

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

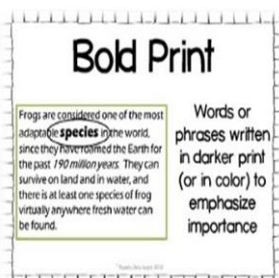


We wrote this fact sheet for you, your carer and your disability support person.



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 Human Services and the NDIS.

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

YOUR CARER is the main person who looks after you

HELP EXPLAIN WHAT IS HAPPENING: Your carer or support person can help you understand what is meant by some terms and words

FLATTENING THE CURVE: how we all work together to stay at home, wash our hands and stay away from others when out.



If your carer is not a family member and feels sick they can **SPEAK TO A NURSE AT HEALTH DIRECT** ON **1800 022 222** OR GO ONLINE TO: <https://www.healthdirect.gov.au/>

They can call and speak to a **LOCAL DOCTOR** or call their local medical centre

THEY MUST NOT COME INTO YOUR HOME UNTIL THEY ARE BETTER

STEPS YOUR CARER CAN TAKE TO HELP PROTECT YOU FROM CORONA VIRUS (COVID-19)



YOUR CARER CAN HELP PROTECT YOU FROM CORONAVIRUS –[COVID-19] BY:



WASHING THEIR HANDS AFTER COMING INTO YOUR HOME AND EVERYTIME - BEFORE AND AFTER THEY PHYSICALLY HELP YOU



USING A HAND SANITISER WHEN OUTSIDE OF THE HOME AND BEFORE COMING INSIDE YOUR HOME



CLEANING ALL YOUR EQUIPMENT BEFORE AND AFTER USE

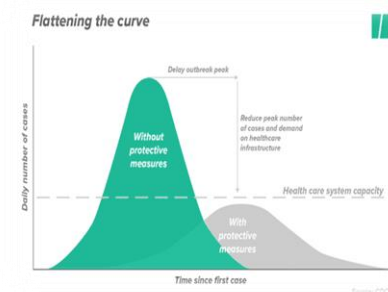


BY DOING YOUR SHOPPING AND WASHING THEIR HANDS AFTER COMING INSIDE YOUR HOME, AND BEFORE AND AFTER HANDLING THE FOOD

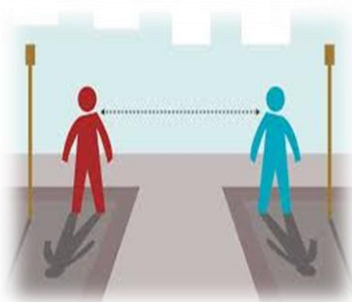


YOUR CARER CAN SHOW YOU LINKS TO GOVERNMENT SOURCES AND **HELP EXPLAIN WHAT IS HAPPENING:**
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

THEY CAN EXPLAIN:



FLATTENING THE CURVE DEPENDS ON YOUR HELP- WHEN THE CURVE IS LOW- LIKE HERE IN GREY THIS IS VERY GOOD NEWS FOR YOU AND YOUR FRIENDS



THEY CAN EXPLAIN THAT SOCIAL DISTANCING HELPS FLATTEN THE CURVE AND KEEPS YOU SAFER

<https://youtu.be/2WCtGFNENYU>

THEY CAN TELL YOU THAT THIS SITUATION WILL CONTINUE UNTIL WE ARE TOLD BY GOVERNMENT TO STOP- BY FOLLOWING THE GOVERNMENT'S INSTRUCTIONS IT KEEPS YOU BETTER PROTECTED