

What to do if you have coronavirus



Easy English



Hard words

This information 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.

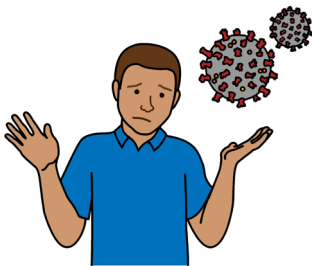


About this book

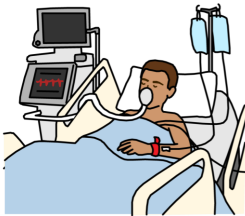


Health
and Human
Services

This book is by the Department of Health
and Human Services.



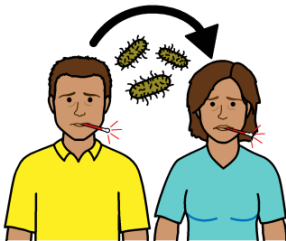
This book is about what you **must** do if you
have **coronavirus**.



Coronavirus

- can make people very sick

and

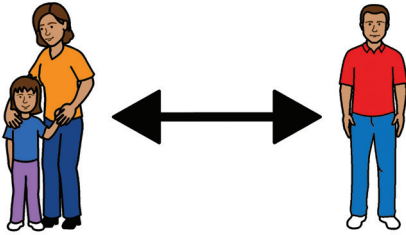


- is spread when you are close to someone else.



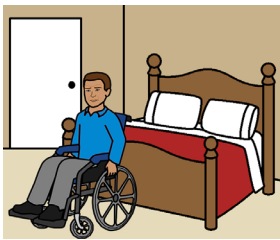
We need to keep everyone safe from coronavirus.

What happens if you have coronavirus?



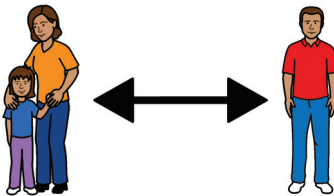
If you have coronavirus you must **isolate** straight away.

Isolate means you stay away from other people.
For example, the people you live with.



When you isolate you **must**

- stay at home



- stay away from everyone



- wash your hands often



- cover coughs and sneezes.



The only reasons to leave home when you isolate are

- for medical care
- to get tested again for coronavirus



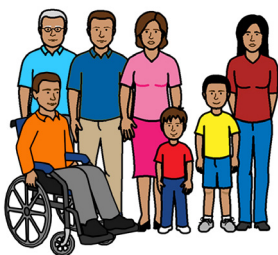
- in an emergency.
For example, fire or family violence.

Who do I tell that I have coronavirus?



To keep them safe you **must** tell

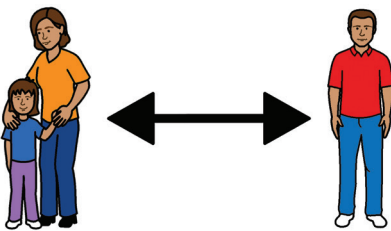
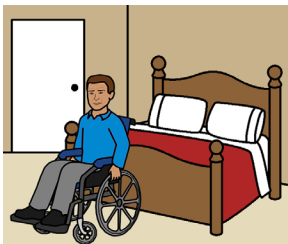
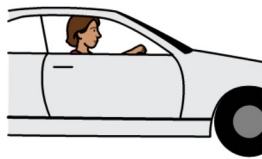
- your employer



- people you live with.

You can also tell people you have been close to in the last few days.

Where should I isolate?



After you test positive for coronavirus you **must**

- **immediately** go to the place where you will isolate

and

- **not** stop anywhere on the way.

You can isolate in

- your home

or

- another place away from your family.

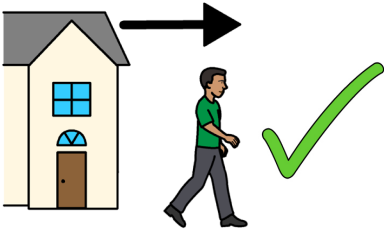
We can help you

- find a place to stay

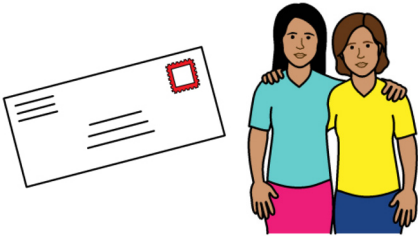
and

- get food or medicine if you need it.

How long should I stay at home?



You **must** stay at home until the Department of Health and Human Services tells you it is safe to stop staying at home.



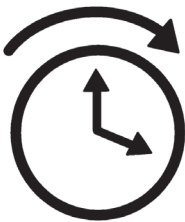
You will get a letter that tells you when you can stop staying home and do normal activities again.



For more information call the Coronavirus Hotline

1800 675 398

Press 0 to talk to an interpreter.

