**Women with   
Disabilities Australia**



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# **About Coronavirus. Also called COVID – 19.**



****This book is about **coronavirus.**



We wrote this book for **women and girls with** **disability.**



We are Women With Disabilities Australia.

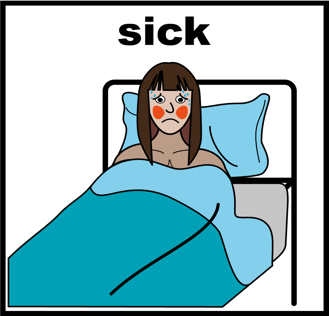
## **What is coronavirus?**



Coronavirus is like a bad flu or cold.



It is a new virus in Australia.

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The coronavirus has been called a **pandemic**.   
A **pandemic** is a new virus that has spread across different countries.

## **How do I get coronavirus?**

You can get coronavirus through contact with another person that has coronavirus.

Like when someone with the virus



* coughs or sneezes around you



* shakes your hand
* touches something that you touch



* shares drink or food with you.

## **How can I stay healthy?**

There are things you can do to protect yourself and others from getting coronavirus.

You can



* wash your hands with soap and warm water
* try not to touch your face



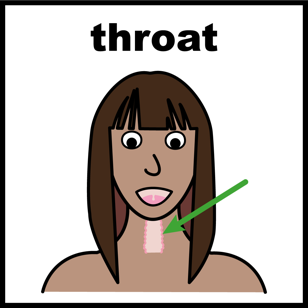
* stay away from people who are sick
* avoid places with lots of people

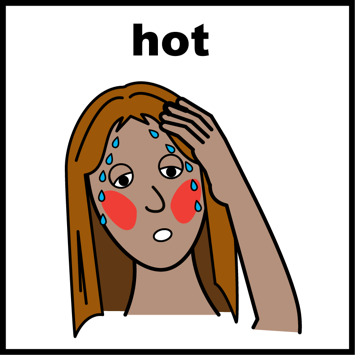


* eat fruit and vegetables
* get enough sleep.

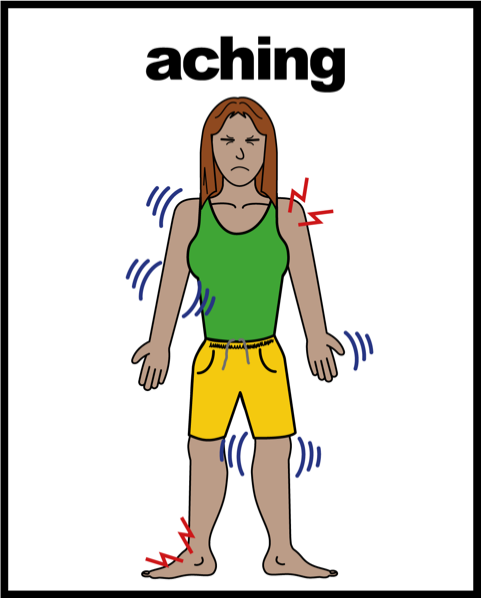
## **How do I know if I have coronavirus?**

If you have coronavirus you might

* have a cough
* have a sore throat



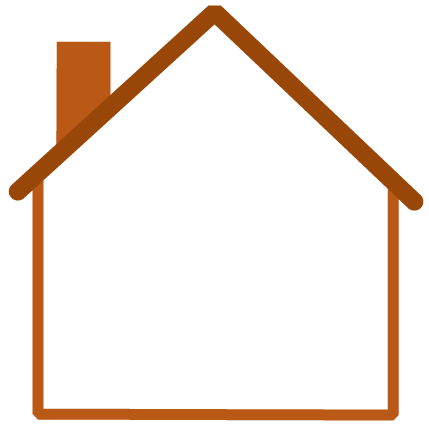
* feel very hot
* have a headache



* have body pains
* feel tired.

## **What do I do if I get sick?**

If you feel unwell or have symptoms of coronavirus you should



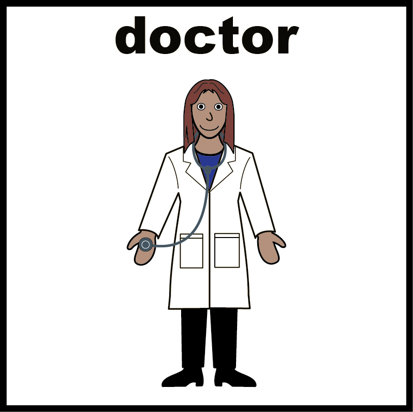
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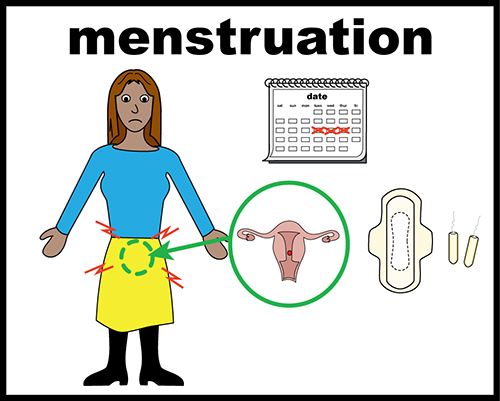
* stay home if you can
* try not to see other people

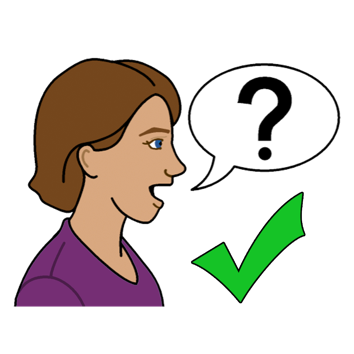


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* cover your mouth when you cough
* wear a mask when around other people.

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* call your doctor and book an appointment
* tell them you might have coronavirus
* they can do a test to see if you have the virus.

**Where to get help**

To get help or more information about corona virus you can contact

**Coronavirus Health Information Line**

call ………….. 1800 020 080

any time of day or night.

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**Health Direct**call ………….. 1800 022 222

any time of day or night.



**Ambulance**If you are very sick or cannot breathe

call ………….. 000

A close up of a sign

Description automatically generated**National Relay service**   
If you are deaf or have a speech impairment  
call ………….. 1800 555 677

TTY …………. 133 677

A picture containing clipart

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**Translation and Interpreting Service**   
If you need a translator

call ………….. 131 450

****A close up of a computer

Description automatically generated**More information**

You can get more information and updates on the coronavirus from



**World Health Organisation**

* [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

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**Australian Government**

* [www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert](http://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert)

**Thank you**

**Who wrote this book?**

Women with Disabilities Australia wrote this book in 2020.

This book is for general education and information only.

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