What is Coronavirus?

Coronavirus (COVID-19) is a new virus like the flu or a very bad cold.

Lots of people all over the world are getting coronavirus.

It can make people very sick and some people who get coronavirus might die.

You can get coronavirus:

- from someone who has got it

- if you touch something they have touched.

Coronavirus can make you very sick

You might have a:

- high temperature

- sore throat

- dry cough

It might be hard to breathe.

If you feel sick:

- tell someone you trust

- ask them to help you call a doctor.

The doctor will tell you what to do.

You can also ring the **Coronavirus Hotline** on **1800 675 398** if you think you might have coronavirus.

If it's hard to breathe or you feel very sick call **000** and ask for an **ambulance**.

The Government says...

The Australian Government has made rules to keep people safe and to **stop** them from getting coronavirus.

Stay home.

You can only go out to:

- get food

- exercise

- see the doctor

- get medicine

- visit family and friends

Rules for groups of people

You can only have 5 people visit you at home or be with 10 people outside. No big groups.

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How you can stay safe...

Wash your hands

Use **soap** and **hot water** and wash your hands for **20 seconds**

Stay 1.5 metres away from other people. This is called **social distancing**.

1.5 metres

When you cough or sneeze

- Use a tissue and put it in the bin

- Use your arm if you don't have a tissue

Try not to touch your face.

Coronavirus can get into your body if you touch your mouth, nose and eyes.

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It's important to…

Keep talking to people

You can use a

- telephone

- computer

- iPad

Talk to someone you trust, your family and friends

This can help if you are feeling alone

Stay Healthy

- exercise

- eat healthy food

- keep moving and doing things at home

- learn something new.

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