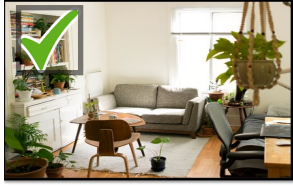


COVID-19 EASY ENGLISH GUIDE

Bulletin Easy Steps for being Protected from the Infection March 26th 2020

STAY AT HOME



**PLEASE STAY AT HOME LEAVE ONLY TO
GO TO THE SHOPS, CHEMIST OR
TO SEE YOUR LOCAL DOCTOR**



WASH YOUR HANDS FOR 20 SECONDS

**WASH YOUR HANDS WITH SOAP FOR 20 SECONDS [
COUNT TO 20]**

**WASH YOUR HANDS EVERYTIME YOU USE THE
TOILET**

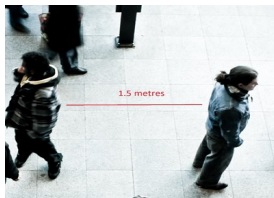
**DO NOT LET YOUR CARER TOUCH YOU WITHOUT
WASHING THEIR HANDS BEFORE AND AFTER THEY HELP
YOU**

USE HAND SANITISER IF THERE IS NO SOAP



COUGH INTO ELBOW

**COUGH INTO YOUR ELBOW OR USE A CLEAN TISSUE
AND PUT TISSUE INTO A RUBBISH BIN**



STAY APART FROM OTHERS OUTSIDE

**1.5 METRES IS ABOUT TWO ARM
LENGTHS OR 2 WHEEL CHAIRS AWAY**

YOU ARE NOT ALONE

Call lifeline 13 11 14 if you become worried about how you are feeling or how you are coping.

Call Emergency 000 if you suddenly become sick

**Call National Coronavirus Helpline 1800 020 080 if you develop symptoms go to the [https://
www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert)**