

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

## Stay safe:



- Keep 1.5 meters away from people you don't live with, like when waiting in line or walking through busy areas.



- Don't shake hands, hug or kiss people you don't live with.



- If you feel sick, stay home



- If you think you might have Coronavirus, get tested



## Rules for groups of people:

There can be 20 people:

- in a home
- in a group outside
- in a public place



This means you and 19 other people.

**20 people can be at these places, but must stay 1.5 meters away from each other:**



- outdoor group sports and exercise.
- public playgrounds, outdoor gyms and skateparks.
- Indoor and outdoor swimming pools, but only 3 people can be in each lane.
- Galleries, museums, Government buildings, and historic places.
- Libraries and community venues.





**20 people can be at these places but rooms must be big enough so people can stay 1.5 meters away from each other:**



- Cafés and restaurants.



- Outdoor amusement parks, zoos and places where you play video games (arcades).



- Beauty shops like tanning, waxing, tattoo, nail shops and spas.



- Retail shops, like shoe or clothes shops.



- Places of worship, like Churches.
- Weddings.



**50 people can be at a funeral.**





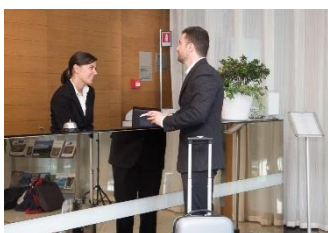
**You might be asked for your name and number when you visit these places to keep you and other people safe.**

## **Sleeping away from home:**

You can stay the night at:



- a holiday house.
- someone else's home.



- a hotel or motel.
- a caravan park.



- a camping ground.



**If you are at a caravan park or camping ground you cannot use rooms like group kitchens or group bathrooms.**

# 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**.



## 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.

# 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.