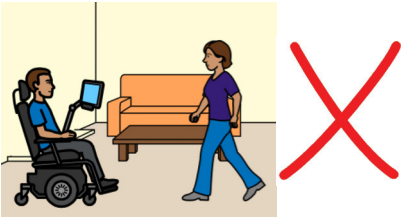


You can call 24 hours a day and 7 days a week.

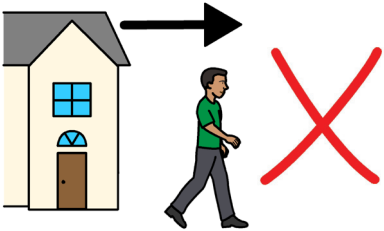
How to stay safe



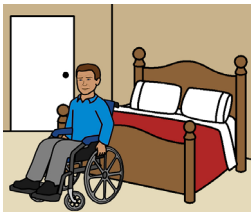
You can do important things to keep you and the people you live with safe.



You must **not** let people visit your home.



You must **not** leave your home except to get medical care or in an emergency.



Stay in a separate room away from the people you live with.



Keep the door to the room closed and a window open if the weather is ok.

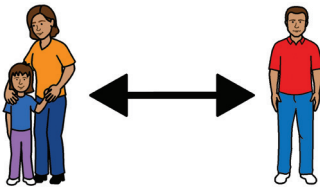


Use a separate bathroom if you can.

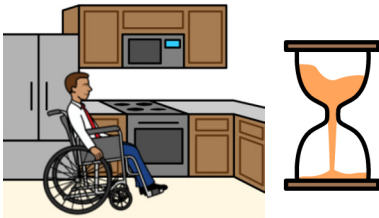


If you **must** leave the room you are in

- wear a face mask

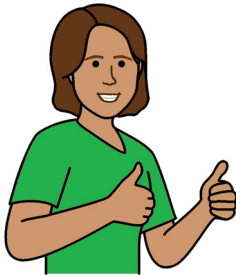


- keep 1.5 metres or 2 big steps away from other people



- only go into other areas of your home for a short time.

For example, you **cannot** watch TV or eat meals with other people in your home.



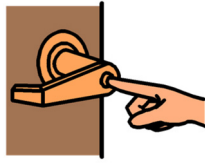
This will help keep the people you live with safe.



Clean everything you use and touch in shared rooms of your home with a strong cleaner.

For example, bleach.

Shared rooms might be the kitchen or bathroom.

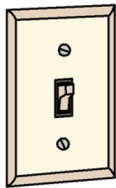


Remember to clean

- door and cupboard handles



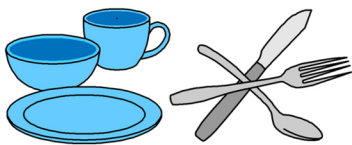
- taps



- light switches

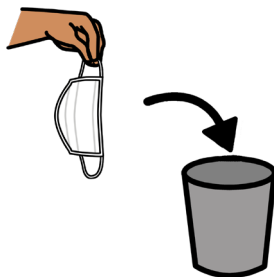


- bathroom surfaces. For example, the toilet seat.



Have a set of household items just for you to use.

For example, plates, cups and cutlery.



If you have a paper face mask you can only use it once. Throw it in the bin after you take it off.

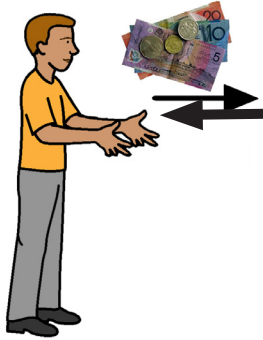


Wash laundry often in your home with hot water and detergent. You **cannot** go to a laundromat.



Ask friends or family who do **not** have to isolate to get food and other things for you.

Help to stay at home



The government can pay you if you **cannot** work because you have coronavirus.



You can also get a box of food delivered if you **cannot** get help from friends and family.



For more information call the Coronavirus Hotline

1800 675 398

Press 0 to talk to an interpreter.



You can call 24 hours a day and 7 days a week.

Other ways to get help



It can be hard to isolate.



Remember that you will **not** have to stay away from other people for long.

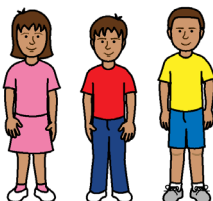


When you isolate you can still keep in touch with family and friends in different ways.

For example, telephone, email or social media.



You can ask your employer if you can work from home.



It can be hard for children who need to isolate.

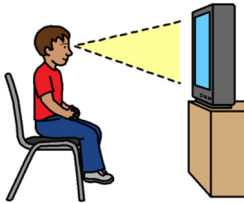


It can help to keep doing normal things at home.



Normal things at home might be to

- go to sleep and wake up at the same time



- watch your favourite TV shows



- exercise.



Go to Wellbeing Victoria for more information

www.together.vic.gov.au/wellbeing-victoria



If you have a health condition make sure you

- keep taking your medication



- keep doing any treatments



- look out for new symptoms.



You might feel

- worried or afraid

or



- alone because you are away from other people.



