



COVID - 19

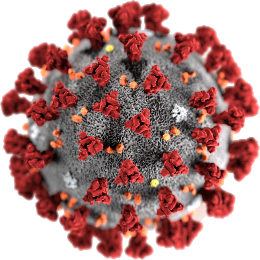
What do I do?

20 March 2020

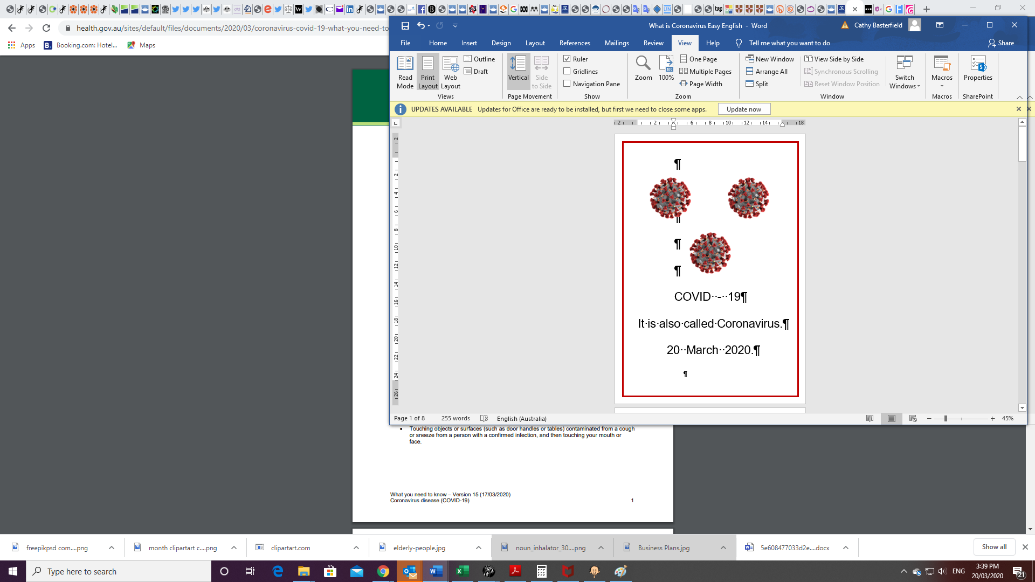
**This fact sheet will tell you**

* what to do. It will help you stay well
* how to stop you giving it to other people.

**?**



**What is COVID - 19?**



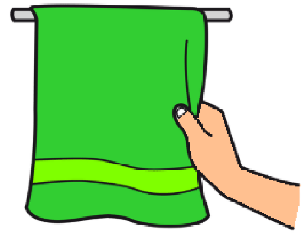
Read our fact sheet What is COVID - 19?

**Keep your self well**



**Wash your hands.**

Use soap and water.



Dry your hands

You need to wash your hands for a short time. Like sing Happy Birthday to you.

Wash your hands until you finish the song.

Wash your hands

* during the day
* before you eat
* before you touch food
* before you cook.

**and**



* after the toilet
* after eating
* after you use a tissue.

**We do sometimes cough.**

Cover your mouth when you cough.

Cough into your elbow like in this picture.



**We do sometimes sneeze.**

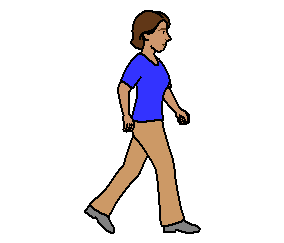
Use a tissue.

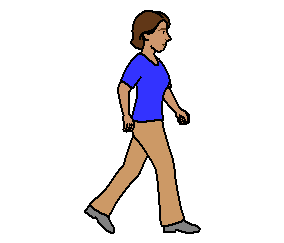
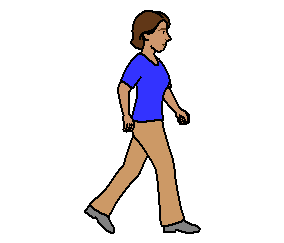
Put the tissue in the bin straight away.

**And**



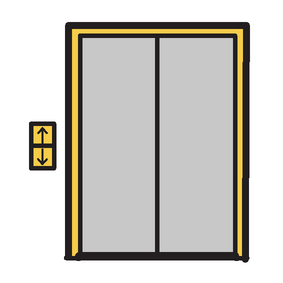
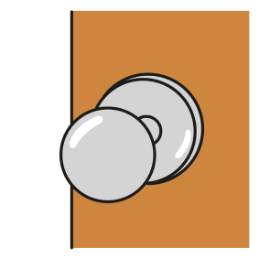
Wash your hands.



Keep away from other people.

Stand 3 big steps away from them.

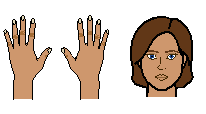
This is called **social distancing.**

COVID - 19 may be on objects you use. Like

* door handles at public toilets
* buttons for lifts



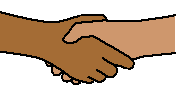
* tables
* computer keyboards.



Do not put your hands near your mouth.



Wash your hands after you touch them.

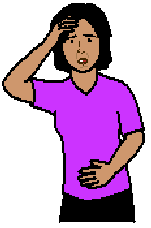
**We meet people.**

Do **not** shake hands.

