



What is Coronavirus?

It is a **virus**. This is a germ that makes people sick. It is also called COVID 19.



It is like the flu or a very bad cold.

Coronavirus spreads from person to person.



You might catch it when someone coughs near you.



Or you can catch it if you touch your face after touching things that have the virus on them.

What can I do to stay safe?

Here are some things you can do to help you and other people from getting sick from the virus.



Don't stand close to other people in case they are sick.



Don't shake hands. Say hello without touching other people.



Use a tissue when you cough.

Put your dirty tissue in the bin then wash your hands.



You can also cough into your elbow to stop germs spreading in the air.

Wash your hands a lot. You need to wash really well for 20 seconds. You need to get rid of any germs that might have got on your hands.

Use hand sanitiser if you are out and don't have soap and water.



Don't touch your face. If the Coronavirus germs are on your hands they could go into your body and make you sick.

What if I feel sick?



Do you have a sore throat, a cough and feel hot? Do you feel tired? Is it hard to breathe?

Tell your family or support workers as soon as you feel sick.



Don't go to your doctor's surgery.

Phone the **Coronavirus Hotline**. You can ring any time, day or night and talk to a health worker.



They will ask how you are feeling and tell you what to do next.

Their number is 1800 020 080

The NDIS and You



If you are worried about catching Coronavirus you can ask to have meetings with the NDIS over the phone.



This includes meetings that are planned for you:

- Plan review
- First plan meeting



You can get your new plan without having a face to face meeting

The NDIS will ask you to have a phone meeting if you:

- Just came back from overseas
- Have been in contact with someone who has coronavirus



If you have been to another country where people have Coronavirus and you need to talk to the NDIS, it's safest if we talk to you:

- On the phone
- By email



If you want to call the NDIS their number is 1800 800 110