



Easy to read

Information about Coronavirus COVID-19



Coronavirus is a new virus

A Virus is a type of illness



Some people in Australia now
have Coronavirus



It can make people very sick and
some people have died from it



It is very important to
keep yourself and your family
safe from Coronavirus



What is Coronavirus or COVID-19?



Having coronavirus feels a lot like having the flu



The most common signs of the virus are a **dry cough**



And a **high temperature** called a fever



Some people with the virus will find it **harder to breathe**



Having coronavirus feels different for everyone



Some people feel very sick when they have the virus



Most people **will not** become very sick



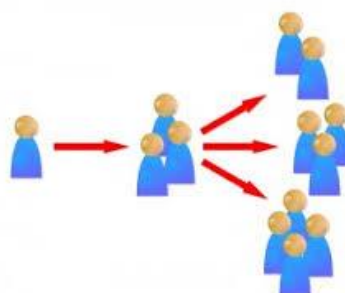
Some people will become very sick



People who become very sick may need to go to hospital for treatment



How does coronavirus spread from person to person?



The virus can pass in the air from coughs and sneezes



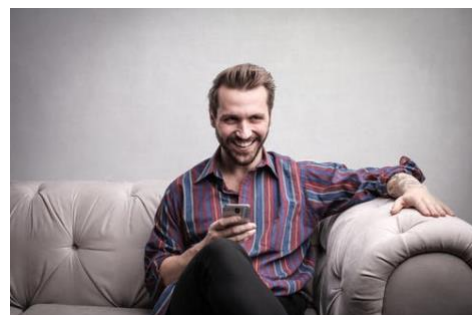
It can live on things that you or other people have touched



You cannot see the virus



Even if people do not feel ill at all they could still pass on the virus to someone else



The next person to catch the virus could become more sick than the person they caught it from



It's everyone's job to help stop the virus from spreading



How can we stop coronavirus from spreading?



There are some easy ways to help stop the virus



Cough or sneeze into your arm



Use a tissue





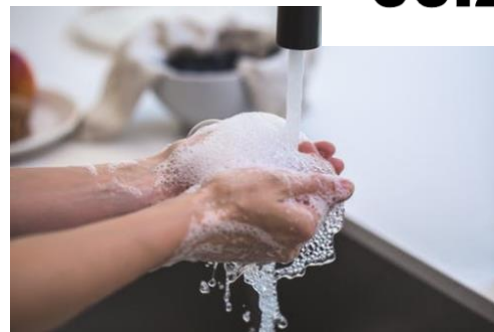
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Put the tissue in the bin



00:20

Wash your hands for 20
Seconds (Count to 20)



Use hand sanitiser



Try not to touch your face



Stay at home



You can go outside in your garden if you have one



You can go outside once a day for exercise

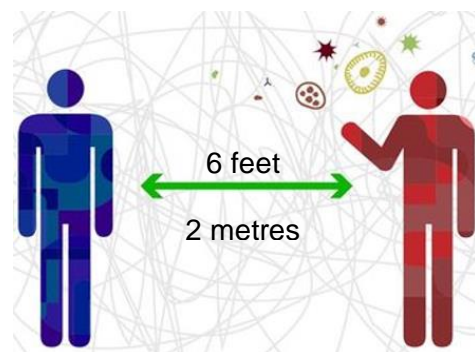


You can go to the shops to buy food or medicine that you need



You must not meet with friends or family who do not live with you

You must give everyone lots of space



No handshaking, no hugging,
No fist bumps

But you can smile, bump elbows,
text, call or message



Talk to your self-advocacy group, friends, family, or support
staff about your worries and concerns