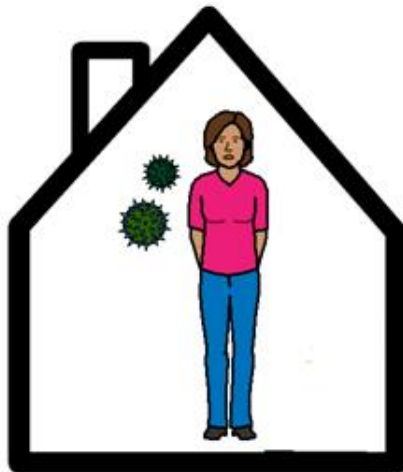


Coronavirus (COVID - 19)

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

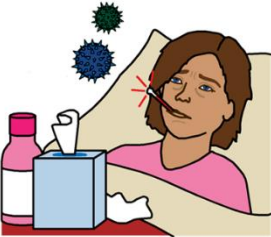
Self - Isolation



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**

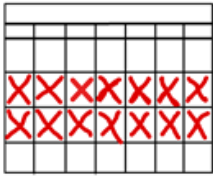


- you came to **Australia** from overseas from
March 15 2020.



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



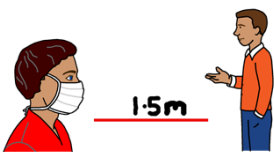
- **go** into the garden

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 in isolation



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

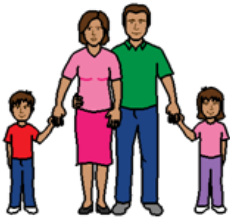


If you are very sick, or breathing is hard for you
call an ambulance.



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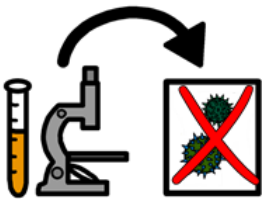
People Who Live with You



The people that live with you, like

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

do **not** need to self-isolate **if** you



- did **not** test positive to coronavirus

and



- are **well**

But if you



- **test positive** for coronavirus

or

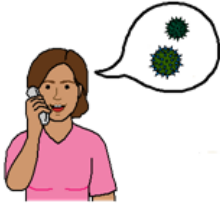


- get **sick** with symptoms of coronavirus



your family and housemates **must** also
self-isolate.

How to Stay Happy in Isolation



- **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

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Image Acknowledgments

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