

# HELP STOP THE SPREAD OF CORONAVIRUS (COVID-19)



WE  
LIFE WITHOUT BARRIERS  
VE

COVID-19 or Coronavirus (sounds like Ka-ro-na-vy-rus) is a yucky bug that can make people sick.

People can catch it from each other.

You can get it when someone who has it coughs, sneezes near you, or touches you when they have just coughed or sneezed.

It's a bit like the flu!

What does it feel like?

- You can get a sore throat.
- You can feel hot like you have a fever or temperature.
- A dry cough.



Most people will get better  
from Coronavirus.

Some people may have to go  
to hospital.

Some people may die.

Children, old people and  
people who are already sick  
are at highest risk.





The virus started overseas.

Now some people in  
Australia have it.

We need to be ready in case  
it comes to our community.

You can look after yourself by doing these things:

Wash your hands often with soap and water.

Do this before you eat and after you go to the toilet.

Wash your hands after you cough or sneeze and when you come home from work or school.



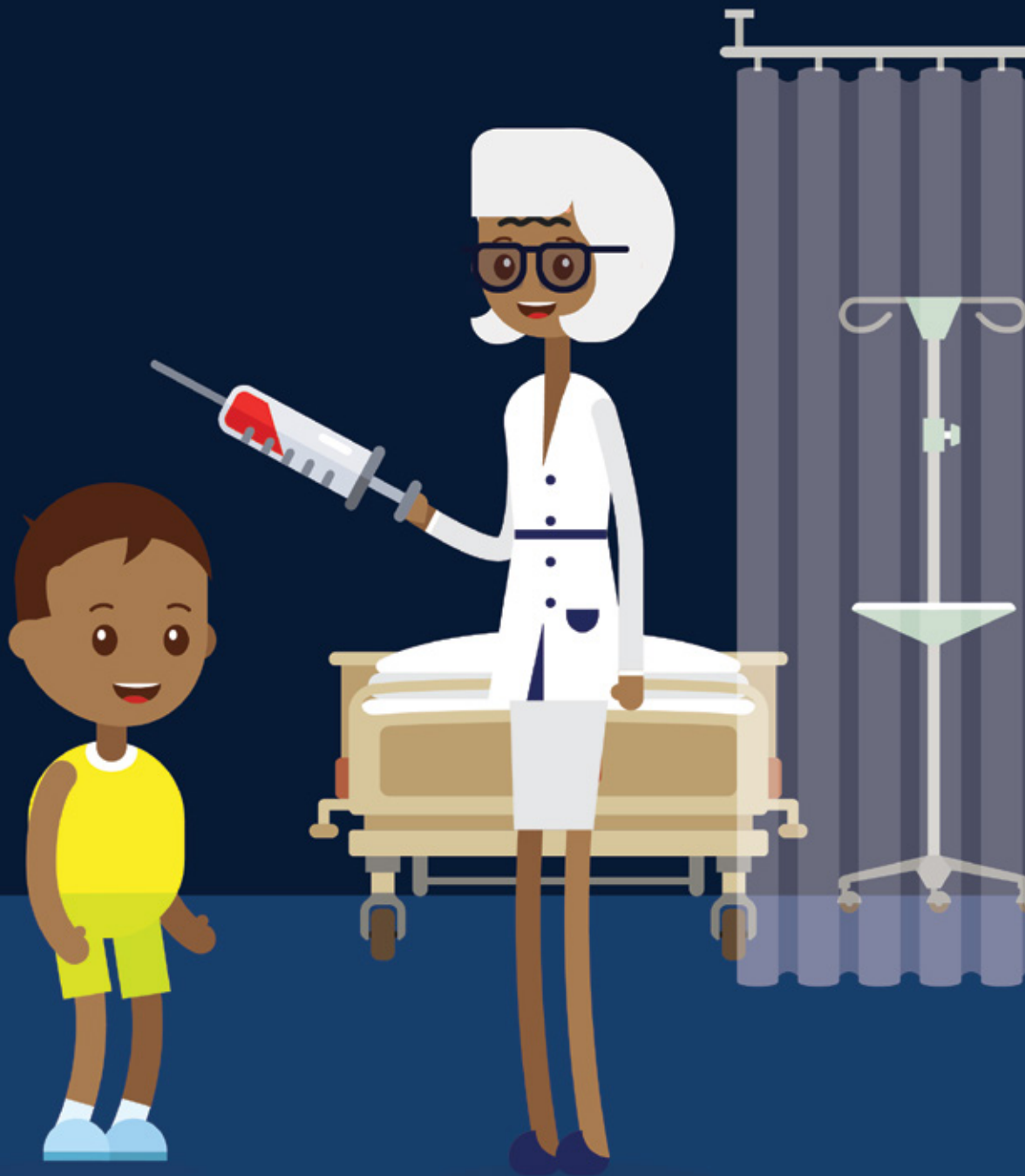


Stay away from big crowds of people and don't touch other people.

If you cough cover your cough with your elbow, then wash your hands.

# No big crowds





There is no needle to cure Coronavirus, but you still need your flu needle this year.

Flu and Coronavirus together may make you very sick.

Do not travel to big towns or cities.

You are safer at home.

You can go to the Clinic.

You can buy food.

You can go to work.

And you can exercise outside with one other person.





Stay strong and healthy and  
look after each other.



### More information

For the latest advice on Coronavirus (COVID-19) go to:

- Australian Government Department of Health [www.health.gov.au](http://www.health.gov.au)
- **Call the Life Without Barriers National COVID-19 Response Call Centre 1800 313 117**
- Life Without Barriers, [www.lwb.org.au](http://www.lwb.org.au)