

Looking after your health in lockdown

Easy Read Guide 2021



Looking after your health during COVID

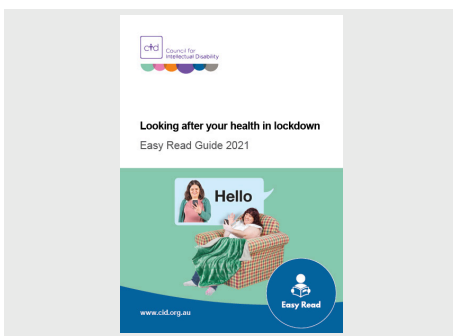


Your group home is locked down because of COVID.

This means no one can leave home.



It is important that you look after your health.



This guide tells how to look after your health during COVID.

How COVID spreads



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

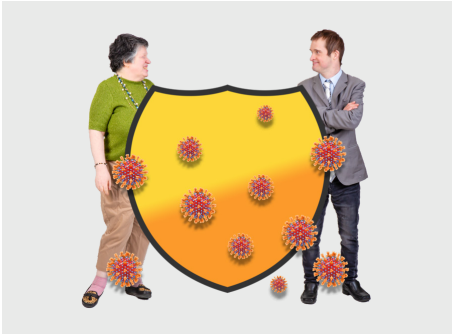


COVID can spread when you touch things like a handrail that have a virus on them.



COVID can go from your hands into your body when you touch your eyes, nose, or mouth.

How to keep yourself safe



You can do things to keep yourself safe.



Wash your hands with soap and warm water.



Wash your hands for at least 20 seconds.

This is about the same time as singing the happy birthday song.



Use hand sanitiser often.



Try to wash or sanitise your hands before you touch your eyes, nose or mouth.



Try not to touch things other people have touched.



Keep a big space between you and other people all the time.

How to keep other people safe



There are things you can do to keep people around you safe.



When you sneeze and cough move away from others.



It is important not to sneeze or cough in to your hands.



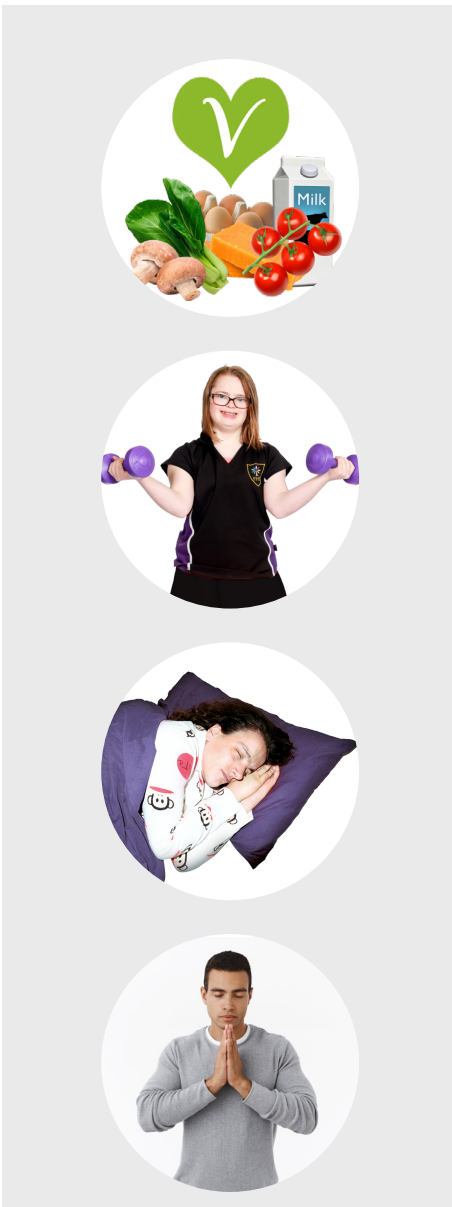
Sneeze and cough into tissues.

Throw the tissue away then wash your hands.

Keep Healthy



It is important to look after yourself when things are hard.



There are things you can do to keep healthy.

You can try to

- Eat healthy food
- Exercise
- Get good sleep
- Do breathing exercises or meditation

Feeling unwell



People who have COVID might have

- A cough or sore throat
- A fever
- Problems breathing
- Problems with smell and taste

These things are called **symptoms**.



Some people might have all the symptoms.



Other people might only have some or no symptoms.

These people can still have COVID.



It is important to tell staff if you feel sick.

Who can you talk to



You may hear a lot about COVID in the news.

You may feel scared or worried.



You can talk to people in your home like staff or the nurse.



You can call someone you trust like a friend, family member or your support worker.



It is good to talk to someone about how you feel.



Contact CID



1800 424 065



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