



Answers to your questions about face masks for people with disability



Easy English



Hard words

This information has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.





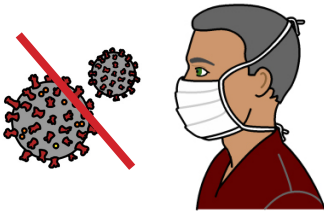
Health
and Human
Services

About this book

This book is by the Department of Health and Human Services.



This book answers your questions about face masks for people with disability.



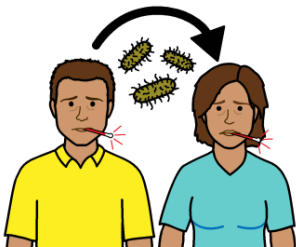
When you wear a face mask it can help to keep you and other people safe from the **coronavirus**.



Coronavirus

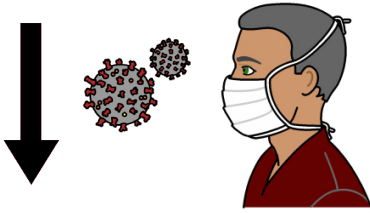
- can make people very sick

and



- is spread when you are close to someone else.

Why do I need to wear a face mask?



A face mask can help to

- spread less of the coronavirus

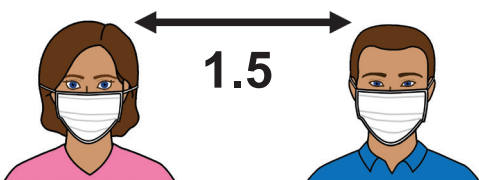
and

- keep you and other people safe.



When you wear a face mask it is still important to

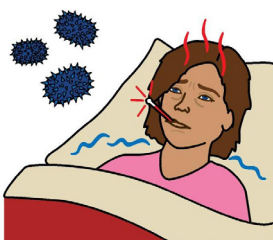
- wash your hands a lot more



- stay 1.5 metres or 2 big steps away from other people



- get tested for coronavirus if you have **symptoms**
 - symptoms are signs that you might be sick



- stay at home if you do **not** feel well.



A face mask is something that covers your face and can be

- a cloth mask you wash and use again



- a paper mask that you use once.



You must **not** share your face mask with another person.



For more information about face masks go to our website.

www.dhhs.vic.gov.au/face-masks-vic-covid-19

When should I wear a face mask?



You **must** wear a face mask when you go outside your home.

For example, when you shop for food.



You must **not** leave your home if you feel sick.

For example, if you have

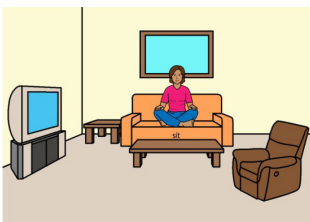
- a fever
- a sore throat or cough
- a runny nose.



If you feel sick

- get tested for coronavirus

then



- stay at home until you get your test results and feel better.

Is it ok if I do not want to wear a face mask?



You **must** wear a face mask when you go outside your home.

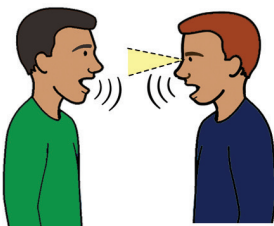


There are some reasons when you do **not** have to wear a face mask.

The reasons are



- medical
For example, problems with your breathing



- you are Deaf and it stops you being able to communicate



- you have a disability or mental health condition that makes it hard for you to cover your face.

If it is hard for you to wear a face mask
you **must**



- stay 1.5 metres or 2 big steps away from other people



- wash your hands a lot more



- cough and sneeze into a tissue or your elbow

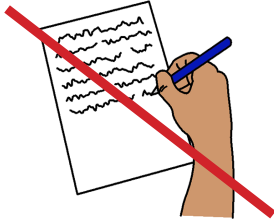


- put used tissues in the bin

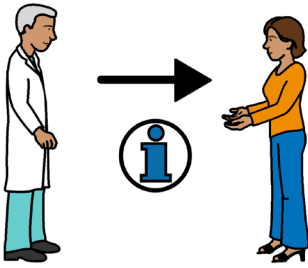


- keep the places you use clean.

Do I need a medical certificate to show people why I do not wear a face mask?



You do **not** need a **medical certificate** if you do **not** wear a face mask.



A medical certificate is a letter from your doctor that says what your medical condition is.



The police might ask you to tell them your reason for **not** wearing your face mask.



You **must** tell the police what your reason is.

How do I use a face mask safely?



Before you put your face mask on and after you take it off wash your hands for 20 seconds.

