COVID-19 FAQ's

April 2020

autism spectrum AUSTRALIA

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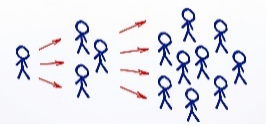
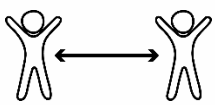
1. What is COVID-19?



COVID-19 is also called the coronavirus. It is a virus that can make people very sick.

People who are sick with COVID-19 can make other people sick.

2. How does COVID-19 spread?



You can catch Covid-19 from someone who is sick if they cough or breathe on you.

You can catch Covid-19 if you touch something that a person who is sick coughs or breathes on.

It is important to stay more than 1.5 metres (3 feet) away from a person who is sick.

You should wash your hands often with soap and water.

3. How can I prevent myself from getting sick?

The best way to stop yourself from getting COVID-19 is to stay clean.

- Wash your hands with soap and water. Use hand sanitiser if you can't use soap and water
- Cover your nose and mouth with a tissue or your elbow when you cough or sneeze
- Stay away from people who have coughs and colds
- Stay away from people who are sick
- Stay at home if you are sick.

4. What happens if you get COVID-19?

COVID-19 can make you sick. Some people may get sick very quickly. Some people don't get very sick. If you get sick with COVID-19 then

- You might get a fever
- You might feel like you have the flu
- You might get a cough
- You might get a sore throat
- You might feel very tired
- You might have trouble breathing
- You might not feel sick at all

If you think you have COVID-19 you should stay at home.

Most people who get COVID-19 will not get very sick.

Some people may not know they have COVID-19.

People with diabetes, heart conditions or breathing problems may get a worse case of COVID-19.

The Australian Federal Government has a phone number you can call for help with COVID-19 – **1800 020 080**

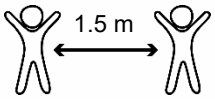
5. What is social distancing?

Social distancing can help stop people from getting COVID-19.

Social distancing means not seeing lots of people at the one time.

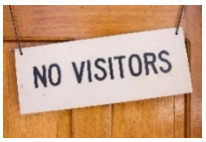
Social distancing means not going out with more than 1 other person.

It means not touching other people. Don't shake people's hands.



Stay 1.5 metres away from other people. You should do this with everyone. You should do this with people who don't have COVID-19.

6. What should I do if someone I know has COVID-19?



If someone you know has COVID-19, don't visit them.

If you are contacted by the local Health Department because you were in "close contact" with someone who has COVID-19.

You may might need to stay home for 14 days.

Aspect will not tell people the name of someone with COVID-19.

7. What is "close contact" with COVID-19?

If someone has COVID-19, you should not get too close to them.

If you spend more than 15 minutes with a person who has COVID-19, you are in "close contact".

If you spend more than 2 hours in a closed space with someone who has COVID-19, you are in "close contact".

The local Health Department contact you if they think you have been in "close contact" with someone who has COVID-19.

8. What if I am feeling unwell?

If you are feeling sick you should stay at home.

You must call your doctor before you visit them.

The Australian Federal Government has a phone number you can call if you think you have COVID-19 – **1800 020 080**

9. How do I know what the rules are about staying home?

Australian Government

Visit your state's health department website for information on what on the local rules are for protecting your health and the health of others.

Go to https://www.australia.gov.au/ to find your states guidelines

10. I am feeling very stressed and worried. What should I do?

Don't read or watch the news all the time.

Only check the news once a day.

Don't get the news from Facebook or YouTube.

Talk to you friends and family online or on the phone.

Here is a link to information about COVID-19 for autistic adults

Visit Australia Department of Health to learn more about COVID-19

You can call one of these telephone support services if you are very worried:

Support services	Phone
Lifeline	131114
Beyond Blue	1300 224 636
Men's Line Australia	1300 789 978
Kids Helpline	1800 551 800
headspace	1800 650 890

11. How do I get more information about COVID-19?

There is lots of good information about COVID-19 at https://www.health.gov.au/news/launch-of-the-coronavirus-covid-19-campaign

They have videos and pictures.

There is information in Arabic, Vietnamese, Simplified and Traditional Chinese, Farsi, Korean and Italian.

The Australian Federal Government has a phone number you can call at any time for help with COVID-19 – **1800 020 080.**

Don't get the news from Facebook or YouTube.