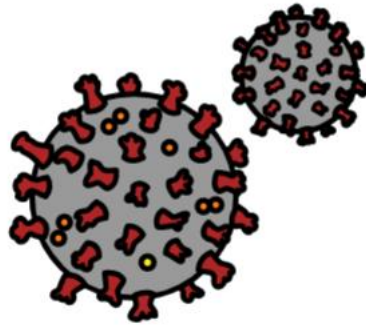


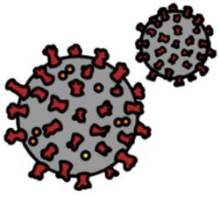
COVID–19 Information ACT

Easy English COVID Words



Easy English

August 2021



Easy English COVID Words

User Guide

This booklet explains a lot of words we use when we talk about COVID-19.

You can use the booklet to



- look up words and find what the words mean in Easy English



- find an easy way to explain words about COVID-19 to others.



This booklet also has links to information from the ACT Government COVID-19 website.



We have made this booklet because every person has the right to get information in a way they can understand.

We hope you find this booklet helpful.

COVID Words

Here is a list of important words about COVID-19.

You can read what the words mean.



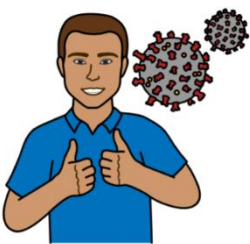
Active Cases

Active cases are the people who have COVID-19 in our community now.

The ACT Government tells us the number of active cases every day so we know how many people have got COVID-19.

You can find information about active cases here –

[Home - COVID-19 \(act.gov.au\)](https://www.act.gov.au/home/covid-19)



Asymptomatic

Asymptomatic means that a person has got COVID-19 but they do **not** have any symptoms.

An asymptomatic person might feel healthy, and they only find out they have COVID-19 by getting a test.

An asymptomatic person can still spread COVID-19 to other people.

Casual Contact

See [Contacts](#)



Check in at places

Check in is a way to help the government know

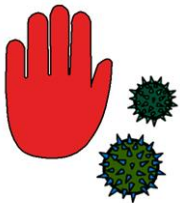
- who has been to the same place
- who may be near a person with COVID-19

You must check in when you go to public places and businesses, like shops, public transport and medical centres.

You can check in in **2** ways –



- use the [Check in CBR app](#)
- write your **name** and **phone number** and the **time** you are there on a list at the shop or business.



Check in is important to help stop the spread of COVID-19.



Check In CBR App

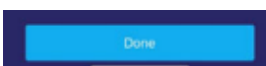
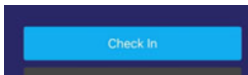
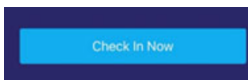
The **Check In CBR app** is a way for people to sign in to businesses and public places, like shops, public transport and medical centres.

Everyone with a smart phone can download the **Check In CBR app**.

To use the app -



- find the check-in poster and QR code at the public place or business
- open the Check In CBR app on your phone
- tap the **Check in Now** button
- point your phone at the QR code to scan
- tap the **Check in** button
- tap the **Done** button.



Close Contact

See [Contacts](#)



Cluster

A **cluster** is a group of people who have COVID-19 because they spent time together.

Clusters happen in places like suburbs, workplaces or schools.



Community Transmission

Community transmission is when people catch COVID-19 when they are out in the community.

We often talk about community transmission when we can **not** link a person who got COVID-19 with a person who passed it on to them.



Contacts (or COVID-19 Contacts)

Contacts are people who were with or near a person with COVID-19 and might also get COVID-19.

There are **3** types of contacts

- **close contact**
- **casual contact**
- **secondary contact**



Close contact

A **close contact** is a person who has been close to a person with COVID-19 in the last few days. For example, in the same house or workplace or other small indoor place.

A close contact has a **high risk** of getting COVID-19.

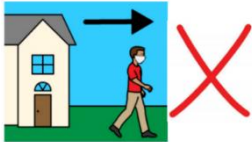
A close contact must



- complete the [ACT Contact Declaration form](#)



- get tested for COVID-19



- immediately quarantine for **14** days, even if they have a negative Covid test.



You can find the rules for close contacts here

[Quarantine for Close Contacts](#)

Casual contact



A **casual contact** is someone who was in the same place at the same time as a person with COVID-19.

The contact is usually

- outside
- or
- in a big place for a short time, like a shopping centre.