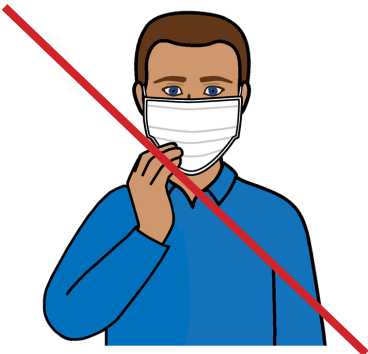


When you put your face mask on make sure it

- covers your nose and mouth

- fits under your chin

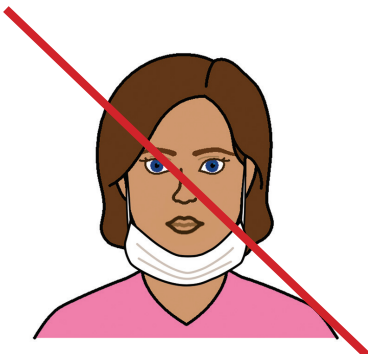
- covers the sides of your face.



Make sure you do **not**

- touch the face mask while you wear it

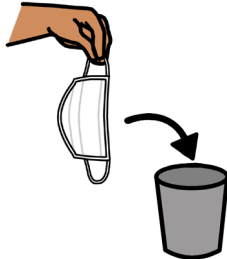
or



- let the face mask hang around your neck.



If you have a paper face mask you can only use it once.



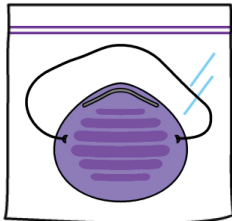
Throw it in the bin after you take it off.



If you have a cloth mask you can use it again.



Wash and dry it after every time you wear it.



Keep it in a plastic bag when you are **not** using it.

Do I still need to stay away from people if I wear a face mask?



Yes. It is important to stay 1.5 metres or 2 big steps away from other people.

Where can I get face masks?



If you get disability services or health services you can ask for free face masks from your

- service provider



- doctor

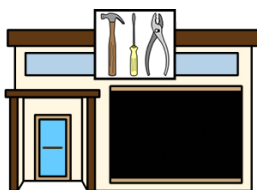


- pharmacist or chemist.

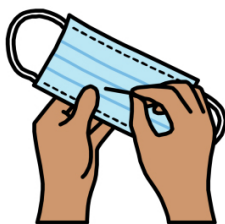


You can buy face masks from

- a pharmacy



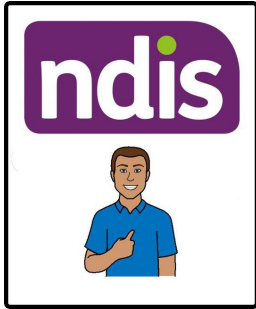
- a hardware shop.



There is information on our website about how to make your own face masks.

www.dhhs.vic.gov.au/face-masks-vic-covid-19#what-does-wearing-a-fitted-face-mask-mean

Can the NDIS help me get face masks?

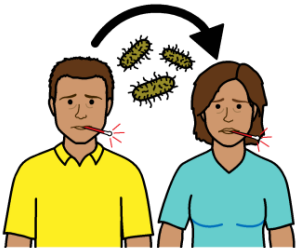


The NDIS will pay for your face masks if

- you have an NDIS plan



- you need face to face support to help you live each day



- there is coronavirus in your community.



The NDIS will pay for your house to be cleaned if

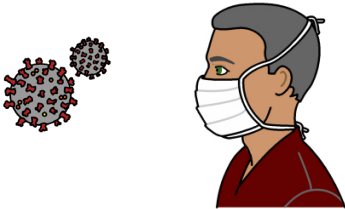
- you have coronavirus and need to stay at home

or

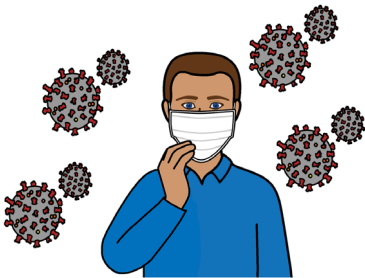


- a support worker has been in your home and they tell you they now have coronavirus.

Will I be safe from the coronavirus if I wear a face mask?



A face mask can help to spread less of the coronavirus.



You can still catch and spread coronavirus even if you wear a face mask.



