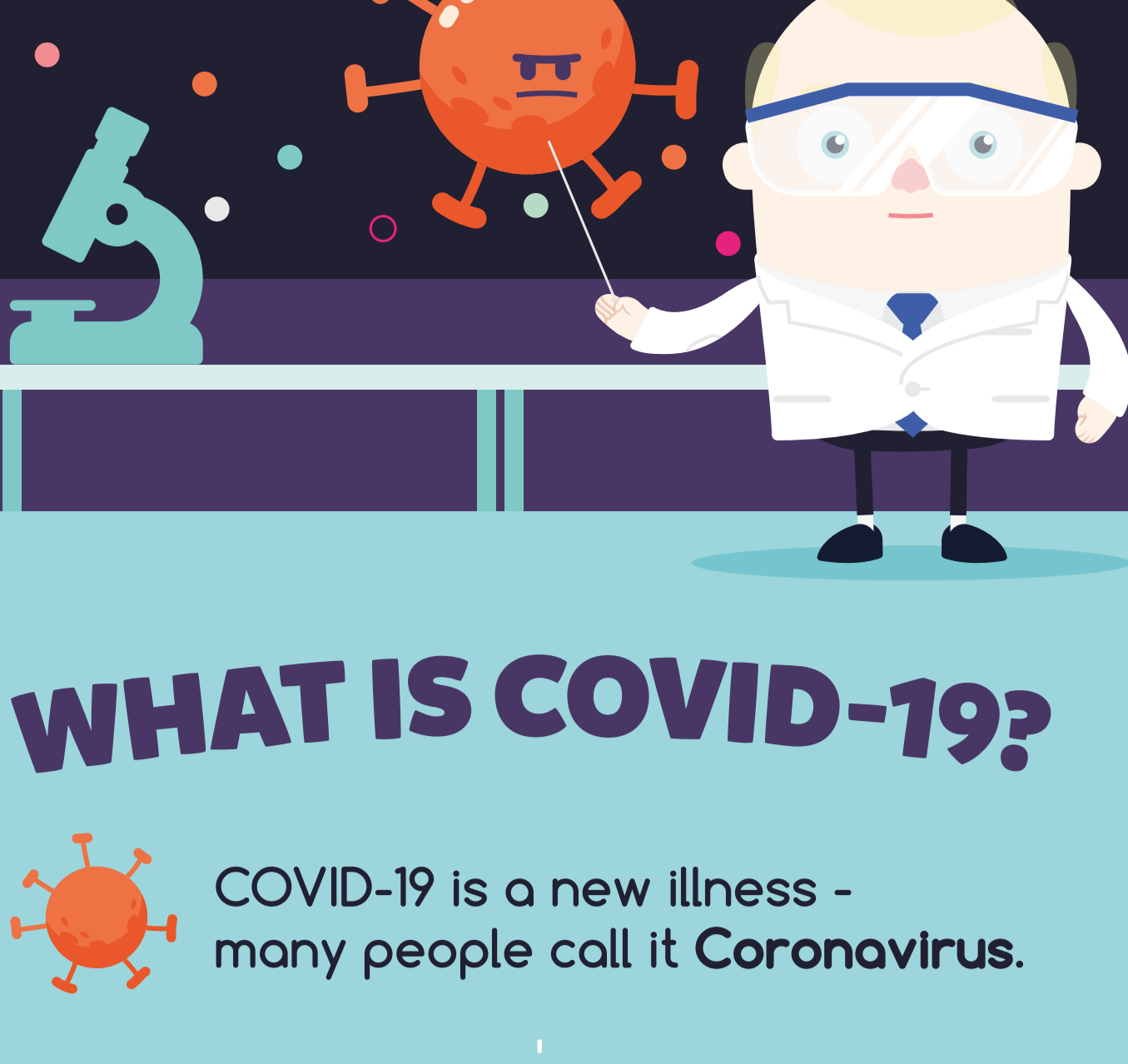


COVID-19 GUIDE

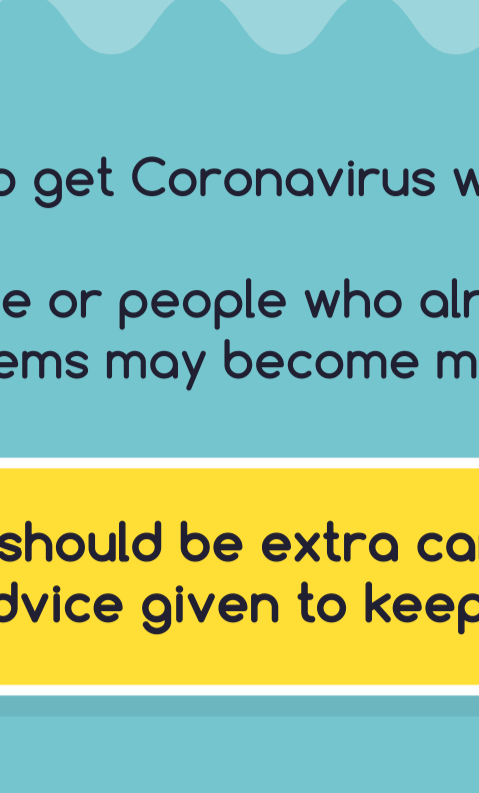
For ED Families



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.



