

Update on your disability support services in Victoria during Coronavirus

Easy English booklet 23 June 2020



How to use this booklet

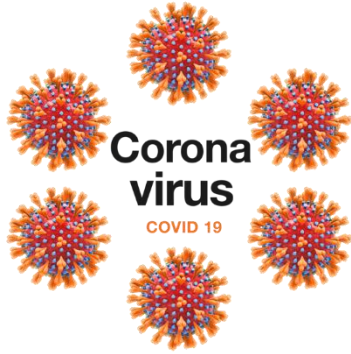
- This document was written by Life Without Barriers in Easy English.
- We use pictures to explain some ideas.
- Some words are written in **blue**. We explain what these words mean.



- This document explains some ongoing changes to your support in Victoria during **Coronavirus**.

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- As you may know, **Coronavirus** is a virus that has been going around and making some people sick.
- Coronavirus sounds like 'ca-ro-na-vy-rus'.



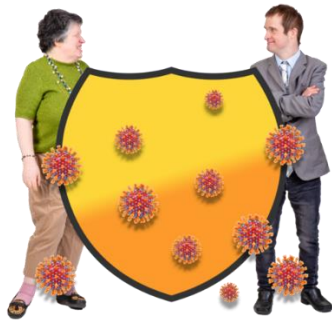
- Coronavirus is a bit like the flu. You can't see it but if you catch it, you may feel very sick.



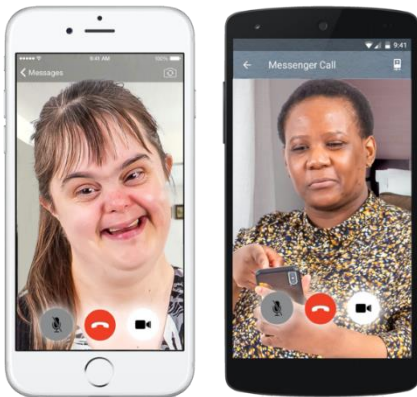
- You can get the virus from someone coughing, sneezing or touching you if they have it.

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- Life Without Barriers is trying to help make sure you don't get sick in our services or during activities you like.



- Because of Coronavirus, some activities you do at home or in the community, may have been different over the past few weeks.



- In the last week, many more people have become sick in Victoria because of Coronavirus.

- To keep you safe, you may notice some changes for a little longer. This includes:



- ✓ **There may be fewer people in your group activity.**

This is to help keep everyone safe and will be a choice by you, your family or supporters and the people who provide your activities.



- ✓ **Social distancing in your group.**

This means you should try to stay more than 1.5 metres from other people in the group, so no touching or hugging.

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✓ **Less visitors.**

There may be less visitors at your house than usual to help reduce the risk of the virus. If your family or friends want to visit you, they should check with staff first.

✓ **More handwashing.**

You and your staff will keep washing their hands a lot more, to help stop Coronavirus making you sick.

This includes when you return home after any activities – you will need to wash your hands as soon as you get home.



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✓ **More cleaning.**

Your staff will also be cleaning more, including cars or buses you travel in, to help protect you from getting sick with the virus.

✓ **Being careful about where you go.**

There are places near where you live where there are lots of people with Coronavirus.

These places are called hotspots and we will help you stay away from these places, so you don't get sick.



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- If you have any questions about Coronavirus and how you can stay well talk to the people who support you.



- 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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