

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

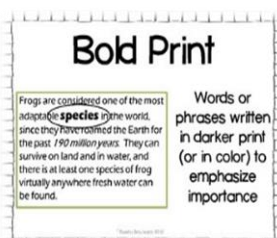


We wrote this fact sheet for you, your carer and your disability support person.



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>

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

Leave: Only leave home to get food, to see a doctor, to get medicine, to get some fresh air/exercise



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

If you cannot breathe ring **000**

For Updates from the Government:

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

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
/EXERCISE



OUTSIDE USE SOCIAL DISTANCING

**STAY AWAY FROM OTHER PEOPLE
WHEN OUTSIDE ABOUT TWO
WHEELCHAIRS APART OR 1.5
METRES.**