

How social distancing and good hygiene can help you be healthy

Easy English booklet



How to use this booklet



- We use pictures to explain some ideas.
- Some words are written in **Orange**. We explain what these words mean.
- This document explains what **social distancing** is and how you can do it. It also explains how you can keep yourself clean with good **hygiene**.



There is a virus going around called **coronavirus**, which is making some people sick.

Coronavirus sounds like

'ca-ro-na-vy rus'



Coronavirus is a bit like the flu. You can't see it but if you catch it, you may feel very sick.

- People who have the coronavirus can feel things like:
 - Fever
 - Cough
 - Sore throat
 - Trouble breathing



Coronavirus is spread when we cough
sneeze or touch people who have it

Orange Health is doing everything we can
to protect you from catching it in our
services, but there are things that you can
do, too.



One of the best ways to stop
coronavirus spreading is doing
something called **social distancing**.

Social distancing means avoiding close
contact between you and other people as
much as possible.

You can start social distancing now by
doing things like:



Not touching other people, like
hugging or holding hands

Staying at home and not going out to
busy places like the shops if you can



Keeping yourself healthy and hands
clean is another important way that
everyone can help stop Coronavirus
spreading.



Keeping clean is also known as
good hygiene.

You can practice good health and hygiene by making sure you:



Wash your hands properly with soap for 20 seconds, including in between your fingers



Don't touch your face with your hands and wash your hands after



Always cover your nose and mouth with a tissue when you cough or sneeze and place the tissue in the bin.



If you don't have a tissue, cough or sneeze into your elbow

If you start to feel sick, tell your support team straight away. It's very important staff know if you are unwell so they can help you.

If you have any questions about coronavirus and how you can stay safe from it, talk to your support network.

You and your supporters can also call
Orange Health on 1800 880 440

Approvals

Date of approval: 3 March 2021

Date of review: 3 March 2021

Signature of CEO:

A handwritten signature in black ink, appearing to be 'R. Smith', written over a faint horizontal line.