

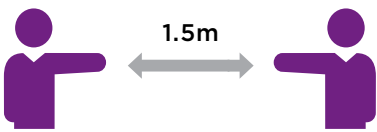
Coronavirus is a serious illness. It can make you sick with:



## The Government needs everyone to help stop the spread



We must practice social distancing.  
Social distancing means staying away from other people.



We must all stay 1.5m away from other people.  
1.5 metres is about 2 steps.



Support workers can be closer than 1.5m if they need to help you to do things.



Everyone must stay home the rest of the time to help stop the spread.



We must wash our hands often with soap for at least 20 seconds.



Don't touch your eyes nose and mouth unless you have washed your hands.



This is because coronavirus spreads if you are close to or touch people.



Your support worker does not need to wear a mask unless you are sick.



Lots of shops, gyms, cafes and clubs are now closed.



Everyone must only go out to get food, medication, for medical appointments or for a walk around the block.



Your support workers want to keep you and those around you safe.



Your support workers can take you to get groceries.



Your support workers can take you to get medication.



Your support workers can take you to medical appointments.



your support worker can go with you for a short walk for exercise.



But you can't leave your home unless it is important. So your support worker can't take you on community outings.

icare acknowledges our attendant care provider, ABI Services, for providing resources adapted for use in this document



Talk to your icare contact if you are worried.