



**Ambitious
about Autism**

Getting help when unwell

A visual story to explain
current changes during
the Coronavirus crisis



What is Coronavirus?

Coronavirus is a new illness. It can make people a little bit unwell or very unwell. Some people might go to hospital if they feel very unwell.

If they are unwell with coronavirus they might:

have a high temperature



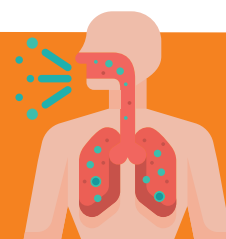
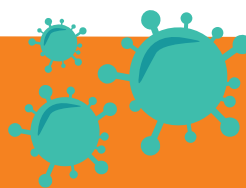
have a cough or struggle with breathing



feel very tired



Coronavirus might feel like a flu or cold. Coronavirus might also feel worse for people who are already ill.



Visiting different hospitals



When children feel very unwell, they might go to hospital.

Hospitals are changing who they see at the moment. You may go to a different hospital to normal. This is to help hospitals look after people who are very sick.

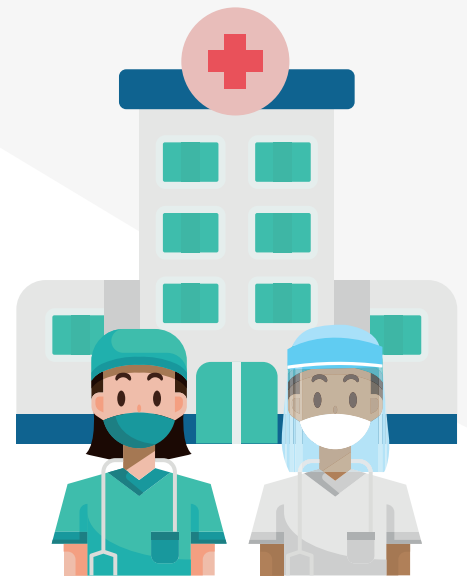
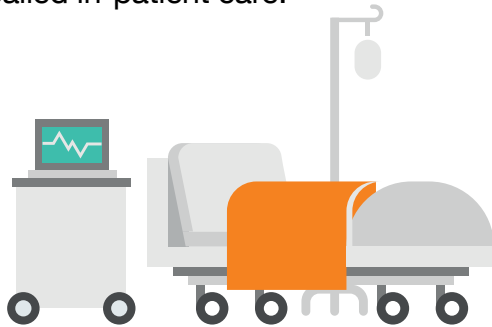
The NHS have changed the hospital you might go to. This is so hospitals can focus on one group of people. They might focus on children, adults or coronavirus patients.

Adults might be helped in a different hospital to you.

Staying in hospital

You might have gone to hospital before if you were very unwell and had to stay in hospital.

Children and young people who have to stay in hospital who are very unwell might now stay in a different hospital. This hospital might only look after children. This is called in-patient care.

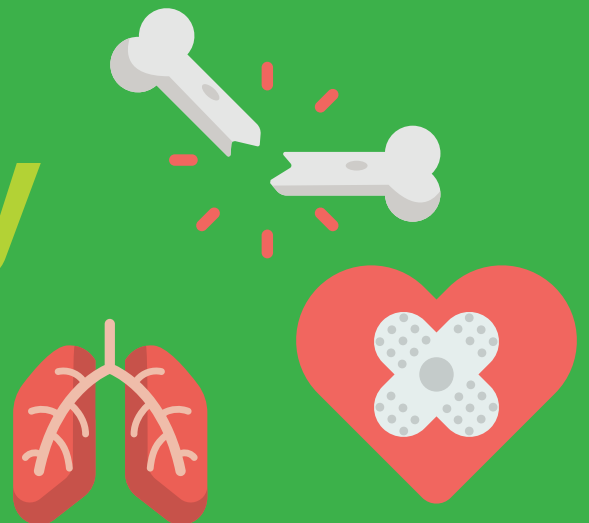


The NHS may have changed the hospital you might go to.

This is so hospitals can focus on one group of people. You might see hospital staff you don't know. Adults might be helped in a different hospital to you.

In an emergency

If you are suddenly unwell or hurt yourself, you should go to hospital. This might be called an emergency. This could be breaking a bone, a bad fall or not breathing properly.



You should only go to the emergency department in a medical emergency.

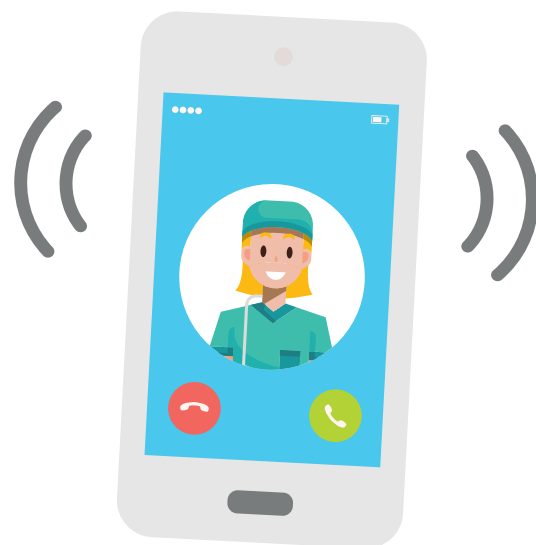
You can call **999** if you need help urgently.

You can call **111** if you feel very unwell and need advice.

For general health

To keep you safe, if you need non-emergency mental or physical health care you might not be able to see your normal doctor. They might talk to you on the phone.

This change is to reduce the number of people going to hospital. **This is a temporary change.** When people are at less risk of getting coronavirus there might be more change.



Stay safe, stay at home



If you feel unwell and you are unsure of what to do you can ask for help. People should stay at home to keep everyone safe.



You can ring **111** to get advice if you feel very unwell.



You can talk to your GP about your health. This might be by phone call.



If you think you might have coronavirus you must stay home. You will have to stay home for at least 7 days. The government have created rules to keep people safe.

You can see the latest information on the [NHS coronavirus website](#).

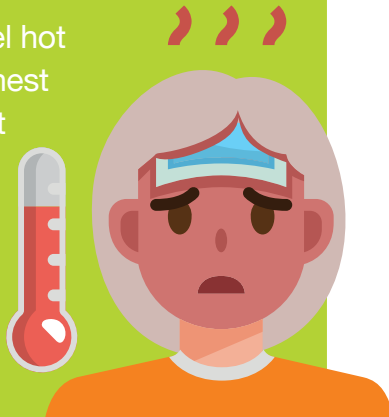
What to do if you are worried

If you think you may have Coronavirus do not visit your GP or the Emergency Department. You can find up to date information on [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Stay at home if you have either:

A high temperature

This means you feel hot to touch on your chest or back (you do not need to measure your temperature).



A new, continuous cough

This means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).



Resources that might help



The Children's Commissioner for England has created [information and resources](#) for children.



MindHeart has created a [resource](#) to explain coronavirus to younger children.



Young Minds has [advice for parents](#) when talking about coronavirus to their child.



Young Minds also has [advice for young people](#).



Easy Read Online has created easy read documents [explaining coronavirus](#) and [explaining quarantine](#) based on government guidance.



The NHS has up to date information on [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus). You can also contact 111 online.

We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

Contact us

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