

Coronavirus or COVID 19

The new Coronavirus can sometimes be called “Covid-19”. Coronavirus effects your body like a flu or bad cold.

It can make you sick with:



- Fever
- Cough
- Sore Throat
- Trouble Breathing



Some people will only get a little bit sick, but some people will get very sick and need to go to hospital.

There is not much Covid-19 in Australia now.

More people will get sick with Covid-19 this year.

How can CODA help you?

Your Support Workers can help you with:

- Finding places to buy things if your usual places have run out.
- Help you write a contact list
- Explain this document
- **If you get sick** your support worker can only help you with the most important

things, like getting medicine, shopping and cooking. Until you get better.

- **If you get sick** you must let your supervisor know as soon as possible.



Your CODA worker will:

- Always use sanitizer on their hands before and after meeting with you.
- They will not meet with you if they are sick

CODA will let you know if we need to cancel your service

It is OK to be worried about Covid-19, but there are some things you can do.

Here are some things you can buy to prepare:



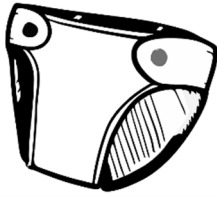
- Make sure you have a month or more of tablets, medicine and prescriptions



- Make sure you have month or more of important medical supplies – oxygen probes, catheters and feeding tube supplies. Many of these are made overseas and might run out.



- Make sure you have a good supply of any special foods you need.



- Make sure you have month or more of continence aids and hand sanitizer, gloves and wipes.

Here are some things you can do to keep safer:



- Wash your hands, back and front, with soap many times a day.
- Count to twenty every time you wash your hands, or sing the happy birthday song twice.
- Wash your hands before and after you eat.
- Wash your hands after going to the toilet.
- Wash your hands after you blow your nose.
- If you cough and sneeze, try to catch it in your elbow.



- Try to stop high 5's, hugs, fist bumps and shaking hands.



- Use hand sanitizer gel after you touch things in public, like:
 - Shopping trolleys
 - Door handles
 - Light switches
 - Computers, mice and shared phones.



- Wear masks when doctors tell you to.
- Make sure you have an emergency contact list somewhere easy to find.
- Stay away from people who are coughing or sneezing – the virus can come through the air into your body.
- If you get sick a lot or are immune-compromised, have diabetes, poor lungs or are a smoker, it is a good idea to avoid events with lots of people.



- Try not to touch your eyes, nose or mouth with your hands – if the virus is on your hands, it might go into your body.



- Ask your support workers to wash their hands, and to stay away if they are sick

- Try to use the dedicated early times for people with a disability to shop at supermarkets.



- Use online video, messaging or phone calls to catch up with friends

- Put a sign on your door to ask sick people to stay away

If you get sick

- You can call Nurse-On-Call it puts you in touch with a registered nurse for advice. 1300 60 60 24

- If you get a fever, sore throat or cough, stay home and make an appointment with your doctor.

- If you have a cold and are very sick or breathing is hard for you, call an ambulance on 000





If you want to find out more detail about the new coronavirus, here are two good links:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

If you want to find out more about how to wash your hands, here is a good link:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/handwashing-why-its-important>

If you require this information in another format please contact CODA on 5231 1573