cid Council for
Intellectual Disability

Viruses and staying healthy

Easy Read – Info Guide March 2020

Easy Read

Viruses and staying healthy

This guide explains how to avoid getting sick from a virus and what to do if you get sick.

Viruses include

- a cold

- flu

- Coronavirus

- Other illnesses like chicken pox or measles

How viruses spread

Viruses can spread through the air from a cough or a sneeze.

Viruses can spread when you touch things like a handrail that have a virus on them.
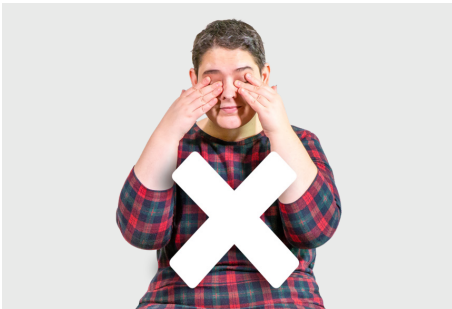
A virus can go from your hands into your body when you touch your eyes, nose, or mouth.

How to protect yourself

Wash your hands with soap and warm water often.

If you cannot wash your hands then use hand sanitiser.

Avoid touching your mouth, eyes and nose.

Try to wash or sanitise your hands before you do.

Stay away from people who are sick.

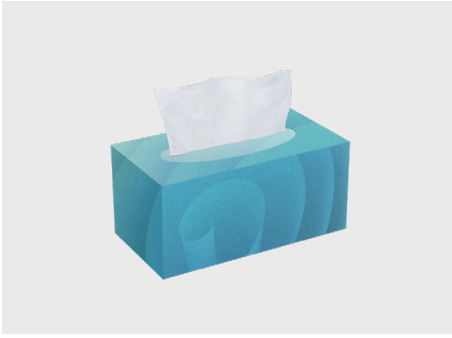Tell your friends, family and support people to stay home if they are sick.

Eat well, exercise and get lots of sleep.

These can make you stronger.

You can ask your GP for a flu vaccination.

The flu vaccination only protects you from some viruses.

How to protect others

When you sneeze and cough move away from others.

Sneeze and cough into tissues.
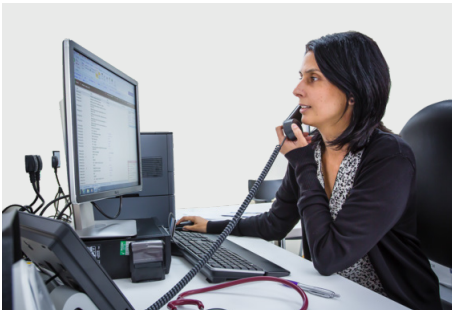
Throw the tissue away, then wash your hands.

If you do not have a tissue sneeze or cough into your elbow not your hand.

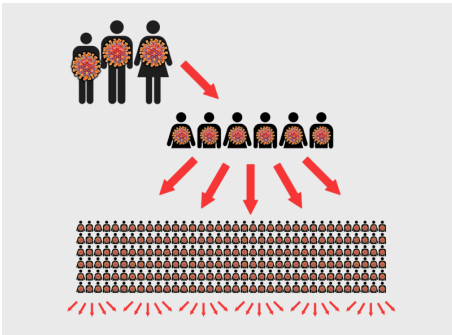## Symptoms you might have with a virus

- High temperature

- Headache

- Aches and pain

- Cough

- Sore throat

- Ear ache

- Being very tired

Feeling unwell

If you get a fever, cough, sore throat or are short of breath you can

- call your GP or doctor
- go to a hospital emergency department
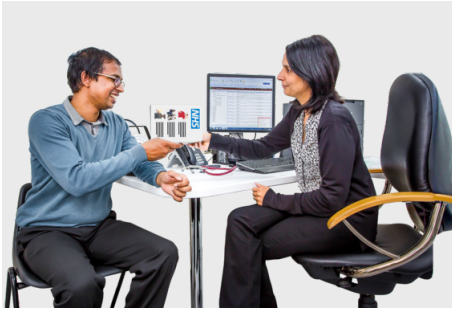- call Healthdirect **1800 022 222**

Support

Sometimes a lot of people get sick at the same time.

Sometimes there is a serious illness being reported in the news.

This can make some people scared.

If you feel worried about getting sick talk to your GP, family or support person.

Free annual health assessment

If you have an intellectual disability you can see your doctor each year for free to get an annual health assessment.

When you book your appointment say you want to book your annual health assessment under Medicare.

For more information

See CID's other easy read health guides
www.cid.org.au/health-guide

Call CID on **1800 424 065**

Visit the NSW Health website
www.health.nsw.gov.au