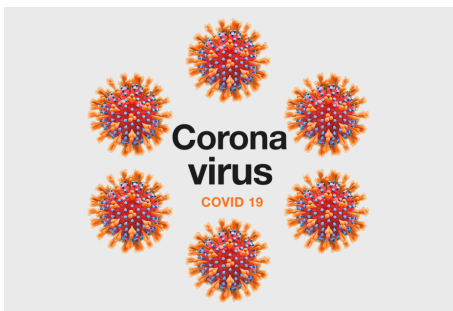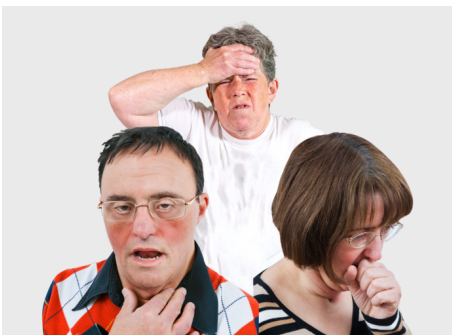# Staying safe from Coronavirus

16 March 2020

Coronavirus is a virus that is making people sick in Australia and overseas.

Coronavirus is also called COVID–19.

People who have Coronavirus may

- Have a cough

- Have a fever

- Be short of breath

Most people with Coronavirus will feel unwell but will not need to go to hospital.

Some people will need to go to hospital.

How is Coronavirus spread

Coronavirus can spread through the air from a cough or a sneeze.

Coronavirus can spread when you touch things that someone with Coronavirus has touched.

It can go from your hands into your body when you touch your eyes, nose, or mouth.

How to avoid Coronavirus

• Wash your hands with soap and warm water often.

• If you cannot wash your hands then use hand sanitiser.

• Avoid touching your mouth, eyes and nose.

• Try to wash or sanitise your hands before you do.

• Stay away from people who are sick.

• Tell your friends, family and support people to stay home if they are sick.
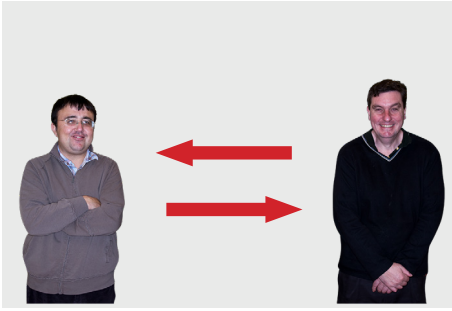
Social distancing

Social distancing helps stop the Coronavirus spreading between people.

Social distancing means

- Do not shake hands, hug or kiss.

- Try to keep 2 big steps between you and other people.

- Avoid big crowds and busy places.

- Go to the shops when they are not busy.

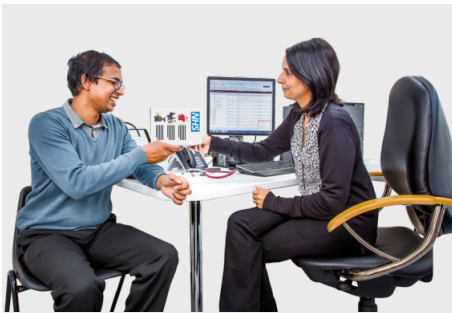- Use public transport at quiet times.

What to do if you feel sick

Stay home to protect other people.

If you get a fever, cough, sore throat or are short of breath you can

- Call your GP or doctor

- Call Healthdirect on **1800 022 222**

- Go to a hospital emergency department

Support

If you are feeling worried about getting sick talk to your GP, family or support person.

For more information

See CID's other easy read health guides
www.cid.org.au/health-guide

Call the CID info service on **1800 424 065**

Visit the Department of Health website
www.health.gov.au

This info guide is funded by the National Disability Insurance Agency.