

Women with Disabilities Australia



About Coronavirus.

Also called COVID – 19.



This book is about **coronavirus**.



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



Women
With
Disabilities
Australia
(WWDA)

We are Women With Disabilities Australia.



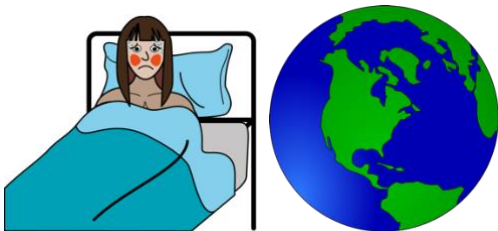
What is coronavirus?



Coronavirus is like a bad flu or cold.



It is a new virus in Australia.



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



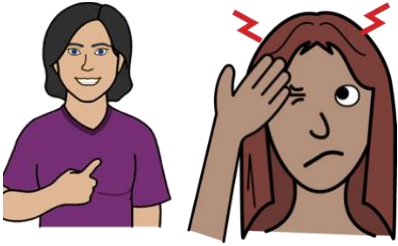
- wash your hands with soap and warm water
- try not to touch your face



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

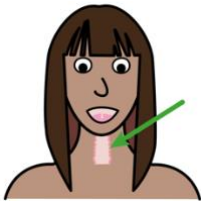


- eat fruit and vegetables
- get enough sleep.



How do I know if I have coronavirus?

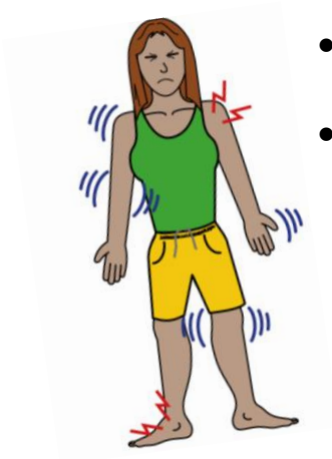
If you have coronavirus you might



- 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



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



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



- 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.



Health Direct

call 1800 022 222
any time of day or night.



Ambulance

If you are very sick or cannot breathe
call 000

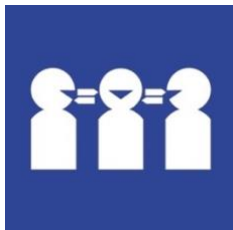


National Relay service

If you are deaf or have a speech impairment

call 1800 555 677

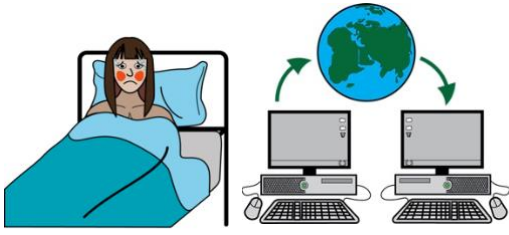
TTY 133 677



Translation and Interpreting Service

If you need a translator

call 131 450



More information

You can get more information and updates on the coronavirus from



World Health Organisation

- www.who.int/emergencies/diseases/novel-coronavirus-2019



Australian Government

- 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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