There are services that can help you.



Lifeline Australia

A crisis support service that gives support at any time.

Website www.lifeline.org.au

Call 13 11 14



Beyond Blue

Help for people who feel sad or alone.

Website www.beyondblue.org.au

Call 1300 224 636



Kids Helpline

A free and confidential counselling service for young people.

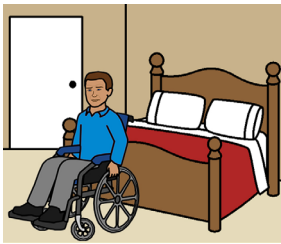
Website www.kidshelpline.com.au

Call 1800 551 800

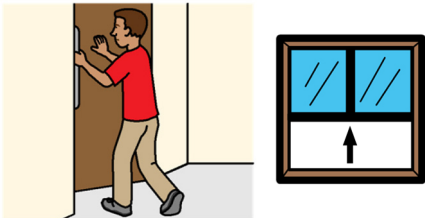
How to care for someone who has coronavirus



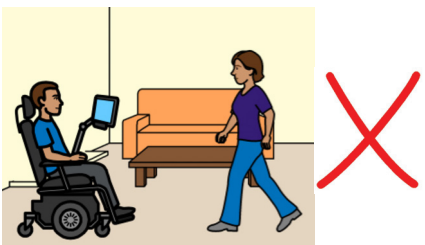
If you care for a family member who has coronavirus there are things you can do to keep everyone in your home safe.



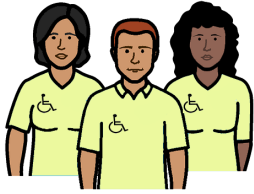
Make sure the person with coronavirus stays in 1 room and away from other people.



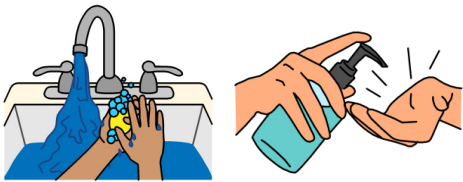
Keep the door to their rooms closed and their windows open if the weather is ok.



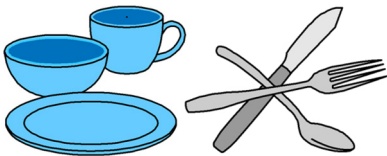
Do **not** let people visit your home.



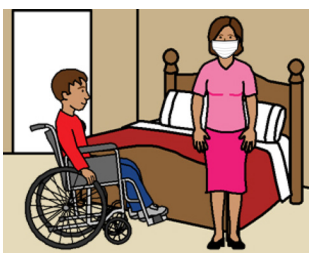
Try **not** to use too many different carers. This is to help stop the spread of coronavirus.



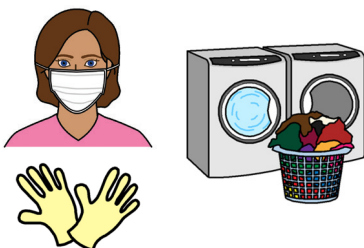
Always wash your hands with soap and water or use a hand sanitiser before and after you are in their room.



Keep their dishes and cutlery separate from the rest of the household.



Wear a face mask when you are with the person who has coronavirus.



Wear a face mask and gloves when you touch laundry and wash at the highest heat setting.



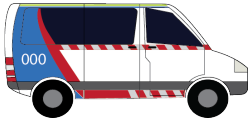
Clean places in your home after they have been touched by the person with coronavirus.



Put used tissues and face masks in a plastic bag and then throw them away.



You **must** wear gloves to touch used tissues and face masks then wash your hands.



If the person you care for has serious symptoms call Triple Zero and ask for an ambulance.

Call 000

Serious symptoms might be difficulty breathing.



If you need more help call the Department of Health and Human Services Public Health Division for advice.

Call 1300 651 160



If you need to see a doctor you should call them first so they can

- get ready for your appointment

or



- arrange a telephone appointment.

More information

For more information about how to isolate

Go to the Department of Health and Human Services website.



dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19



For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

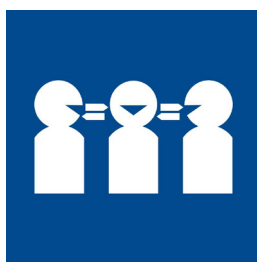
Press 0 to talk to an interpreter.



If there is an emergency

Call Triple Zero.

000



If you need help with English

Contact the Telephone Interpreting Service.

131 450



If you need information in another language

Go to the Department of Health and Human Services website.

coronavirus.vic.gov.au/translations



If you need help to speak or listen

Use the National Relay Service.

nrschat.nrscall.gov.au/nrs/internetrelay

1300 555 727

Give the relay officer the phone number you want to call.



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Scope's Communication and Inclusion Resource Centre wrote the Easy English in November 2020 www.scopeaust.org.au.

For the original contact the Department of Health and Human Services.

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