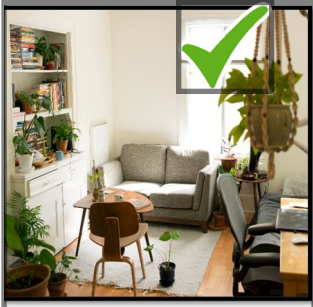


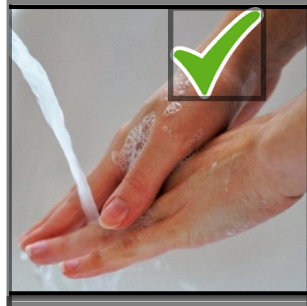
COVID –19 EASY ENGLISH GUIDE

GENERAL BULLETIN ONE MARCH 27TH 2020

HOW YOU CAN HELP?



BETTER TO **STAY AT HOME** ONLY LEAVE TO SHOP, SEE THE CHEM-



WASH HANDS FOR 20 SECONDS TELL YOUR CARER TO WASH THEIR HANDS TOO



SNEEZE OR COUGH INTO ELBOW OR USE A CLEAN TISSUE AND THROW THE TISSUES



AVOID ALL PUBLIC PLACES LIKE SHOPPING MALLS



SOCIAL DISTANCING keep **1.5 metres [5Ft]** away from **another person**— so about two arm lengths between you and another person



IN AUSTRALIA THERE IS PLENTY OF FOOD FOR EVERYONE

SUPERMARKETS OPEN

PETROL STATIONS OPEN

CHEMISTS OPEN

REMEMBER HELP IS A TELEPHONE CALL AWAY YOU ARE NOT ALONE

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 .

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.