



# **CORONAVIRUS (COVID-19) INFORMATION**

## CORONAVIRUS (COVID-19) Information



Coronavirus COVID-19 is a virus like the flu or a very bad cold.



Lots of People all over the world are getting Coronavirus.



It can make people very sick and some people who get Coronavirus might die.



You can get Coronavirus:

- From someone who has Coronavirus
- If you touch something they have touched.



## CORONAVIRUS (COVID-19) can make you sick.



If you get Coronavirus you might have:

- High temperature
- Sore throat
- Dry cough



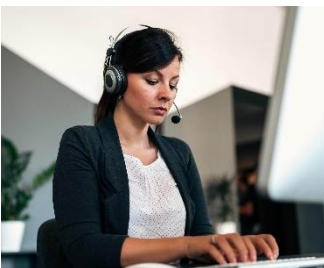
It might be hard to breathe.

If you feel sick:

- Tell someone you trust
- Ask them to help you call a doctor.



The doctor will tell you what to do.



You can also ring the **Coronavirus Hotline** on **1800 675 398** if you think you might have coronavirus.



If it's hard to breathe or you feel very sick, call **000** and ask for an **ambulance**.

## CORONAVIRUS (COVID-19) in Victoria.



Lots of people who live in Melbourne and the Mitchell Shire are getting the Coronavirus.



The Victorian Government has made some changes to the rules to keep people safe.



If you live in Metropolitan Melbourne or Mitchell Shire, Stage 4 restrictions have started from Sunday 2 August 2020 for 6 weeks.



If you do not follow the rules you will get a fine.



Across Victoria you must wear a mask over your mouth and nose every time you leave your house.



Only one person from each household can go out for shopping or necessary services once a day.

## What you must do:



**Stay Home.**



You can only go out to:

- Visit the nearest supermarket or grocery (**within 5km**).



- Exercise for maximum **1 hour** within **5km** and with only **1 person** from your household.



- See the doctor.



- Get your medicine.



Keep **1.5m distance** from other people. This is called social distancing.

## How you can stay safe:



### **Wash your hands.**

Use **soap** and **hot water** and wash your hands for **20 seconds**.



### **When you cough or sneeze:**

- Use a tissue and put it in the bin afterwards.



- Use your hand or elbow if you don't have a tissue.



- Try not to touch your face.  
Coronavirus can get into your body if you touch your mouth, nose and eyes.

## Keep talking to people.

You can use a



- Telephone
- Computer
- Tablet

Talk to someone you trust, your family and friends. This will help you if you are feeling alone.



## Stay Healthy

- Exercise.
- Eat healthy food.
- Keep moving and doing things at home.
- Learn something new.



**Get creative with us.**



Thank you for sending us drawings and letters of support.

Keep sending your drawings and letters to our Head Office at :

**AGAPI Care Inc.**

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