

COVID - 19

What do I do?

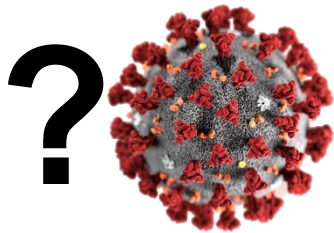
20 March 2020



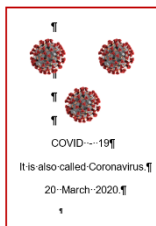


## This fact sheet will tell you

- 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?

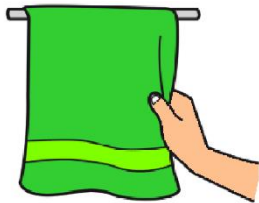


**Keep your self well**



**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.**

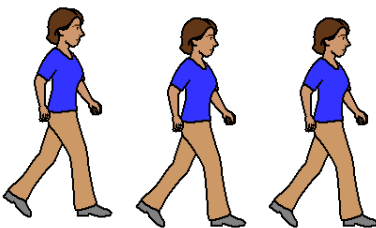
Use a tissue.

Put the tissue in the bin straight away.

**And**



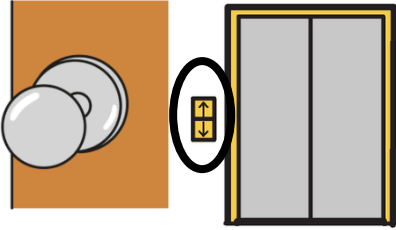
Wash your hands.



Keep away from other people.

Stand 3 big steps away from them.

This is called **social distancing**.

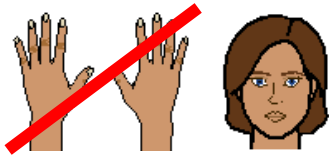


COVID - 19 may be on objects you use. Like

- 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.



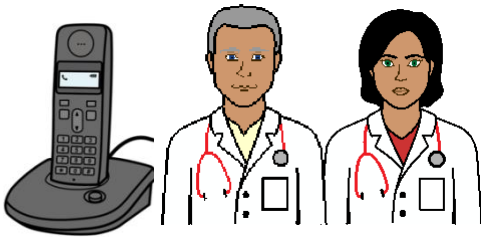
## Masks

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

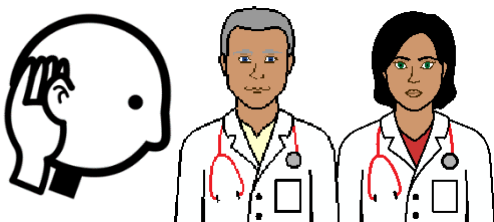
Ask your doctor when you need to wear a mask.



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**.



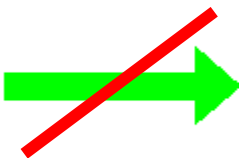
## Self-Isolation



You need to stay at home.



It will be for 2 weeks or more.



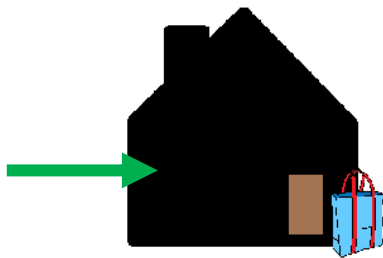
You must

- **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.

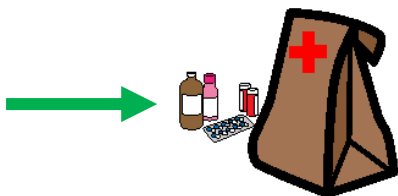
You can **not** have visitors.



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](http://www.health.gov.au)



Call 1800 020 080.

You can call at

- any time
- any day.

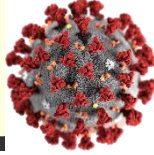


Translations

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.