

STEPS YOU CAN TAKE TO PROTECT YOURSELF FROM INFECTION -Coronavirus - Covid-19

Helping YOU stay safe and well

How to use this Easy Read Advice Sheet

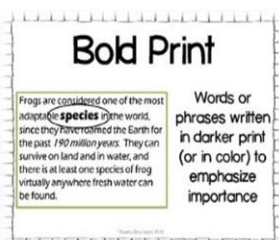


We wrote this fact sheet for you, your carer and your disability support person.



We have written this guide in an easy to read way.

We use pictures to explain some ideas.



We have written some words in **bold**.

We explain what these words mean.

There is a list of these words on the next page



This Easy Read fact sheet is a summary of information available from the Department of Health and the NDIS.

You can find other documents and information on the DHHS website at

<https://www.dhhs.vic.gov.au/coronavirus>

Stay at Home: stay in your home as much as possible

Nurse- on -Call is 24 hour 7 days a week free service for Victorians.

Hot line is a service you can call if you develop symptoms of Corona virus Covid-19



If you feel sick call **1300 60 60 24**

A NURSE-ON-CALL will answer

This is a telephone helpline that provides immediate expert health advice from a registered nurse, 24 hours a day, 7 days a week.

Contact **1300 60 60 24** or your local medical centre

Only in an emergency Call **000**

For Updates from the Government:

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

Contact the Disability Information Helpline on 1800 643 787.

If you feel sick



STAY AT HOME and Call a nurse or doctor as soon as possible. See

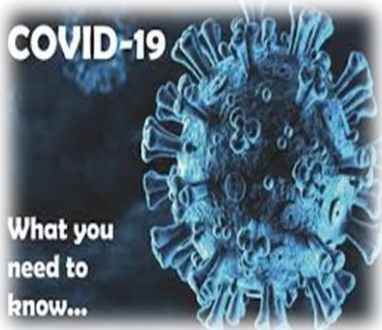
<https://www.dhhs.vic.gov.au/coronavirus>



In Victoria you can call

NURSE-ON-CALL 1300 60 60 24
they work 24 hours-7 days per week

Or call your local Doctor or Medical Centre



Call **1800 675 398 THE**
CORONAVIRUS [COVID-19]

HOTLINE OPEN 24 Hours 7 days
per week IF YOU DEVELOP SOME or
all THESE SYMPTOMS:

- fever
- coughing
- sore throat
- fatigue
- shortness of breath



Taking your temperature will tell you
and your doctor if you have a fever

See: <https://www.australia.gov.au/>

SELF ISOLATING



If you are tested and have

Corona Virus - Covid 19

You must **stay at home**

You must **stay at home** for 14 days

You cannot leave your home for any reason

See: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19>



CALL **000** ONLY WHEN YOU OR A
FAMILY MEMBER OR SUPPORT PERSON

Are experiencing any of the following:

- central or crushing chest pain lasting more than 10 minutes
- unconsciousness or a seizure (fit)
- severe difficulty breathing or turning blue
- severe bleeding or inability to control bleeding with pressure
- sudden inability to move or speak, or sudden facial drooping
- the effects of a severe accident.

Call triple zero (000) immediately.