**Masks**

When you are well you do **not** need a mask.

Ask your doctor when you need to wear a mask.

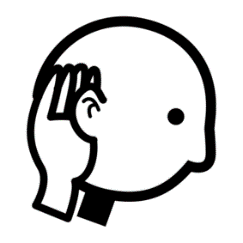




**You may still get sick**



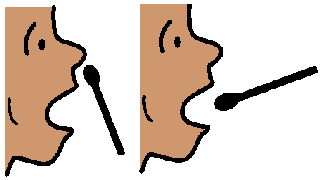
Ring your doctor before you go there.

****

The doctor may come to you

**or**

Tell you to wait in a special place at their clinic.

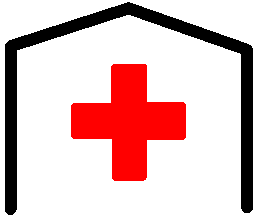
The doctor may do a test.

It will help the doctor know what to do.

When you are sick you

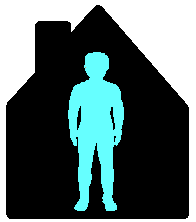
* may need to stay at home

**or**

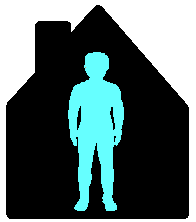


* go to hospital.

Your doctor will tell you. They will also tell you what to do if you get more sick.

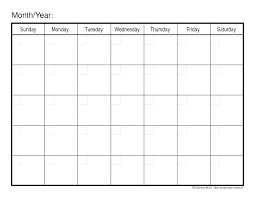
Your doctor tells you to stay at home.

This is called **self-isolation.**

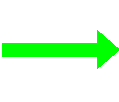
**Self-Isolation**



You need to stay at home.



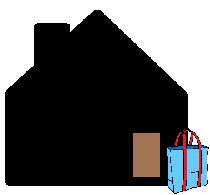
It will be for 2 weeks or more.

You must

* **not** go to work
* **not** go to friends homes
* **not** go to school
* **not** go to other activities. Like swimming.

Only the people you live with must be at home.

You can **not** have visitors.

Ask other people to

* get some food for you.
* medicines.
* other things you must have.

They can leave it at your front door.

Many places may also drop things off for you. Like

* your chemist may do home delivery



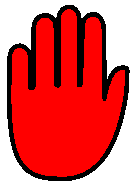
* order food online.

Get a mask.

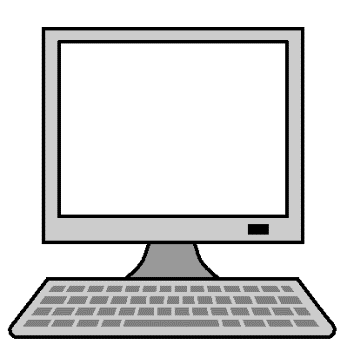
You may have to go out.

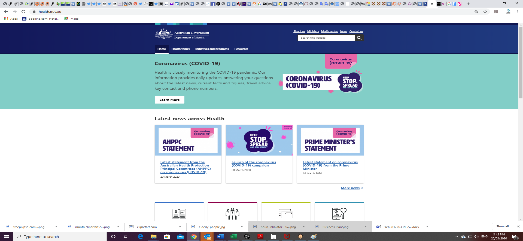
You must wear your mask then.



Your doctor will tell you when you can stop wearing your mask.

**More information**



COVID - 19 information from the government.

www.health.gov.au



Call 1800 020 080.

You can call at

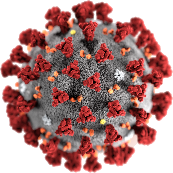
* any time
* any day.

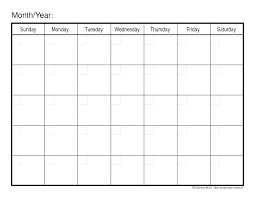


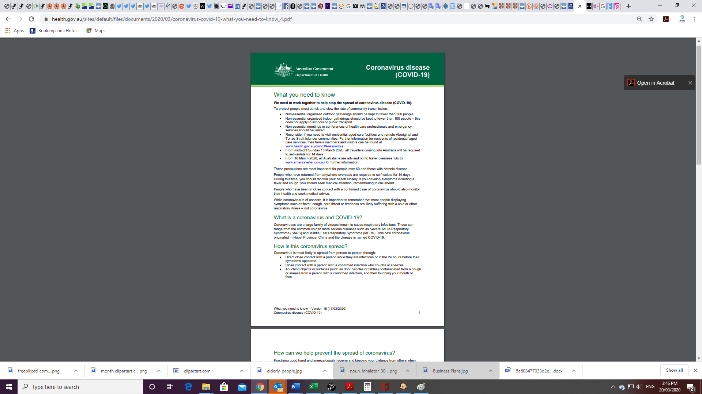
Translations

Call 131 450

**Images**

We have used images from

* Change People
* Freepikpsd
* Mayer-Johnson
* Picto-Selector
* Clipart.

This fact sheet is based on

The Australian Government Health Department What you need to know. 17 03 2020.

Access Easy English wrote the Easy English. March 2020.