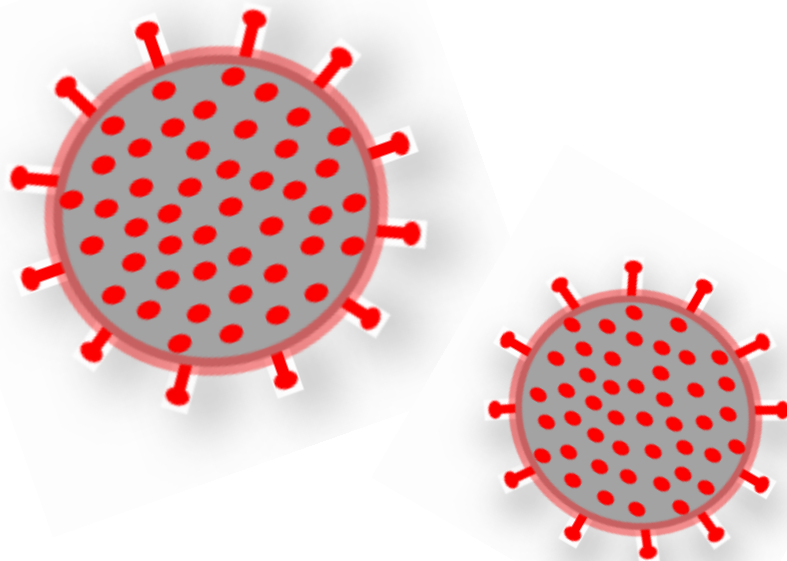
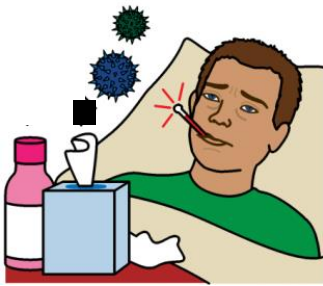


# What you need to know about Coronavirus (COVID-19)



## What is Coronavirus (COVID-19)?



It is a virus that can spread quickly and widely.

## What are the symptoms?



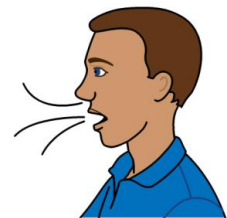
fever



sore throat



coughing



shortness  
of breath

## Who is at risk?

You are more likely to get COVID-19 if



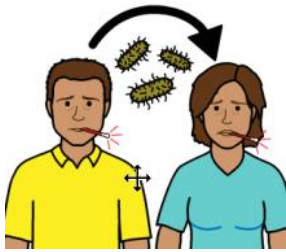
you have been near anyone with COVID-19



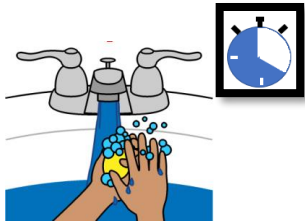
you have been overseas in the last 14 days

COVID-19 can be more serious for people who have diabetes, kidney failure, low immunity, or are older.

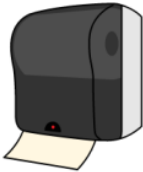
## How you can stop it from spreading



The virus spreads from person to person. This is what you can do to help stop it.



Wash your hands with soap for 20 seconds or more



and dry them with a hand dryer or paper towel



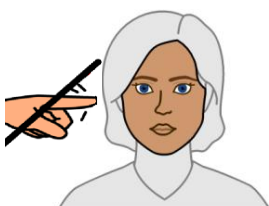
Use a tissue when you cough or sneeze



or use your elbow when you cough or sneeze



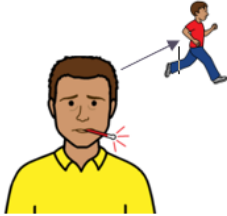
Throw away paper towels and tissues



Do not touch your face



Stay home if you are sick



Stay away from sick people



Stay away from big groups of people



Try to stay 1.5 metres away from people you do not live with.  
This is called “social distancing”



Do not shake hands, hug, or kiss people you do not live with

### Need help?

If you need advice call



**1800 020 080** any time

enliven's Health Literacy Services prepared the easy English version of this resource  
[www.enliven.org.au](http://www.enliven.org.au) (03) 9791 1768.

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