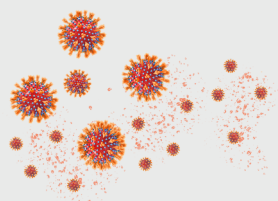


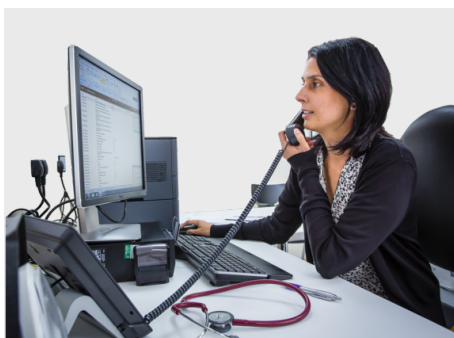


What to do if you get COVID-19



COVID-19

This guide will help you if you get COVID-19.



You can call your doctor or medical centre if you get COVID-19.



Some people get a little sick when they get COVID-19.

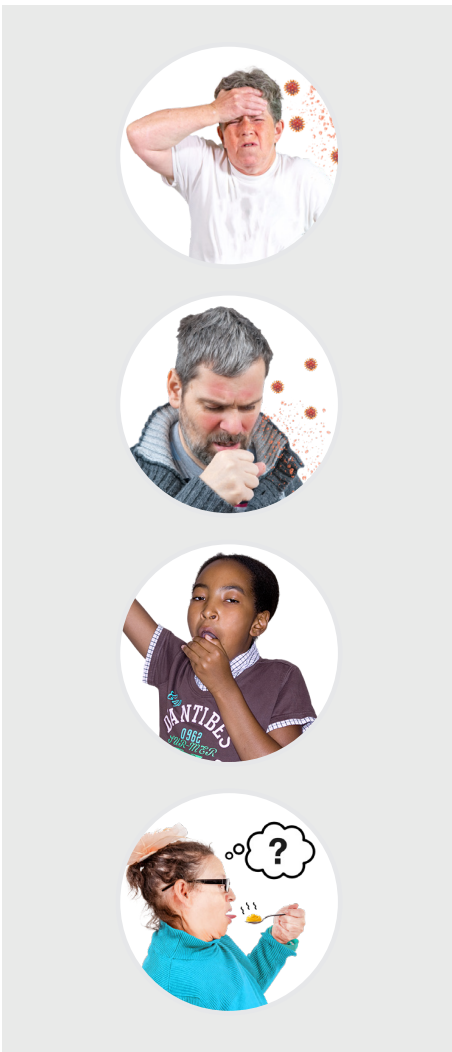
Some people get very sick if they get COVID-19.

COVID-19 symptoms



Some people only get a few symptoms.

Symptoms are things that tell us we are sick.

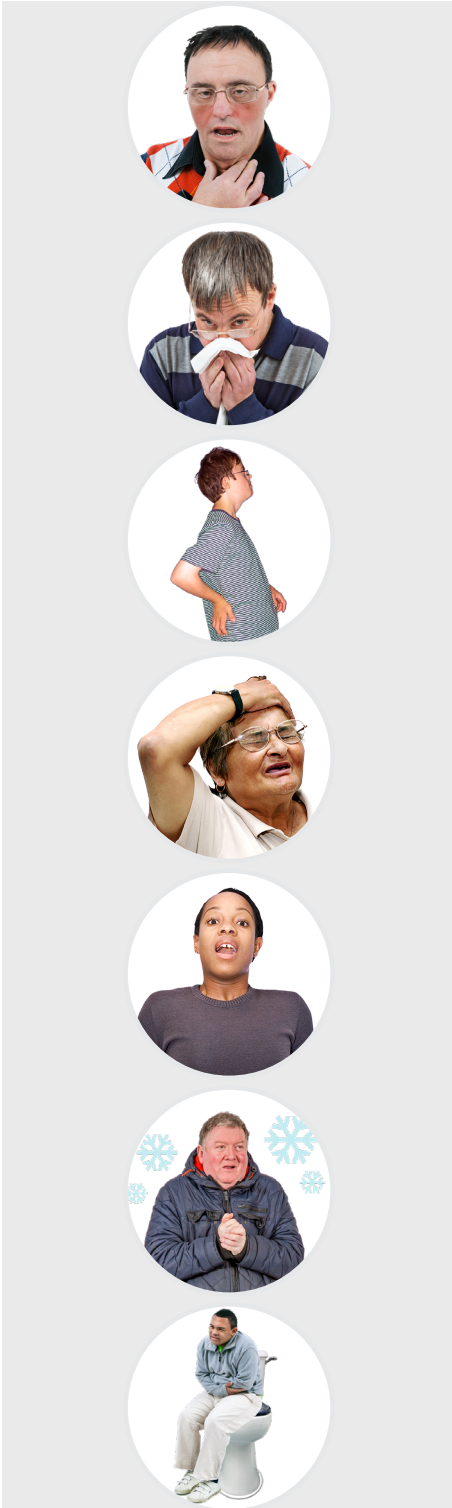


This could be things like

- A fever
- When you cough a lot
- Feeling tired
- Not being able to smell or taste things



There are other symptoms people have when they have COVID-19.



