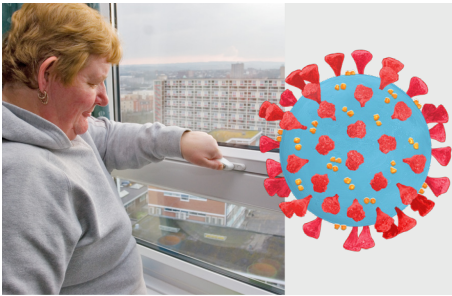




# COVID-19 and ventilation



This information is about **COVID-19** and **ventilation**.



**Ventilation** means air that moves around when we are inside.

This might be from an open window or door.



You can ask someone you trust to help you read this information.



This could be a

- Family member
- Friend
- Support worker.

# Why is ventilation important?



You can get COVID-19 more easily inside places where there is

- A lot of people
- Not a lot of air moving around.



It is good to have a lot of air moving around inside.



This is because when there is a lot of air there is less **COVID-19** around.



Good ventilation also helps you to not get sick with other things like the flu.

# Tips for good ventilation



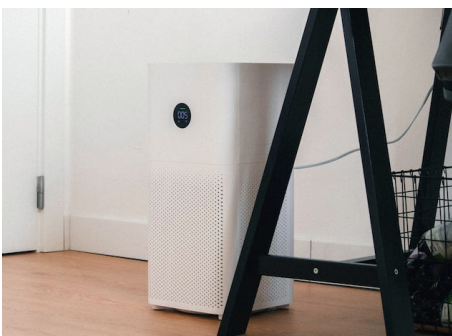
These are some things you can do to have a lot of air moving around inside.



You can open a window or door to get more air inside.



You can use a fan to move the air around.



You can use an **air purifier**.

An **air purifier** is a machine that cleans the air in a room.

## Other things to keep safe from COVID-19

Other things you can do to keep safe from COVID-19 are



- Keep space between you and other people



- Wash your hands well and often

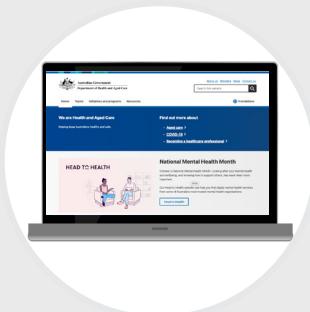


- Wear a mask



- Stay at home if you are not well.

## More information



For more information about COVID-19

- Call the **Disability Gateway**

The number is **1800 643 787**

The website is

**[www.disabilitygateway.gov.au](http://www.disabilitygateway.gov.au)**

- Call the **National COVID-19 Vaccine Helpline**

The number is **1800 020 080**.

Choose number 5 for information in English.

Choose number 8 for free information in other languages.

- Go to the **Department of Health and Aged Care** website

The website is **[www.health.gov.au](http://www.health.gov.au)**



You can call the **Translating and Interpreting Service** for information in your language.

The number is **131 450**.



You can call the **National Relay Service** if you

- Are deaf



- Find it hard to hear people over the phone.



The number is **1800 555 660**.

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**.