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.

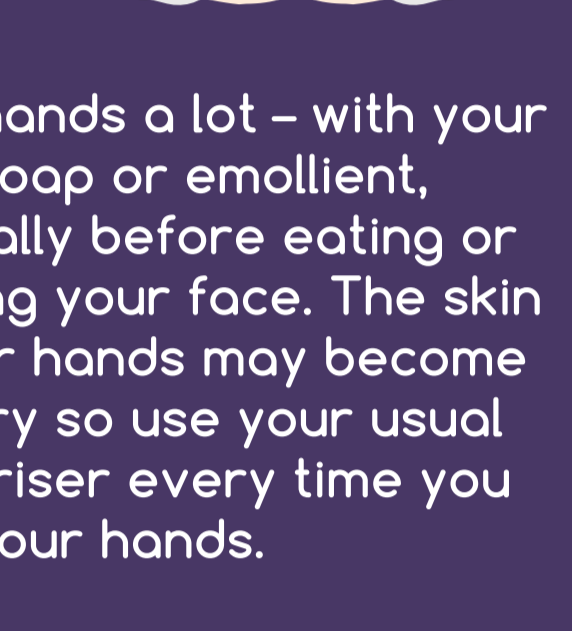


You may feel worried about Coronavirus. This is normal. Talking to someone you love may help you feel better, or call The ED Society on 07774 465712.

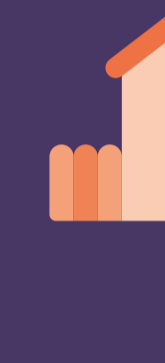
WHAT DO WE NEED TO DO?

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.

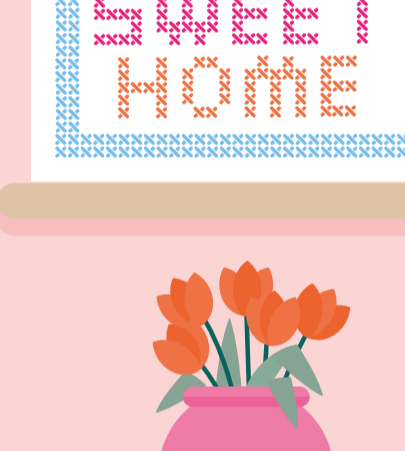


3. Cough and sneeze into a tissue or your elbow, then throw the tissue away and wash your hands.



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.

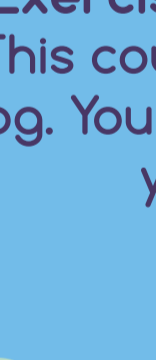
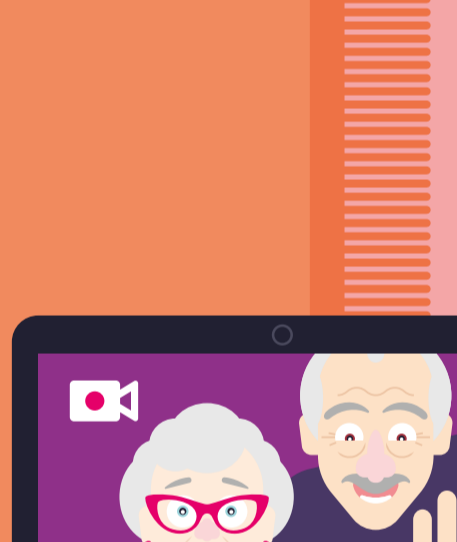
Everyone is looking out for each other whilst the virus is around - especially our doctors and nurses.



WHAT AM I ALLOWED TO DO?

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



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.



When you go out you should also stay **2 metres apart**

from other people - that's about as far as a fence panel!

WHAT IF I FEEL ILL?



People who have...



A new cough (and you keep coughing)...

or

A high temperature...

SHOULD NOT GO OUT AT ALL to stop them spreading the virus.

If you have ED and have these symptoms...



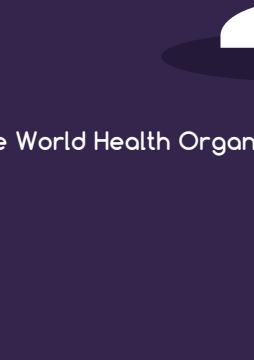
You should call your own doctor who knows about your ED - they will be able to help you.

- ✓ You can use a humidifier at night to help your breathing
- ✓ You should also use a fan to help keep you cool
- ✓ Use air conditioning (if you have it)

Remember to try all the things you usually do to keep cool such as:

- ✓ Spraying yourself with water
- ✓ Drinking lots of water

REMEMBER...



wash your hands, stay at home and call your doctor if you are worried.



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.



This content was adapted for people with Ectodermal Dysplasias, from advice of the World Health Organisation.

ENVISION PHARMA GROUP

Developed by Envision Pharma Group.

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