This could be things like

- Sore throat
- Runny nose
- Pain in your muscles or joints
- Headache
- Finding it hard to breathe
- Feeling cold
- Feeling sick, vomiting or diarrhea

Bad symptoms



Sometimes people with COVID-19 get very sick.

This could be things like

- You find it very hard to breathe
- Pain or a heavy feeling in the chest
- Fainting or falling to the ground
- Find it hard to think or wake up
- Cough up blood
- Pee less or not at all





For some people with COVID-19 their skin changes.

Their skin might

- Look blue or another colour
- Feel cold and wet.

They might have blue lips.



Call 000 if you have any of these things.

You can also ask someone that you trust to call 000.



You will need to get a test to see if you have COVID-19.



You can have a

- Rapid antigen test at home
- PCR test at a testing place

When you need to stay at home



If you have COVID-19 you must stay at home away from other people.

This means you must **isolate**.



You must isolate to make sure you do not give COVID-19 to other people.



When you isolate you must stay at home if it is safe.



You might have people that usually come to your home to give you important support.

You need to tell them you have COVID-19.



They can still come to your home and give you this support.



You can still go to the police or a family violence service if you are not safe.

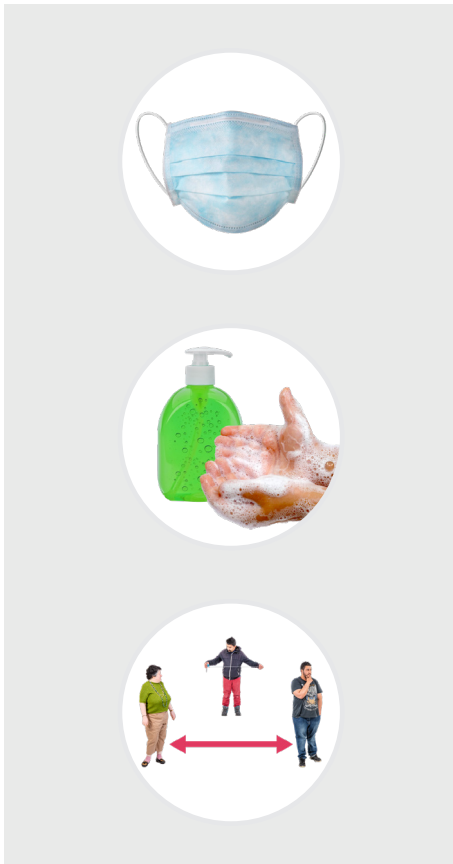


You can go out to get help if you are very sick or hurt.



You should call first before you go there.

They will tell you what to do to keep everyone safe when you go there.



Everyone at your home must

- Wear a mask
- Wash hands often with soap and warm water
- Keep a big space between each other



It might be good for people you live with to stay somewhere else if they are old or get sick easily.



It is good to tell the people around you that you have COVID-19.

This might be

- People in your house
- People where you work
- People where you learn

Look after yourself



It is important to look after yourself when you have COVID-19.



Talk to your doctor if you have a mental health issues.

Mental health issues are when you feel very upset or sad.



Talk to your family and friends.

You can call them or chat with them online.

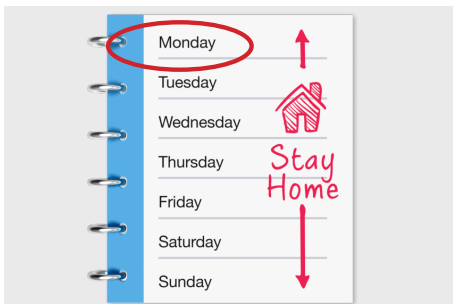


Do all the things you do every day like having a shower and getting dressed.

When you can stop isolating



You have to isolate in your home for 7 days.



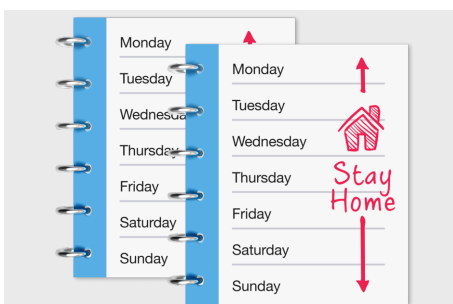
The 7 days starts the day that your test said you have COVID-19.



If you still feel sick 6 days after your test you must stay home until you feel better.



If you feel good 7 days after your test you do not need to isolate.



Some places in Australia say you have to isolate for more than 7 days.

It is good to check the details for your area.

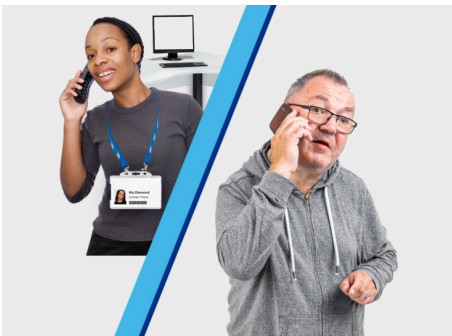
Info in your language



If you need information in another language call the COVID-19 helpline on **1800 020 080**.



You can also call the Centrelink multilingual phone service on **131 202**.



If you have mental health issues you can call a support service like

- Beyond Blue 1300 22 4636
- Health Direct 1800 022 222
- Kids Helpline 1800 55 1800

Council for Intellectual Disability made this document Easy Read. CID for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.