

# How social distancing and good hygiene can help you be healthy

Easy English booklet 24 MARCH 2020

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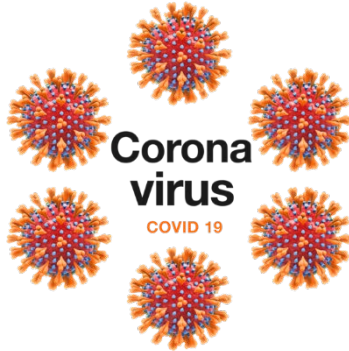
## How to use this booklet

- This document was written by Life Without Barriers in Easy English.
- We use pictures to explain some ideas.
- Some words are written in **blue**. We explain what these words mean.
  
- This document explains what **social distancing** is and how you can do it. It also explains how you can keep yourself clean with good **hygiene**.



SOCIAL DISTANCING TO  
STOP CORONAVIRUS  
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- There is a virus going around called **coronavirus**, which is making some people sick.
- Coronavirus sounds like ‘ca-ro-na-vy-rus’
- Coronavirus is a bit like the flu. You can’t see it but if you catch it, you may feel very sick.
- People who have the coronavirus can feel things like:
  - Fever
  - Cough
  - Sore throat
  - Trouble breathing

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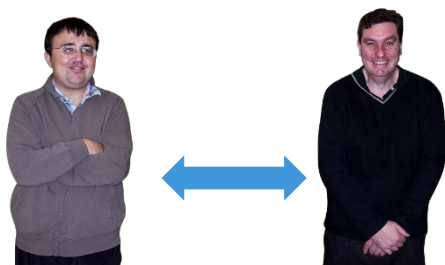


- Coronavirus is spread when we cough, sneeze or touch people who have it.



- Life Without Barriers is doing everything we can to protect you from catching it in our services, but there are things that you can do, too.

- One of the best ways to stop coronavirus spreading is doing something called **social distancing**.



- Social distancing means avoiding close contact between you and other people as much as possible.

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- You can start social distancing now by doing things like:

- Not touching other people, like hugging or holding hands



- Staying at home and not going out to busy places like the shops if you can



- Keeping yourself healthy and hands clean is another important way that everyone can help stop Coronavirus spreading.

Keeping clean is also known as **good hygiene**.

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- You can practice good health and hygiene by making sure you:



- Wash your hands properly with soap for 20 seconds, including in between your fingers



- Don't touch your face with your hands and wash your hands after



- Always cover your nose and mouth with a tissue when you cough or sneeze and place the tissue in the bin.



- If you don't have a tissue, cough or sneeze into your elbow

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- If you start to feel sick, tell your support team straight away.

It's very important staff know if you are unwell so they can help you.



- If you have any questions about coronavirus and how you can stay safe from it, talk to your support network.



- You and your supporters can also call the Life Without Barriers National COVID-19 Response Call Centre on **1800 313 117**



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