

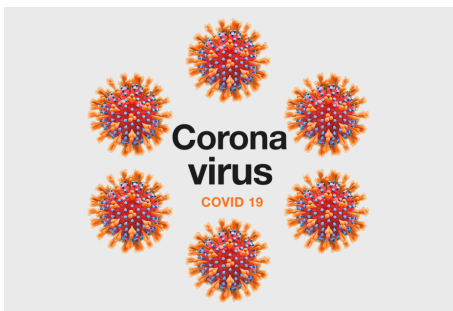


Council for  
Intellectual Disability



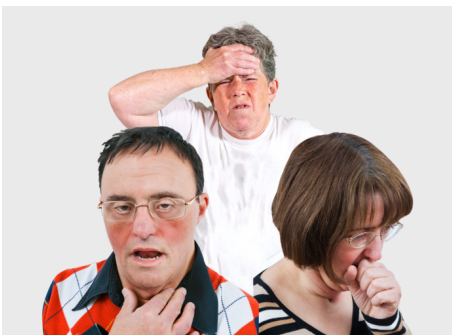
# Staying safe from Coronavirus

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.

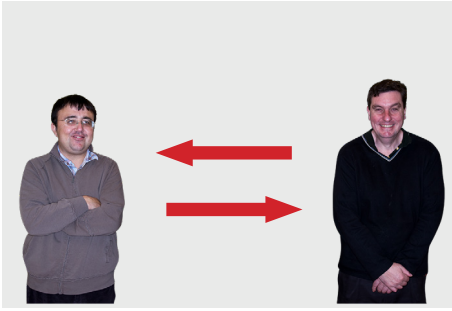
It can go from your hands into your body when you touch your eyes, nose, or mouth.



## 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.

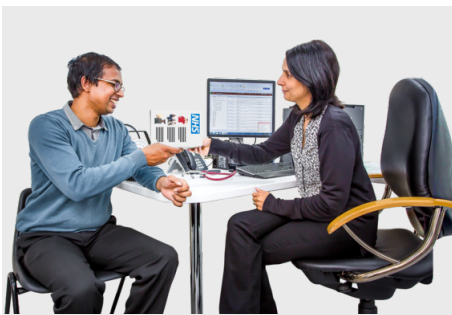


## What to do if you feel sick

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](http://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](http://www.health.gov.au)**