What is Coronavirus (COVID-19)?

QDN
QUEENSLANDERS WITH DISABILITY NETWORK
NOTHING ABOUT US WITHOUT US

Developed by Queenslanders with Disability Network (QDN) www.qdn.org.au

Queensland
Government
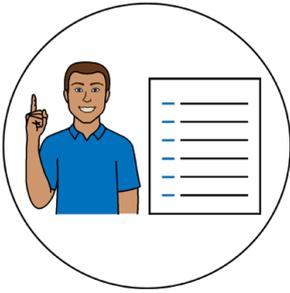
This information has some words that you may not have seen before.

virus	an illness that can spread easily from one person to another person
coronavirus	a type of virus
COVID-19	is the same as coronavirus
self-isolation	is for people who are sick and have tested positive for coronavirus, and must self-isolate while recovering.
self-quarantine	you are told by a doctor or the Government that you must stay home for 14 days

This information is for people with disability and tells you about:

The coronavirus and how to stay healthy.

How coronavirus can go from one person to another – spread.

Some helpful phone numbers and websites.

It is important that in responding to coronavirus you:

Get information about coronavirus.

Keep in touch with family, friends and workers by phone or social media instead of in person to stay connected.

Plan for what you will need for your day to day life.

Get the support you need each day and know where to get help if they get sick.

Know where to go and who to call for up to date information.

What is the coronavirus?

Coronavirus is a virus.

It is also called COVID-19.

People who have coronavirus may get a cough, fever and find it hard to breath.
Most people will feel unwell but can stay at home.

Some people will need more help and may need to go to hospital.

What are the symptoms of coronavirus?

Fevers happen when your body temperature rises above your normal temperature.

Fever

Blowing air out of your mouth to get rid of a tickle in your throat.

Cough

When you feel extra tired.

Fatigue

When your throat is sore, and it is hard to swallow.

Sore throat

When it is hard to breathe normally.

Shortness of breath

What if I feel sick with these symptoms?

Stay home if you feel sick.

Call your doctor or 13 Health (13 43 25 84) to ask what to do next.

If you are very unwell, go to the hospital or call 000 for an ambulance.

How coronavirus can go from one person to another (spread)

Viruses can go from one person to another through the air from a cough or a sneeze.

Viruses can stay on things people touch like a door handle. When the next person touches the door handle, then touches their face, they can get the virus.

A virus can go from your hands into your body when you touch your eyes, nose, or mouth.

Things you can do to stay healthy:

 Keep up to date with information.

 Wash your hands often with soap.

When you can't wash your hands with soap use hand sanitizer or wipes.

 Stay 2 big steps away from everyone, especially people coughing or sneezing.

 If you sneeze or cough use your elbow or a tissue and then put the tissue in the bin.

 Try not to touch your mouth, eyes and nose.
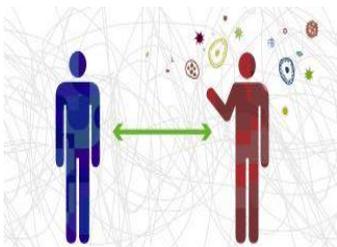
 Don't shake hands, hug or kiss other people.

 Stay away from people who are sick. Stay home if you are sick.

How to slow and stop the spread of coronavirus

You can **slow the spread** by having less face-to-face contact with other people

It is important that your family, friends and support staff do these things as well.

This is called social-distancing.

This does not include social media and phone calls.

Ask your support people to wash their hands when they arrive at your home or use hand sanitizer.

Try not to touch other people.

Some people who may be more at risk are in self-quarantine. This is when you choose to stay at home to keep yourself and others healthy from the virus.

Open windows to let air flow. Think about if you need to go out and if it is a must do.

Where can I get most up to date information? Who can I call?

Queensland Health

If you are feeling unwell or you need some extra help to get food and medication you can call **13 Health.** The phone number is **13 43 25 84.**
https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19

Australian Government
Call the **Department of Health** phone number for COVID-19 on **1800 020 080** if you would like to know more about coronavirus.
www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

National Relay Service can be contacted on **1300 555 727** if you are deaf, hard of hearing or have a speech impairment and they can help you talk on the phone.

Translating or interpreting services Call **131 450**

National Disability Insurance Scheme (NDIS)
If you have any questions about your NDIS plan call the **NDIS** on **1800 800 110.**
https://www.ndis.gov.au/understanding/ndis-and-other-government-services/ndis-and-disaster-response

Queenslanders with Disability Network (QDN)

If you need more information or you would like to connect with other people with disability you can call QDN on 3252 8566. Join QDN on Facebook
https://www.facebook.com/QueenslanderswithDisabilityNetwork/