

Coronavirus

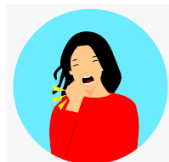


The Coronavirus is like a flu or bad cold.

It can make you sick with:



- Fever



- Cough



- Sore Throat



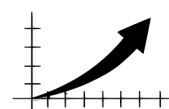
- Trouble Breathing



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.

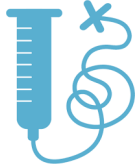


There might be a lot of people sick with Coronavirus in Australia in the coming months.

Here are some things you can buy to prepare:



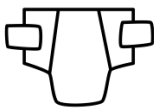
- Make sure you have a month or more of your medicine and prescriptions



- 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



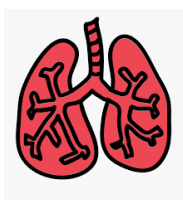
- Stay away from people who are coughing or sneezing – the virus can come through the air into your body



- 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

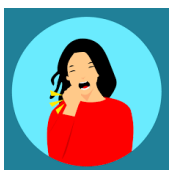
Your Support Coordinator will:



- 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.