

Coronavirus

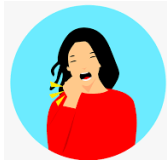
**The Coronavirus is like a flu or bad cold.
It is also called Covid-19**



It can make you sick with:



- Fever



- Cough



- Sore Throat



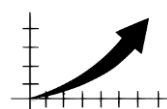
- Trouble Breathing



**Some people will only get a little bit sick, but
some will get very sick and need to go to hospital**



Coronavirus is all over Australia now

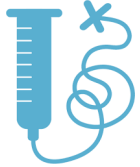


**There will probably be a lot more people sick with
Coronavirus in Australia soon**

Here are some things you can buy to prepare:



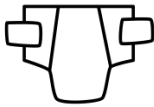
- Make sure you have a month or more of your medicine and prescriptions



- Make sure you have a month or more of important medical supplies – oxygen probes, catheters and feeding tube supplies, for example (many of these are made overseas and are running out)



- Make sure you have a good supply of any special foods you need



- Make sure you have a month or more of continence aids and hand sanitiser, gloves and wipes

Here are some things you can do to keep safer:



- Wash your hands back and front with soap many times every day
- Count to 20 every time you wash your hands, or sing the happy birthday song twice



- Wash your hands before and after you eat



- Wash your hands after going to the toilet



- If you cough or sneeze, try to catch it in your elbow



- Wash your hands or use hand sanitizer gel after you touch things, like:
 - shopping trolleys
 - door handles and light switches
 - remote controls you share
 - computers, mice and shared phones



- Stay away from people who are coughing or sneezing – the virus can come through the air into your body



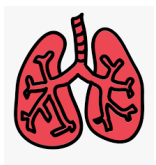
- Try not to touch your eyes, nose or mouth with your hands – if the virus is on your hands, it might go into your body



- Ask your support workers to wash their hands a lot, and to stay away if they are sick



- Make sure you have an emergency contact list somewhere obvious



If you get sick a lot or are immune-compromised, have diabetes, poor lungs or are a smoker, you might be at higher risk of getting very sick.



- Try online shopping for your food and supermarket needs



- Use online video to catch up with a friend



- Put a sign on your door to ask sick people to stay away

New Rules in Australia



Restaurants and many places like the movies and bowling are closed.

This is to stop people from giving coronavirus to other people by accident



Some disability services are closed too, but services that you really need will stay open



People in Australia are not allowed to be together in groups now. Not even for a funeral or wedding or big family dinner



Your support workers might work with you using a video camera and not in your home for a while



You will be safer if you stay at home and do not go out



You should not touch anyone – no shaking hands or hugging is allowed



You should keep 2 metres away from everyone except people who live in your house

2 metres is about as long as a big car



The rules about Coronavirus in Australia change a lot and there might be more new rules soon

If you get sick



- You can call the Coronavirus Hotline for FREE anytime, day or night, on 1800 020 080 and talk to someone for advice



- If you get a fever, and a cough and are worried, stay home and make an appointment with your doctor.



- You might need to wear a mask if you go to the doctor



- If you have a cold and are very sick or breathing is hard for you, call an ambulance on 000

To find out more detail about the new coronavirus, here are two good links:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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