

The Coronavirus - how to stay healthy



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



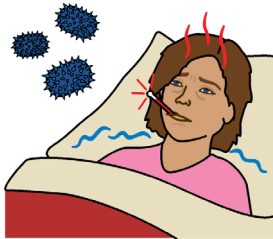
You can get someone to help you

- read this book
- know what this book is about
- find more information.



About this book

This book is written by Scope.

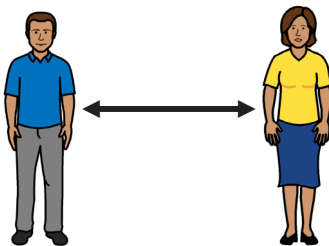


This book is about

- the **Coronavirus**
- **social distancing**.



The Coronavirus is like the flu.



Social distancing means you stay away from other people so less people get the virus.

About the Coronavirus



People who get the virus might

- feel hot and cold



- feel very tired



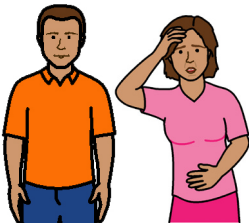
- cough a lot



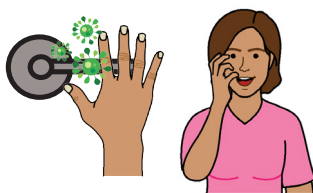
- have a sore throat.

You can get the virus if

- you are close to someone who has the virus

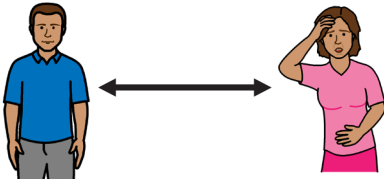


- someone with the virus coughs or sneezes near you



- you touch something with germs on it then touch your mouth or face
 - for example, if you touch a door handle.

What can you do?



If you are sick you **must** stay away from other people.

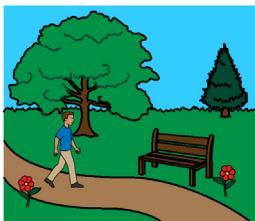


You **must** also

- wash your hands with soap and water
 - for example, before you eat and after using the toilet



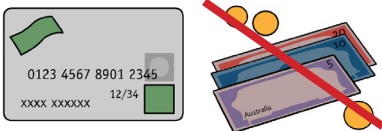
- cover your cough and sneeze with a tissue then throw the tissue away.



In public

When you are in public try to

- stay away from crowds
- use credit cards **not** money
- use public transport at quiet times.



At home



When you are at home

- clean areas that people touch a lot
 - for example, kitchen benches and taps



- open windows to let in fresh air



- try to stay away from shops



- try **not** to hug or kiss people.



If someone in your home is sick

- try to care for them in one room with the door closed and window open



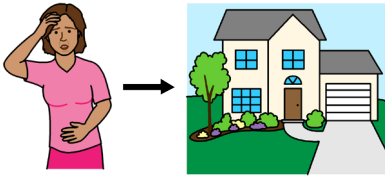
- wear a mask over your face



- get help if the person needs extra care
 - for example, someone with health problems or an older person.

At work

When you are at work



- go home if you feel sick



- stay away from other people or work from home



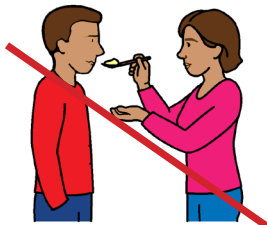
- have meetings on the phone



- cancel big meetings and travel



- clean areas that people touch a lot
 - for example, desks and keyboards



- do **not** share food.

If you think you have the Coronavirus



You should go to the doctor or call the hotline if you

- have just travelled to a **high risk** country

and



- feel like you have a flu.



High risk means a country where the virus has spread to lots of people.



The hotline is a free phone number you can call for more information.

Call 1800 675 398.

Learn more about the virus

Department of Health and Human

Services website

<https://www.dhhs.vic.gov.au/novelcoronavirus>

The Australian Department of

Health website

<https://www.health.gov.au>

The Victorian Department of Health and

Human Services website

<https://www2.health.vic.gov.au>

Australian Government Department of

Health website

<https://www.health.gov.au/>

[health-topics/novel-coronavirus-2019-](https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov#information-for-the-public)

[ncov#information-for-the-public](https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov#information-for-the-public)



More information

For more information contact Scope



Call 1800 072 673



Website www.scopeaust.org.au



Email contact@scopeaust.org.au



If you need help to speak or listen

Contact Scope through the
National Relay Service or NRS.

Call the NRS help desk

1800 555 660

Go to the NRS website

[https://www.communications.gov.au/
what-we-do/phone/services-people-
disability/accesshub/national-relay-
service](https://www.communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service)

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