

# Coronavirus (Covid-19) News



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

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.

## 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**.

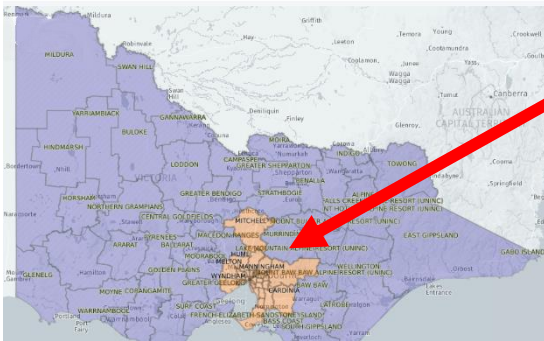
# Coronavirus in Victoria



Lots of people in Melbourne are getting the Coronavirus.

The Victorian Government has made some changes to the rules to keep people safe.

If you live in Metropolitan Melbourne or the Mitchell Shire these rules will start at 11.59pm on the 8<sup>th</sup> July and go for 6 weeks.



## The Victorian Government says...



**Stay home** unless you need to:

- get food
- exercise
- see the doctor
- get medicine



**Keep away from other people.**

Only 2 people can be together, unless they all live in the same house.



**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



## 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.