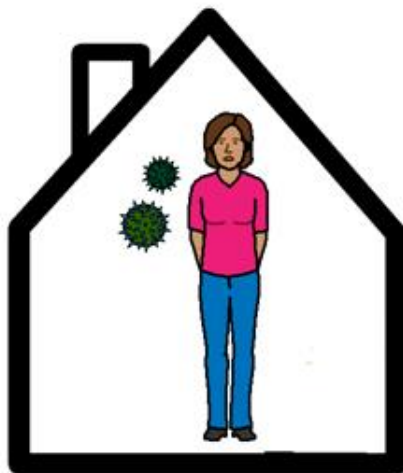


# Coronavirus (COVID - 19)

## Information



## Self – Isolation

### What does it Mean?

Easy English

March 24 2020

# Easy Read

## Hard Words



This book has some hard words.

The first time we write a hard word

- the hard word is in **blue**
- we will write what the hard word means

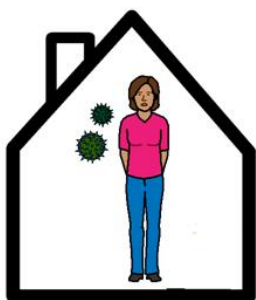


You **can** get help with this book.

You **can** get someone to help you

- read this book
- know what it says
- find more information

## Self - Isolation



**Self-Isolation** means

- **stay at home**
- **stay away** from other people

You **must** self-isolate if you



- **test positive** to **coronavirus (COVID-19)**.

**Test positive** means you have coronavirus.



- you were **very near** a person with **coronavirus**

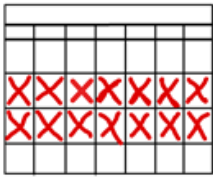


- you came to **Australia** from overseas from **March 15 2020**.



Self – isolation is important to help **stop** the spread of coronavirus.

# How to self-isolate



You must **stay at home** for **14 days**.

**Stay at home** means

- do **not** go to public places, like

- work
- school
- shops
- childcare



- **ask** your family, friend, or carer to

- get **food** and **shop** for you
- **leave** food and shopping at your front door



- do **not** let visitors in your house



- only people who live with you can stay with you.

## Going Outside at Home

If you live in a **house**, you can



- go into your garden or courtyard

If you live in an **apartment** or are in a **hotel**, you can



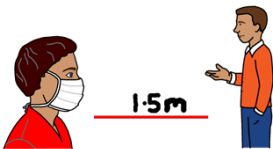
- go into the garden

but



- you must **wear** a mask

and

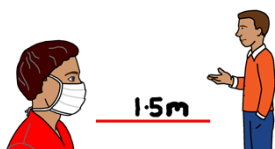


- **stay away** from other people



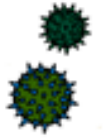
If you need to go to another place, like

**doctor** or **hospital**



- wear a mask
- stay away from other people

# How to look after yourself at home



Watch for [symptoms](#) of coronavirus.

**Symptoms** of coronavirus are



- **fever**



- **cough**



- **sore throat**



- **trouble breathing**

If you get **sick** in the 14 days, call



- your doctor (GP)

or

- **National Coronavirus Health Information Line**

**1800 020 080**



If you are very sick, or breathing is hard for you  
call an ambulance.



**0 0 0**

## People Who Live with You



The people that live with you, like

- your **family**
- or
- your **housemates**

do **not** need to stay at home **if** you



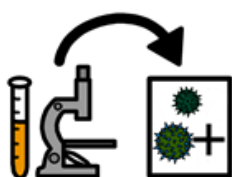
- did **not** test positive to coronavirus

and



- are **well**

**But if you**



- **test positive** for coronavirus

or



- get **sick** with symptoms of coronavirus



your family and housemates **must** also  
**stay at home.**

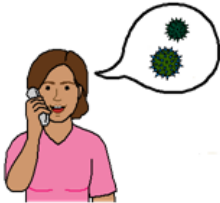
# How to Stay Happy at Home



- **Keep in touch** with family and friends on



- phone
- email and social media



- **Learn** about coronavirus and talk to people about it



- **Eat well**



- **Exercise**



- Work from home, if you can



- If you have children, ask the school to help them learn from home.



- Do things to help you relax, like
  - watch TV
  - listen to music



Advocacy for Inclusion wrote the Easy English

### **Contact details**

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