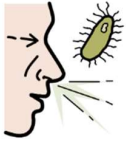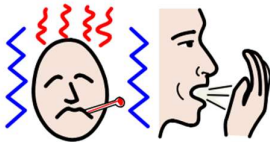# Easy-to-read information about Coronavirus (COVID-19)

Coronavirus is a virus that started in China.
It spread to many countries in Europe
and all around the world.

Coronavirus is also called COVID-19.
This is the name of the disease.

People with the Coronavirus disease 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 the Coronavirus disease for sure.
It can also be a normal flu.

You can call the emergency number for Coronavirus
in your country
and explain how you feel.
Call only if you really think
you may have the disease.

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

- stay home as much as possible.

The situation of Coronavirus can be different
depending on the country 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.

Inclusion Europe 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.