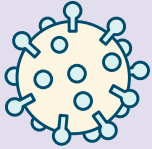


Coronavirus: Staying at home



This is important information for you about coronavirus (COVID-19).

There are other helpful fact sheets on our website:



- *Coronavirus: What is it?*



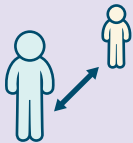
- *Coronavirus: 5 things to do right now*



- *Coronavirus: What you need to know*



- *Coronavirus: FAQs*



- *Coronavirus: Social distancing.*



Information and support are available. You are not alone.



Contact the Disability Information Helpline on **1800 643 787**
or visit **www.dss.gov.au/disabilityhelp**



This fact sheet was updated on 14 April 2020.

How to use this document



The Australian Government wrote this document. When you see the word 'we', it means the Australian Government.



We have written this document in an easy to read way.

We use pictures to explain some ideas.



You can ask for help to read this document.

A friend, family member or support person may be able to help you.

Who needs to stay at home?



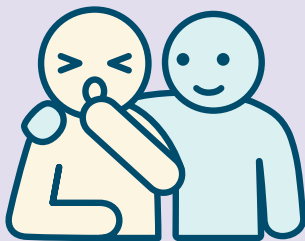
At the moment, some people need to stay at home.

This is called self-isolation.

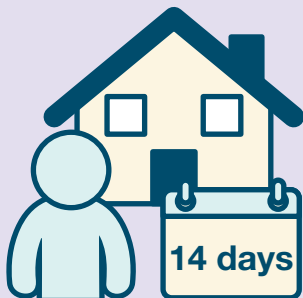
You might need to self-isolate if you:



- have just come back from overseas



- have been close to someone who has coronavirus.



If this applies to you, you will need to stay in your home or hotel room for 14 days.



At the moment, the Australian Government is asking people who have returned from overseas to stay in a hotel.

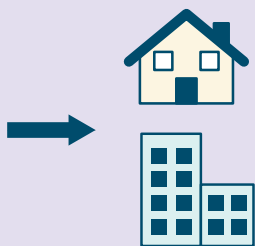


If you need to stay in a hotel, this will be organised for you at the airport or seaport when you get back to Australia.



You will not need to pay for the hotel.

What do you need to do?



If you've been asked to self-isolate, you need to go straight to your home or hotel.



It is best if you can do this in a car.



If you need to use a taxi or public transport, you must be very careful because there is a chance you might spread the virus.

You need to:



- wash your hands or use hand sanitiser



- keep space between you and other people – at least 1.5 metres.



Once you get home, stay home.



Don't go out to public places.



Don't go to school, work or university.



Don't have any visitors over.

If you are in a hotel, avoid:



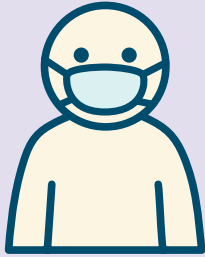
- other guests



- people who work there.



If you are not sick, you don't need to wear a mask when you're at home.



If you must leave your home to get medical care, you should wear a mask.



If you don't have a mask, be careful not to sneeze or cough around other people.



If you don't have a mask, sneeze or cough into a tissue then put the tissue in the bin.



Then wash your hands.

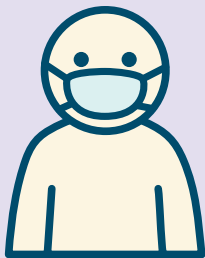
Going outside



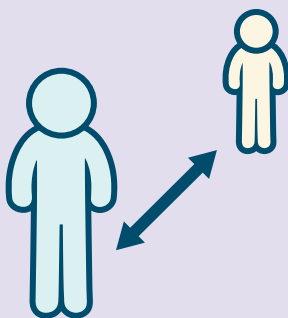
If you live in a private house, it's ok to go into the garden or courtyard.



If you live in an apartment or are staying in a hotel, you can go into the garden or sit on the balcony.



You should wear a mask if you do this.



Try to keep space between you and other people.

