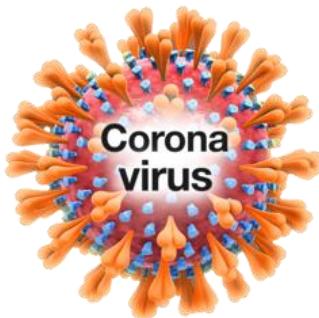# What is Coronavirus?

Coronavirus (or 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.
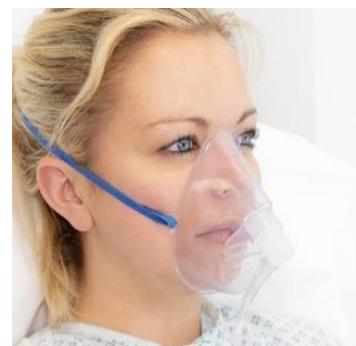

You can get Coronavirus:

- 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 some rules to help keep people safe and to **stop** them from getting Coronavirus.

Stay home
unless you need to:
- get food
- exercise
- see the doctor
- get medicine
- visit family or 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.

Everyone must follow the rules.

The rules are made to keep everyone safe and well.

How you can stay safe…

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

Keep your distance
Stay 1.5 metres away
from other people

1.5 metres

If you cough or sneeze
Use a tissue and put it
in the bin straight
away

It's important to…

Stay connected – talk to someone you trust, chat with family and friends on the telephone or social media.

Stay Healthy - exercise, eat healthy food, keep moving and doing things in your home, learn something new.

Be kind – stay calm and look out for one another.