

HELP STOP THE SPREAD OF CORONAVIRUS (COVID-19)



WE
LIFE WITHOUT BARRIERS
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COVID-19 or Coronavirus (sounds like Ka-ro-na-vy-rus) is a yucky bug that can make people sick.

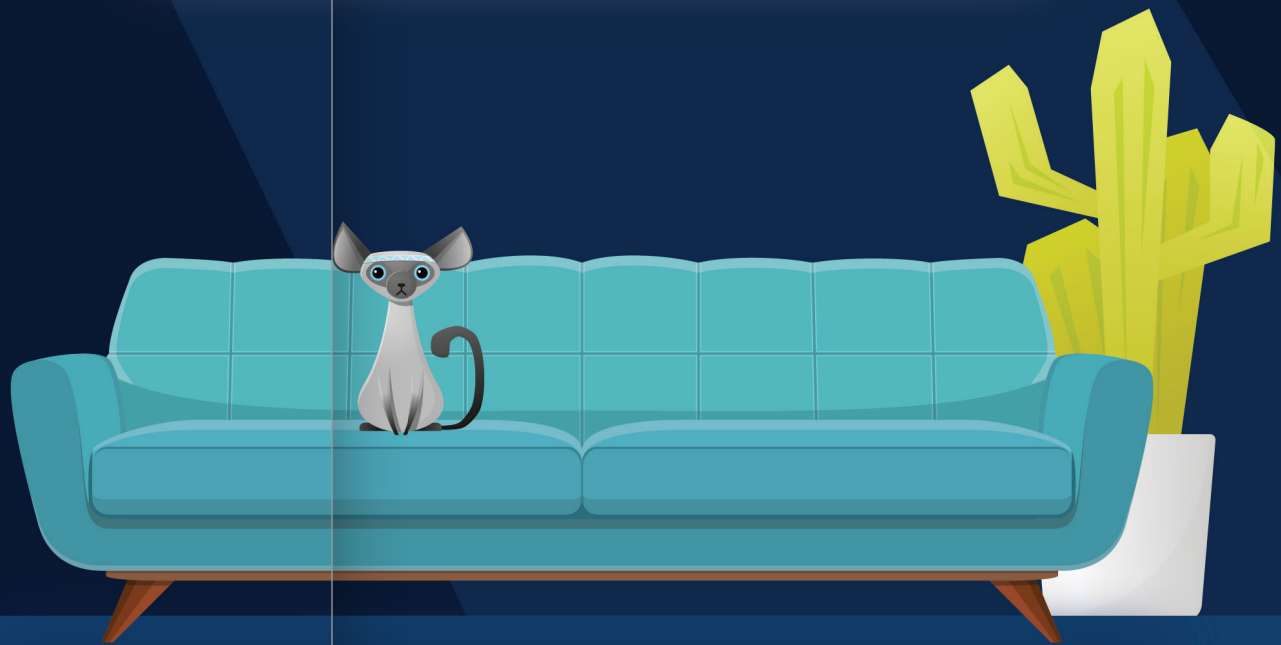
People can catch it from each other.

You can get it when someone who has it coughs, sneezes near you, or touches you when they have just coughed or sneezed.

It's a bit like the flu!

What does it feel like?

- You can get a sore throat
- You can feel hot like you have a fever or temperature
- A dry cough

