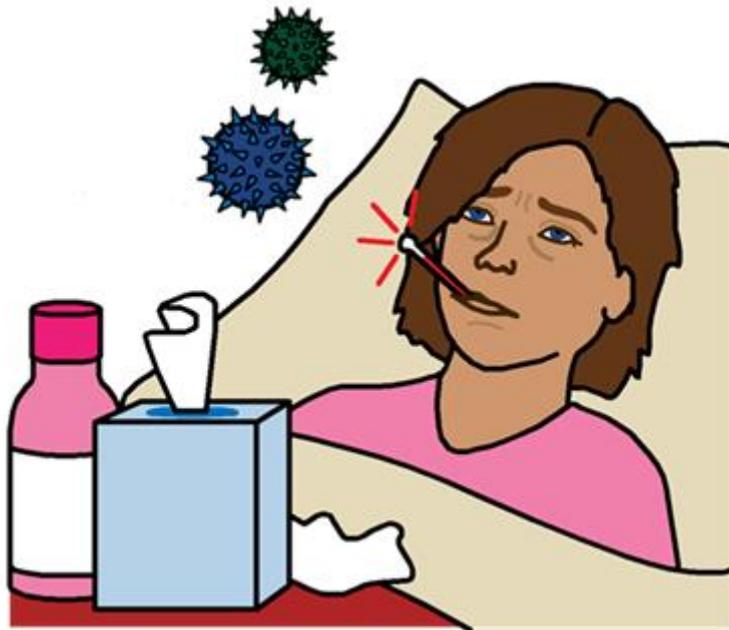


What is Coronavirus (COVID - 19)?



How Can I Stay Safe and Healthy?

Easy English

March 24 2020

Easy Read

Hard Words



This book has some hard words.

The first time we write a hard word

- The hard word is in **blue**
- We will write what the hard word means

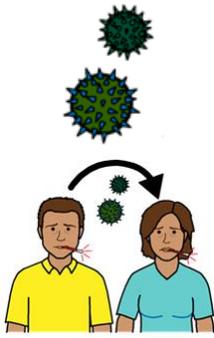


You **can** get help with this book.

You **can** get someone to help you

- read this book
- know what it says
- find more information

What is **coronavirus** (COVID-19)?



Coronavirus is a **virus**, like a flu or a cold.

A **virus** is a sickness that can spread easily from one person to another.

Coronavirus can make you sick with



- **fever**



- **cough**



- **sore throat**



- **trouble breathing**

We call these **symptoms**.



Some people will only get a little bit sick

but

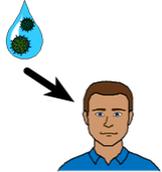


some people will get **very sick** and need to go to hospital.

How does coronavirus spread?



Coronavirus spreads when people with the virus **cough** or **sneeze**.



Small drops of water from the virus can come through the air into your body.

The virus can be on things you **touch**, like



- shopping trolleys



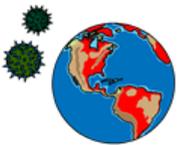
- door handles
- light switches



- computers or phones



If the virus is on your hands, it can go into your body when you touch your **eyes**, **nose** or **mouth**.



Coronavirus is a **pandemic**.

A **pandemic** is when a sickness spreads quickly to lots of countries around the world.



Coronavirus is spreading in Australia now.

How can I stay safe from coronavirus?



Stay at home, if you can.

Wash your hands **really well** many times a day.

That means



- use soap and water
- wash the front and back of your hands
- wash between fingers and thumbs
- count to 20 every time you wash your hands

Wash your hands



- **before** and **after** you eat



- after you go to the toilet



- when you come home.



Do **not** touch your **eyes**, **nose** or **mouth** with your hands.



Stay away from people who cough or sneeze.



Ask your family, friends or carers to

- **wash** their hands
- **stay away** if they are sick



Use **hand sanitiser** after you touch things in public, like shopping trolleys



Clean places and things that people touch a lot.

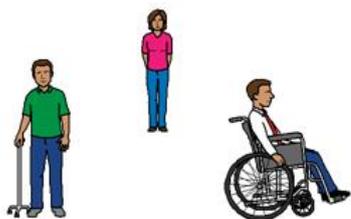


Cough into your elbow **not** your hands.



Sneeze into a tissue. **Throw** the tissue in the bin. **Wash** your hands again.

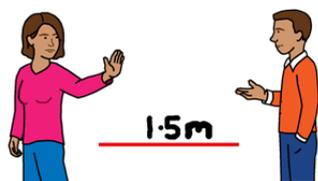
Social distancing



Social distancing means we keep away from other people.

Social distancing can help **slow** the spread of coronavirus.

The government wants us to stay



- **more than 1.5 metres** away from each other.

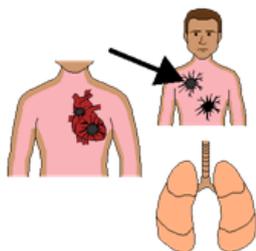
That is about **3** steps apart.

It is **important** to stay away from lot of people if you



- get sick a lot

- have a **health problem**, like



- heart disease
- cancer
- diabetes
- lung problems



- are over **65 years old**



- are a **smoker**



- are **Aboriginal or Torres Strait Islander**



People who are **older** or who are **already sick** can get very sick from coronavirus.

I feel sick. Do I have coronavirus?



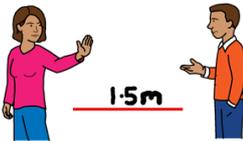
Coronavirus is like a cold or flu.

The symptoms can be the **same**.

If you are sick



- **stay** at home



- **stay away** from other people

You probably do **not** have coronavirus

but



if you are **worried**



- call your doctor (GP)

or



- call the **National Coronavirus Helpline**, any time day or night

1800 020 080

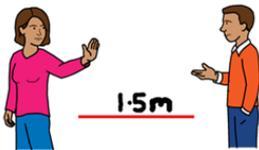
Your doctor or nurse will



- **ask** you about your **symptoms**
- **tell** you what to do



If your doctor or Health Direct tells you to go to a **medical centre** or **hospital**



- **stay away** from other people in public



- wear a **mask** if you have one



If you are very sick or breathing is hard for you
call an ambulance.

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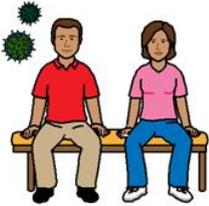
Can I get tested for coronavirus?

You **can** get tested for coronavirus **only if**



- you went **overseas** recently and now **feel sick** with cold or flu symptoms

or if



- you know you were **near** a person with coronavirus and you now **feel sick** with cold or flu symptoms

or if



- you work in **healthcare** and are near patients, and you **feel sick** with cold or flu symptoms



The **National Coronavirus Helpline** can tell you if you need to get tested for coronavirus.

1800 020 080

Advocacy for Inclusion wrote the Easy English

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