The coronavirus - how to stay healthy

3 April 2020

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 tells you important information about the coronavirus or COVID-19.

The coronavirus

● is a health problem you can get from other people

● is very contagious.

Contagious means the virus can spread easily from one person to another person.

We will call the coronavirus the virus.
About the virus

People who get the virus might

● feel hot and cold

● feel very tired

● cough a lot

● have a sore throat

● find it hard to breathe.
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 face.

What can you do?

1 Stay home

You must stay home unless you need to go out.

For example
● to shop for food

● to see a doctor

● to exercise.
2  Sneeze into your elbow or a tissue

You **must** sneeze into

- your elbow

or

- a tissue and throw it away.

If you sneeze into your hand you might spread the virus to other people.

3  Do not touch your face

You **must** wash your hands

- **before** you touch your face

and

- **after** you touch your face.
4 Wash your hands

You must wash your hands after you

- blow your nose
- cough or sneeze
- use the toilet
- touch a pet
- go out
- touch someone who is sick.

You must wash your hands

- on both sides with soap and water
- for 20 seconds to make sure they are clean.
5 Stay away from other people

You must

● stay home if you can

● work from home if you can

● stay away from other people when you leave home

● not meet people in groups.

You must stay at home for 14 days if you

● have come home from overseas

● are sick with the virus

● have been close to someone who has the virus.
6 Stay well 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.

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 for people who need it
  - for example, people with health problems or older people.
If you think you have the virus

You should

- call a doctor

- call the National Coronavirus Helpline
  1800 020 080.

The helpline is a free phone number you can call any time day or night.

Learn more about the virus

World Health Organization
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

The Australian Government Department of Health website
https://www.health.gov.au
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.

Website https://www.relayservice.gov.au