

THE COVID-19 DELTA STRAIN

Easy English book 21 July 2021



How to use this book

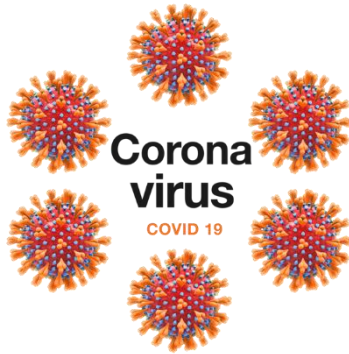
This book is by Life Without Barriers. It is in Easy English.

We use pictures to help people know what it is about.

When words are in **blue** we will tell you what the words mean.



This book tells you about a new type of **Coronavirus** called Delta.



Coronavirus is a virus that has been going around and making some people sick.

Coronavirus sounds like 'ca-ro-na-vy-rus'.

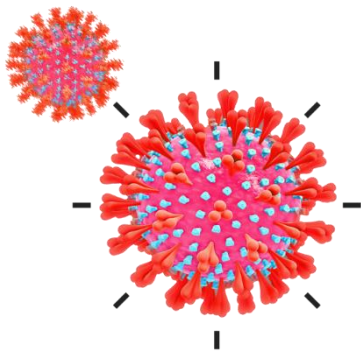
It is sometimes also called **COVID-19**.



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

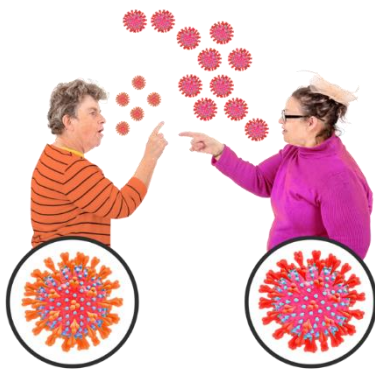


You can get the virus from someone coughing, sneezing or touching you if they have it.



In Australia, there is new type of Coronavirus called the **Delta** strain.

The **Delta** strain can still make people very sick and is even easier to catch.



Delta is different because it passes from person to person even faster.



This means it's even more important we follow the rules to keep clean and stay safe.

There are lots of things we can do to stay healthy and avoid Delta.

This includes:



- **Physical distance from other people**

Try to stay more than 1.5 metres from other people when you can, so no touching, hugging or shaking hands to avoid the virus.



- **Wear a face mask**

When you are outside your home, it is important to wear a face mask to help stop the virus getting into your body.



- **More handwashing**

Keep washing your hands more, to help stop Coronavirus making you sick.

This includes before eating, as soon as you get home, after sneezing or coughing.



- **More cleaning**

Your staff will be cleaning more to help protect you from the virus, including cars or buses you travel in.



- **Get vaccinated**

Vaccinated means a person gets special needles that help their body fight viruses that could make them sick.

We can help you do this if you choose.



If you have any questions, talk to your **support network**.

We call the people you trust, like family and friends, your support network.

You and your support network can contact Life Without Barriers. You can:



- **Email**
info@lwb.org.au



- **Call**
1800 313 117



- **Website**
www.lwb.org.au



- **Mail**
Life Without Barriers PO Box 2226
DANGAR NSW 2309

This Easy English book was made by Life Without Barriers.

Life Without Barriers uses Easy English and accessible information so that people know all the different ways we can support them.



Images from Photosymbols – www.photosymbols.com