Information about Coronavirus COVID-19

Coronavirus is a new virus
A Virus is a type of illness

Some people in Australia now have Coronavirus

It can make people very sick and some people have died from it

It is very important to keep yourself and your family safe from Coronavirus

Acknowledgement: https://www.mencap.org.uk
What is Coronavirus or COVID-19?

Having coronavirus feels a lot like having the flu

The most common signs of the virus are a dry cough

And a high temperature called a fever

Some people with the virus will find it harder to breathe

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Having coronavirus feels different for everyone

Some people feel very sick when they have the virus

Most people will not become very sick

Some people will become very sick

People who become very sick may need to go to hospital for treatment

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How does coronavirus spread from person to person?

The virus can pass in the air from coughs and sneezes.

It can live on things that you or other people have touched.

You cannot see the virus.
Even if people do not feel ill at all they could still pass on the virus to someone else

The next person to catch the virus could become more sick than the person they caught it from

It’s everyone’s job to help stop the virus from spreading

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How can we stop coronavirus from spreading?

There are some easy ways to help stop the virus

Cough or sneeze into your arm

Use a tissue

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Put the tissue in the bin

Wash your hands for 20 Seconds (Count to 20)

Use hand sanitiser

Try not to touch your face

Stay at home

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You can go outside in your garden if you have one.

You can go outside once a day for exercise.

You can go to the shops to buy food or medicine that you need.

You must not meet with friends or family who do not live with you.

You must give everyone lots of space.

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No handshaking, no hugging,  
No fist bumps

But you can smile, bump elbows,  
text, call or message

Talk to your self-advocacy group, friends, family, or support  
staff about your worries and concerns