You will still need to

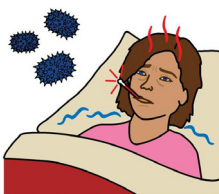
- stay 1.5 metres or 2 big steps away from other people



- stay away from crowded places

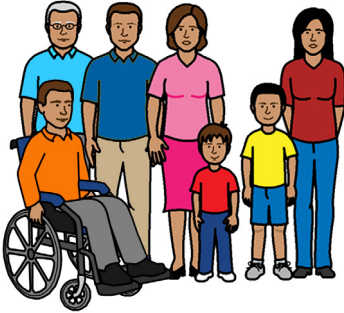


- wash your hands a lot more

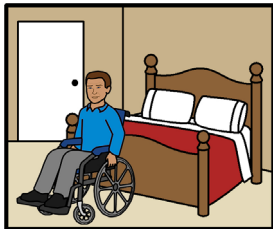


- stay at home if you do **not** feel well.

Do I need to wear a face mask when I am at home with the people I live with?

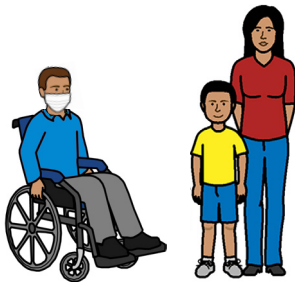


You do **not** need to wear a face mask at home if everyone who lives there feels well.

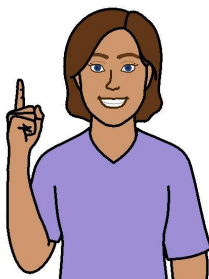


If you do **not** feel well you should

- stay in your room
- call your doctor
- wear a face mask when you are near the people you live with.



Do I need to wear a face mask when I am alone?



No. If you are alone at home or in your room you do **not** need to wear a face mask.

Do people who visit my home need to wear a face mask?

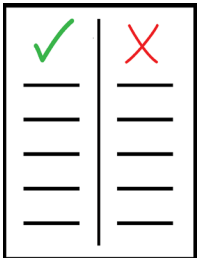


If someone comes to your home they **must** wear a face mask.

For example, a delivery driver.



If a support worker comes to your home they **must** wear a face mask and eye protection.

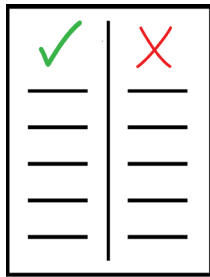


You **must** check the rules to find out if people can visit you in your home.



To find out about the rules for where you live go to our website.

www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19



If you live in aged care or a disability residential service there are rules about

- how many people can visit you

and



- how long someone can visit you for.



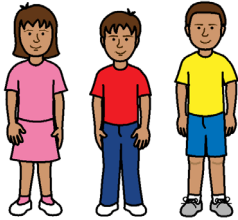
Your visitor **must** wear a face mask.



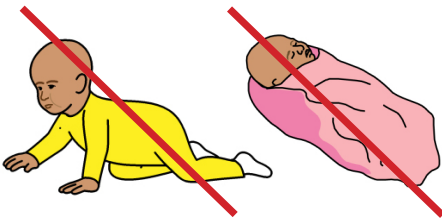
For more information about who can visit a care home go to our website.

www.dhhs.vic.gov.au/visiting-care-facilities-covid-19#current-restrictions

Do children need to wear a face mask?



You do **not** have to wear a face mask if you are a child less than 12 years old.



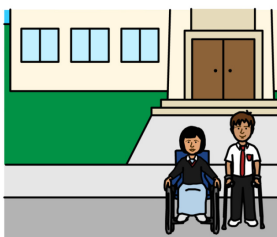
Never put a face mask on a child less than 2 years old.



Children over 12 years old **must** wear a face mask when they go outside their home.



Children over 12 years old do **not** need to wear a face mask if they have a medical or health reason.



Children with disability who go to a specialist school do **not** need to wear a face mask.

More information



For more information about face masks

Go to the DHHS website.

www.dhhs.vic.gov.au/face-masks-vic-covid-19



For information about the coronavirus

Call the coronavirus hotline.

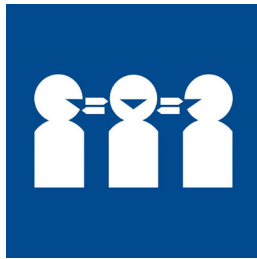
1800 675 398



If there is an emergency

Call Triple Zero.

000



If you need help with English

Contact the Telephone Interpreting Service.

131 450



If you need information in another language

Go to the DHHS website.

www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19



If you need help to speak or listen

Use the National Relay Service.

Website

nrschat.nrscall.gov.au/nrs/internetrelay

Call 1300 555 727

Give the relay officer the phone number you want to call.



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For the original contact the Department of Health and Human Services.

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