Living with other people



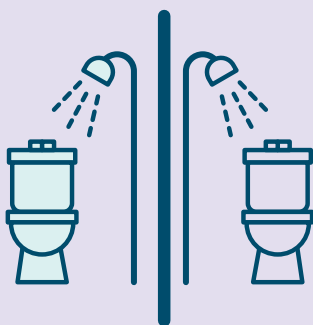
If you live with other people, they can keep living in the home.



Keep space between you and other people – at least 1.5 metres.



Recover in a separate bedroom.

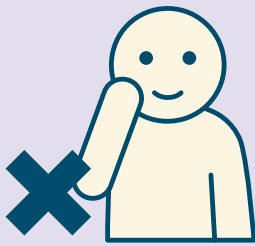


Use a separate bathroom if you can.



If you get sick with coronavirus, the people you live with will need to stay at home for 14 days.

Sneezing and coughing



Don't touch your eyes, nose or mouth.



Sneeze or cough into a tissue then put the tissue in the bin.



If you don't have a tissue, sneeze or cough into your bent elbow.



Wash your hands with soap and water after you cough or sneeze.



Or use hand sanitiser.

Cleaning

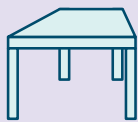


Clean your home carefully and often.



Use a cleaning product that kills germs.

Clean the:



- table tops



- door handles



- benches



- hand rails



- light switches



- kitchen



- bathroom.

What are the symptoms?



A symptom is a sign that you might be sick.

You might:



- see symptoms
- feel symptoms.

The symptoms of coronavirus are:



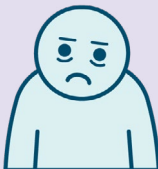
- fever



- sore throat



- cough



- tiredness



- shortness of breath.

People who have coronavirus can have:



- none of these symptoms and feel ok



- some of these symptoms and feel a little sick



- all of these symptoms and feel very sick.

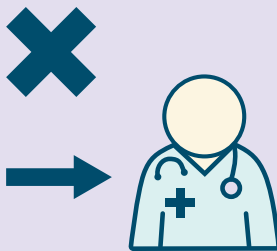


If you have trouble breathing, call an ambulance straight away on 000.

What if you get sick?



If you get symptoms of coronavirus, you should call your doctor.

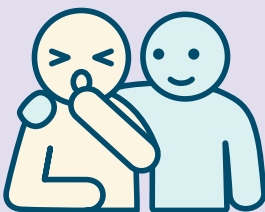


Do not go to the doctor – call first.

Tell the doctor's office if you have:



- just come back from overseas



- been close to someone who has coronavirus.



You must stay at home, in your hotel or in hospital until your doctor or other health worker says it is safe for you to go out again.

How to manage staying at home



Staying at home can be stressful and boring.

You might like to:



- contact friends and family on the phone or online



- read the news and learn about coronavirus

- keep up your routines, such as:



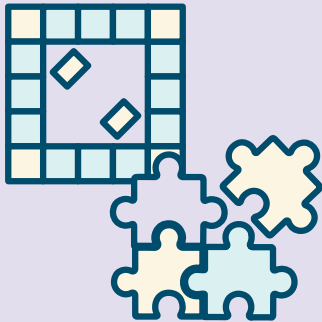
- eating well



- exercising



- work from home if you can



- do activities that you enjoy and that you may not usually have time for.

If you have children, you can:



- explain what's happening in a way that they can understand



- ask their school to give you activities or homework by email or post.

More information

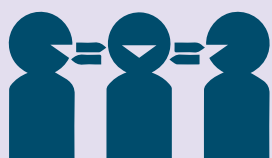


For more information, contact the Disability Information Helpline on **1800 643 787** or visit www.dss.gov.au/disabilityhelp



24 hours

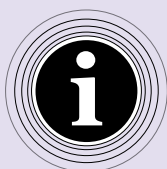
You can call the National Coronavirus Helpline on **1800 020 080**. It's open 24 hours a day.



If you need information in a language other than English, call **131 450**.



If you're worried about your health, call your doctor. Do not go to the doctor – call first.



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