

# Coronavirus

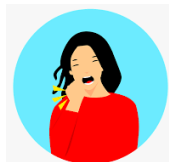


The Coronavirus is like a flu or bad cold.

It can make you sick with:



- Fever



- Cough



- Sore Throat



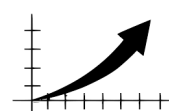
- Trouble Breathing



Some people will only get a little bit sick, but some will get very sick and need to go to hospital



There is not much Coronavirus in Australia now.

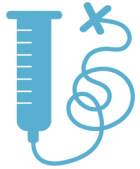


There might be a lot of people sick with Coronavirus in Australia in the coming months.

## Here are some things you can buy to prepare:



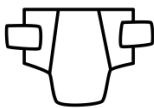
- Make sure you have a month or more of your medicine and prescriptions



- Make sure you have a month or more of important medical supplies – oxygen probes, catheters and feeding tube supplies, for example (many of these are made overseas and are running out)



- Make sure you have a good supply of any special foods you need



- Make sure you have a month or more of continence aids and hand sanitiser, gloves and wipes

## Here are some things you can do to keep safer:



- Wash your hands back and front with soap many times every day
- Count to 20 every time you wash your hands, or sing the happy birthday song twice



- Wash your hands before and after you eat



- Wash your hands after going to the toilet



- If you cough or sneeze, try to catch it in your elbow



- Use hand sanitizer gel after you touch things in public, like:
  - shopping trolleys
  - door handles
  - light switches
  - computers, mice and shared phones



- You might want to wear a P2/N95 mask when you're in a crowded space if you have a cough or a runny nose



- Make sure you have an emergency contact list somewhere obvious



- Stay away from people who are coughing or sneezing – the virus can come through the air into your body



- Try not to touch your eyes, nose or mouth with your hands – if the virus is on your hands, it might go into your body



- Ask your support workers to wash their hands, and to stay away if they are sick



**If you get sick a lot or are immune-compromised, have diabetes, poor lungs or are a smoker, it might be a good idea to avoid events with lots of people.**



- Try online shopping for your food and supermarket needs



- Use online video to catch up with a friend



- Put a sign on your door to ask sick people to stay away

## If you get sick



- You can call HealthDirect for FREE anytime, day or night, on 1800 022 222 and talk to a nurse for advice



- If you get a fever, and a cough and are worried, stay home and make an appointment with your doctor.



- If you have a cold and are very sick or breathing is hard for you, call an ambulance on 000

## If you want to find out more detail about the new coronavirus, here are two good links:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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## How can The Growing Space help you?

### Your Support Coordinator can help you with:



- Finding new places to buy your disability products if your usual ones have run out



- Help you prepare a RediPlan for any disaster

<https://www.thegrowingspace.com.au/rediplan-easy-english-redcross-disaster-planning/>



- Help you write a contact list



- Explain this email

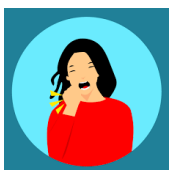
### Your Support Coordinator will:



- always use sanitizer on their hands before and after meeting with you



- not meet with you if they are sick



Please tell us if you are sick so we can make another time to meet, or help you on the phone.