

COVID – 19

EASY ENGLISH GUIDE - WHAT TO DO

GENERAL BULLETIN 1 - 27 MARCH 2020

STAY AT HOME



ONLY LEAVE TO BUY FOOD OR MEDICINES

WASH HANDS



WASH HANDS FOR 20 SECONDS.
TELL YOUR CARER TO ALSO WASH THEIR HANDS.

SNEEZE OR COUGH INTO ELBOW



OR USE A CLEAN TISSUE AND THROW THE
TISSUES IN THE BIN

AVOID ALL PUBLIC PLACES



NO SHOPPING CENTRES

SOCIAL DISTANCING



KEEP 1.5 METERS AWAY FROM
ANOTHER PERSON-SO ABOUT TWO ARM
LENGTHS BETWEEN YOU AND ANOTHER PERSON

PLENTY OF FOOD FOR EVERYONE



SUPERMARKETS, PETROL STATIONS
& CHEMISTS ARE OPEN

REMEMBER HELP IS A TELEPHONE CALL AWAY. YOU ARE NOT ALONE

Call National Coronavirus Helpline **1800 020 080** if you are worried you have symptoms of the virus or have been in contact with someone who has tested for it.

Call Life Line **13 11 14** if you are really very sad and very anxious about yourself.

Call emergency **000** if you become very ill.