

Kinela

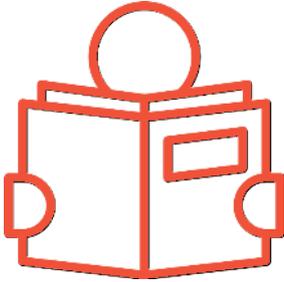
# Coronavirus

## An Easy Read Guide

Helping NDIS participants stay safe

Easy read version





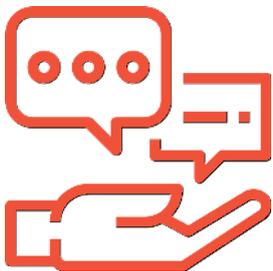
## How to use this booklet

- Kinela wrote this booklet. When you see the word “we”, it means Kinela.
- We use pictures to explain some ideas.
- We have written some words in **bold**. We explain what these mean on page 5.



## What this booklet will teach you

- Key Facts about the coronavirus.
- Symptoms.
- How to stay safe.
- How to get medical help.
- Accessing disability support.



## Coronavirus Advice

The government’s advice is that you should stay at home.

You should only leave the home for:

- Shopping essentials
- Medical or care needs

Please listen to the government and follow their latest advice.



## Key Facts

- Coronavirus is a type of **virus**.
- A virus can make you **sick** or unwell.
- Coronavirus is spreading quickly.
- Coronavirus can pass from human to human.
- People of all ages can be **infected**.
- The virus might spread more if people don't follow health advice.



## Symptoms

- **Symptoms** can take up to 14 days to appear.
- 14 days is the same as 2 weeks.

The symptoms can be:

- **Fever**
- Cough
- Sore throat
- Trouble breathing



### How to stay safe

The best way to protect yourself from the coronavirus is to stay clean and stay at home.

- Wash your hands regularly with soap or hand sanitiser.
- If you cough or sneeze use a tissue and throw it away.
- Avoid touching your eyes, nose and mouth.
- Avoid contact with people with coughs or colds.
- Avoid crowded places.
- Stay at home.



If you have symptoms, you can call the Coronavirus Hotline on **1800 020 080**.

If you trouble breathing,  
**call 000 for urgent medical help.**

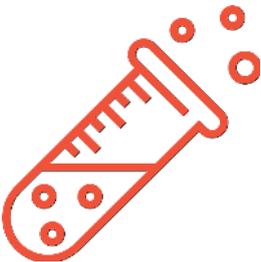


## How to get medical help

If you have any symptoms you need to call your doctor or hospital.

Tell the doctor about:

- Your symptoms.
- If you've travelled overseas this year.
- If you've been near someone who has Coronavirus.



## Testing

Your doctor will tell you if you should be tested. They will arrange the test for you.



## Kinela is a helping provider

- Kinela offers services and support to people with disability.
- You can order healthy, affordable home-delivered meals from Kinela.
- Kinela has a special team of dietitians and speech pathologists to help you stay healthy.
- You can talk to Kinela by calling **1300 448 100** or email **hello@kinela.com**.



## How can you get more information?

You can get up-to-date information from the Australian Government Department of Health's website:

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



## Word List

- **Virus:** A virus is an illness or disease that can spread easily from one person to another person.
- **Sick:** If you are sick, you do not feel well.
- **Infected:** Someone who is infected has a disease that can be spread from one person to another.
- **Symptoms:** A sign that someone is sick.
- **Fever:** A medical condition in which the temperature of your body is very high and you feel sick.