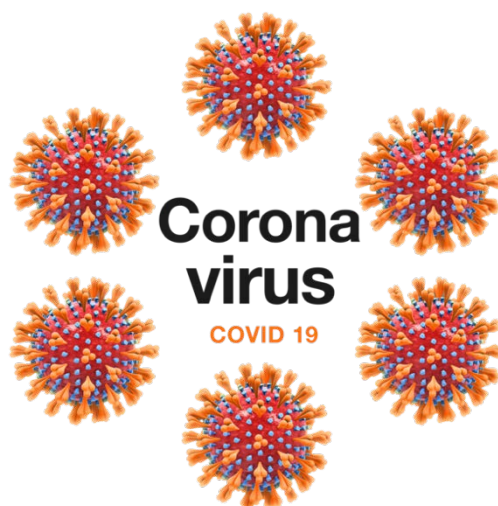




# Coronavirus

March 2020



**What is  
Coronavirus?**



**What can I do to  
stay safe?**



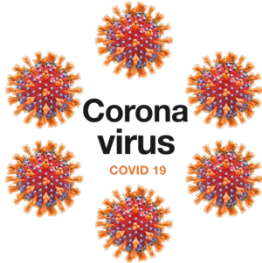
**Where can I get  
information and  
help?**

## What is this information about?

Down Syndrome Australia wrote this information.

It is about the **Coronavirus**. This is a new illness like the flu or a bad cold.

It is sometimes also called COVID19.



The information tells you:

- What Coronavirus is
- How to stay safe
- What to do if you are sick
- Where to get more information and help

We have written the information so it is easier to read.

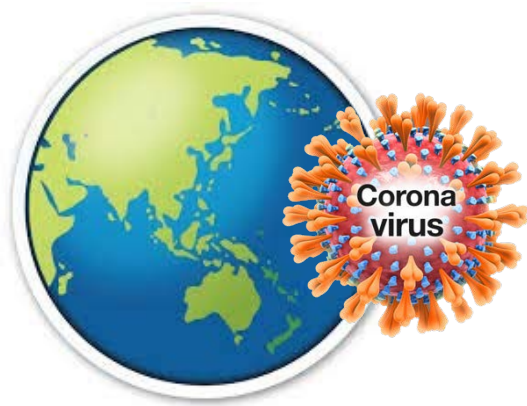
We use pictures to explain some ideas.



Some words are in **bold**. We explain what these words mean.



It's a good idea to read this with someone who can help you to understand all the information.



## Keeping up to date on the Coronavirus

Coronavirus is now a **pandemic**. This means it is spreading around the world very quickly.

Information about the Coronavirus is changing all the time.

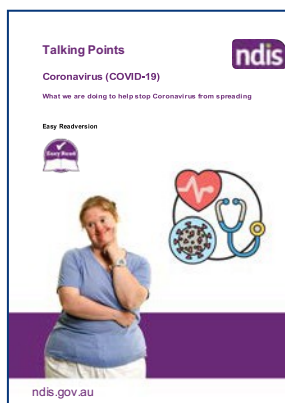
You need to make sure you have up to date information to help you be safe.



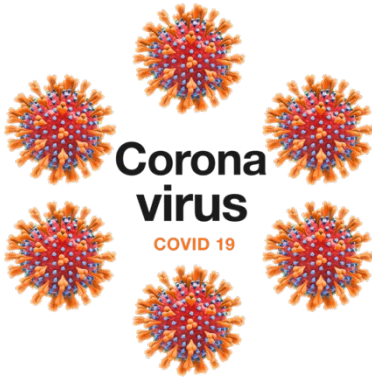
Here is where to find the latest information.

Australian Government [Department of Health website](#).

Your state or territory [health department website](#).



The [NDIS information page](#) about how it will work during the Coronavirus pandemic.



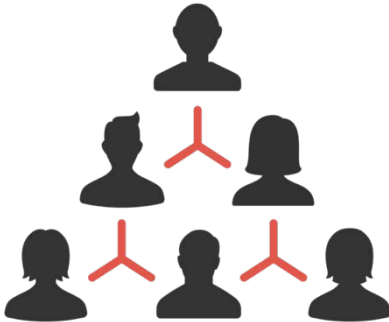
## What is Coronavirus?

Coronavirus is a **virus**. This is a germ that makes people sick.

You might see people talking about Coronavirus on the TV, on the internet and in newspapers.

