep a safe distance from others – 2 metres away is about the distance it takes to throw a paper ball across the room.
3. Wash hands often with soap and water, or use a sanitiser.
4. Avoid touching your eyes, nose, mouth or face.

What if I feel ill?

People with ED may be particularly at risk of complications with Coronavirus. If you have ED and you have symptoms of Coronavirus...

- A new cough (and you keep coughing)...
- A high temperature...

You should call your own doctor who knows about your ED – they will be able to help you.

Remember...

- Wash your hands, stay at home and call your doctor if you are worried.
- Stay cool. Any tips for keeping cool?
- Exercise, once a day. This could be a walk or jog. You could even ride your bike.
- Buy food and essential supplies – to get things you really need such as bread, milk, medicine or toilet roll.

The Ectodermal Dysplasia Society is a UK registered charity. Charity No. 1089135

The ED Society website www.edsociety.co.uk has many tips about keeping cool.

You can also call the ED Society for support on 07774 465712.