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


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


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
