

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

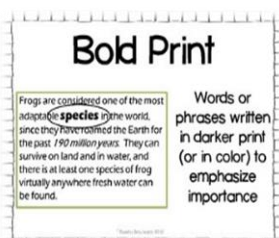


We wrote this fact sheet for you, your carer and your disability support person.



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 the other document and information on the DHHS website at <https://www.dhhs.vic.gov.au/coronavirus>

Virus is an infection that can spread easily from one person to another

20 seconds: Count from 1 to 20

Scrub: rub hard between fingers and around thumbs and wrists



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

About the coronavirus (COVID-19)



STAY AT HOME TO HELP STOP THE
SPEARD OF CORONAVIRUS –
[COVID-19]

LEAVE ONLY



1. TO GET FOOD YOU NEED

2. TO SEE A DOCTOR

3. GO TO THE CHEMIST



4. TO GET SOME FRESH AIR



SOCIAL DISTANCING

STAY AWAY FROM OTHER PEOPLE
WHEN OUTSIDE ABOUT TWO
WHEELCHAIRS APART.