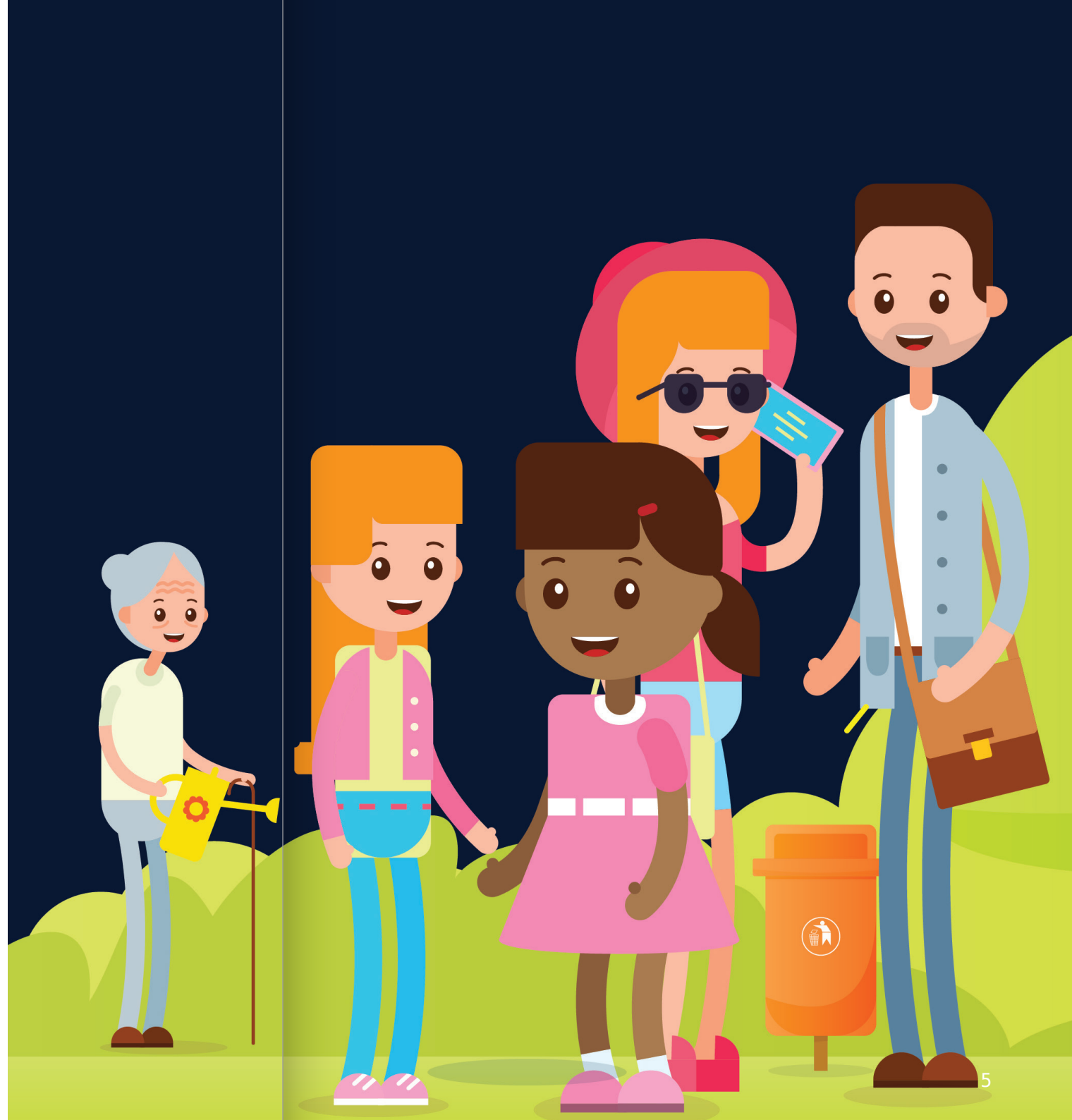


Most people will get better from Coronavirus

Some people may have to go to hospital

Some people may die

Children, old people and those with pre-existing conditions are at highest risk.





The virus started overseas

Now some people in
Australia have it

We need to be ready in case
it comes to our community.

You can look after yourself by doing these things:

Wash your hands often with soap and water

Do this before you eat and after you go to the toilet

Wash your hands after you cough or sneeze and when you come home from work or school.



Stay away from big crowds of people and don't touch other people.

If you cough cover your cough with your elbow, then wash your hands.

No big crowds





There is no needle to cure Coronavirus, but you still need your flu needle this year.

Flu and Coronavirus together may make you very sick.

Do not travel to big towns or cities.

You are safer at home.

You can go to the Clinic

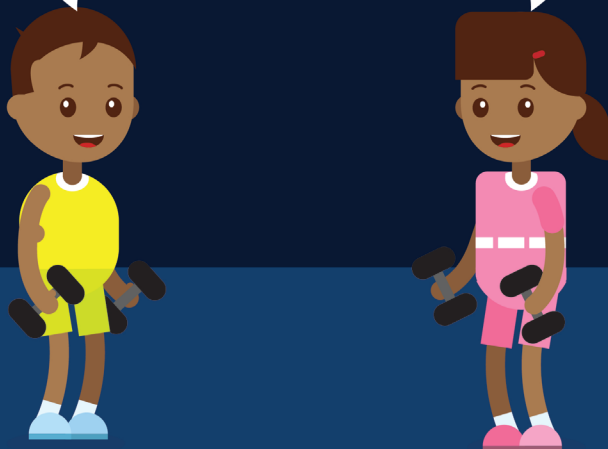
You can buy food

You can go to work

And you can exercise outside with one other person.



Stay strong and healthy and
look after each other.



More information

For the latest advice on Coronavirus (COVID-19) go to:

- Australian Government Department of Health www.health.gov.au
- **Call the Life Without Barriers National COVID-19 Response Call Centre 1800 313 117**
- Life Without Barriers, www.lwb.org.au