It is also called COVID19.

It is like the flu or a very bad cold.



Coronavirus spreads from person to person in different ways.



It can spread through the air when someone coughs or sneezes.

It can spread when you touch things that have the virus on them.

The virus can go into your body when you touch your face.

Coronavirus can make you feel sick.

Most people can stay home while they are sick.

Some people will need to go to hospital so doctors and nurses can help them get better.



## How to stop Coronavirus spreading



Here are some things you can do to stop Coronavirus spreading.

This will help to keep you and other people from getting sick.

Use a tissue when you cough.

Put all your dirty tissues in the bin, then wash your hands.



If you don't have a tissue, cough into your elbow, to stop the germs spreading in the air.



Wash your hands a lot. You need to wash really well for 20 seconds.

This will get rid of any Coronavirus germs that might have got on your hands.

If you are out in public, use hand sanitiser after touching things such as shopping trolleys and door handles.



Don't touch your face.

If the Coronavirus germs are on your hands they could go into your body if you touch your face.





Don't shake hands or even do high-fives.

You can wave hello instead.

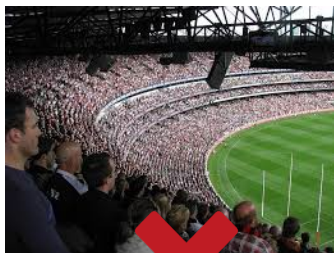


Ask your support workers to wash their hands. If they get sick they should stay in their own home.



Don't go to places where there are lots of people.

Don't stand too close to people, so you don't catch their germs if they cough.



Some places will be closed for a while to stop people catching Coronavirus.

This may include schools, sports events and concerts.



Some workplaces will be closed.

## Getting ready to stay home



People who have caught the Coronavirus need to stay home so they don't spread the virus.

Lots of people will also stay home as much as possible so there is less chance of catching Coronavirus.



Here is a list of things you can do to get ready for staying at home for a while.



### Talk to people

Talk to your family and support workers, about staying home.

Ask them to help you get ready.



Talk to them about how they can support you when you are staying at home.

Talk about how you will get support if they get sick.



All this information about the Coronavirus can be confusing and scary.

Tell people if you are worried. Tell them what you are worried about.

They will explain things to you and make sure you are ok.

## Here are some things to buy to get ready to stay home



### Medicines

Make sure you have at least an extra month of medicines you take regularly.

Also have some medicines that you would take if you had a cold or flu, such as cough medicine and Paracetamol.

### Hygiene products

Make sure you have an extra month of things like soap, hand sanitiser, tissues and wipes. Also things like continence pants and products women need for their periods.



### Food

Make sure you have a good supply of healthy food and drinks. If you need any special foods, make sure you get extra of these.

You might like to have a few treat foods as well.

Ask people to help you make sure you have enough food while you are staying at home.

If you have a pet, you will need to make sure they have enough food.







## Things to do

Think about what you will do at home all day.

## Housework

Do your usual jobs around the house. It's a good idea to give things an extra good clean.



You could cook some extra meals to freeze.

## Things you enjoy

You could...

- Watch your favourite movies.
- Read some books and magazines.
- Get creative with art and craft.
- Play games (with people in your house or online).
- Learn about things. There is information, videos and free courses online.



What will you do?



## Staying in touch

Think about how you can stay in touch with friends and family.

Phone, Skype, Facetime, Email, playing online games together.

What will you do?



## Signs you might be getting the Coronavirus

Here are things to look out for.



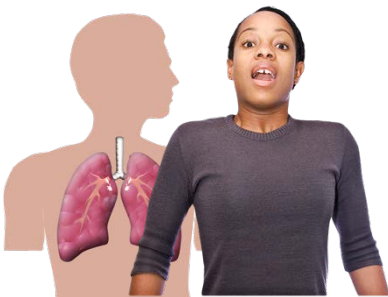
A cough



Sore throat



Feeling hot



Hard to breathe



Feeling tired

## What to do if you aren't feeling well



You must tell your family, support workers or carers.

Do this as soon as you feel unwell.

Don't go straight to your doctor or GP if you think you have Coronavirus.

But you can phone them to say you have signs of Coronavirus.

They will tell you what to do next.

Or you can ring the **Coronavirus Hotline**. You can speak to a health worker at any time of the day or night.

They will ask you questions about how you are feeling.

Then they will tell you what to do next.

The Hotline number is **1800 020 080**