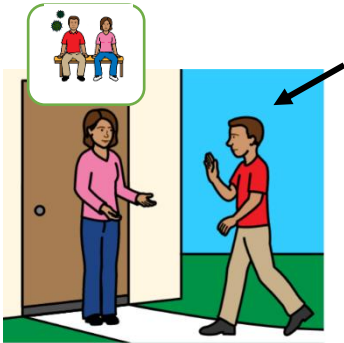
A casual contact has a lower risk of getting COVID-19 than a close contact.

You can find the rules for casual contacts here



[Quarantine for Casual Contacts](#)

Secondary contact



A **secondary contact** is someone who has spent time with a close contact.

There are different rules for different types of secondary contacts.

You can find the rules for secondary contacts here

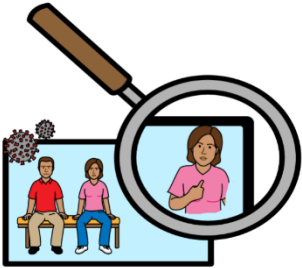


[Quarantine for Secondary Contacts](#)



You can find more information about **close contacts**, **casual contacts** and **secondary contacts** here

[Types of Contact – ACT Government](#)



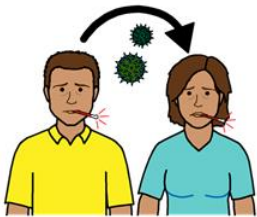
Contact Tracing

Contact tracing is a way to find people who have been near a person with COVID-19.

We help contact tracing when we check in at all the places we go.



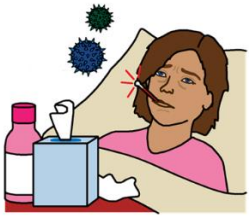
The Check in CBR app is the best way to check in.



COVID-19

COVID-19 is a sickness that spreads easily from person to person.

We also call it **coronavirus** or **COVID**.



COVID Symptoms

COVID symptoms are signs you might be sick. Some symptoms of COVID-19 are



- fever



- cough



- sore throat

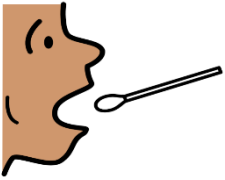


- trouble breathing



You can find more information about **COVID-19 symptoms** here

[Symptoms of COVID-19 - COVID-19 \(act.gov.au\)](https://www.act.gov.au/health/symptoms-of-covid-19)



COVID-19 Test (or Test)

A **COVID-19 test** is a medical test to find out if a person has COVID-19.

The test takes a sample from the back of a person's nose and throat.

You can find out where to get a COVID-19 test here -

[Where to get tested in the ACT - COVID-19](#)

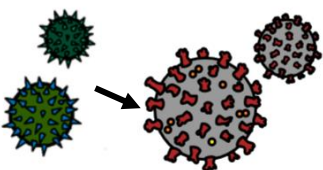


The ACT Government website also has information on

- what to do before the test
- going to get the test
- what to do after the test.



[Before getting tested and travelling to the clinic - COVID-19 \(act.gov.au\)](#)



Delta strain (sometimes called Delta variant)

COVID - 19 sometimes changes as it moves from person to person.

We give the changed COVID-19 an extra name so we know what type of Covid is in the community.

We now have the **Delta strain** of COVID -19 in the ACT.

The Delta strain **spreads more quickly** and **easily** than other forms of COVID-19.

Essential reasons to leave home

You can only leave home for **6** reasons.

We call the **6** reasons **essential reasons**.

The only times you can leave home are to -



1. shop for groceries you need and go to the chemist

2. go to important medical appointments

3. go to work **if** you are an **essential worker**

4. do **1** hour of exercise every day

5. get tested for COVID-19

6. get a vaccination for COVID-19

You can also leave home if you are **in danger**.

You must wear a mask when you leave home.



Essential Services

Essential Services are the services that people need to stay safe and well.

Essential Services include supermarkets, health care centres, chemists and emergency services.



Essential Workers

Essential workers are people who have a job that is important to keep the community safe and well, like health care worker or emergency worker.

Essential workers can leave home to go to their jobs.



Exposure site

An **exposure site** is a place that someone with COVID-19 visited.

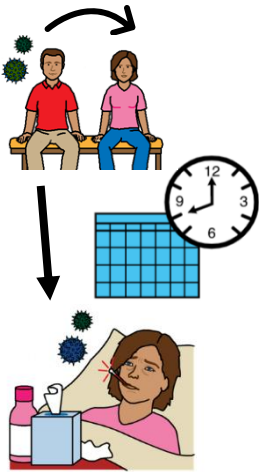
The Government updates a list of exposure locations every day.

The list gives the name of the place and the time that the person with COVID was there.

You can find the list of exposure sites here -

[COVID-19 exposure locations in the ACT - COVID-19](#)





Incubation period

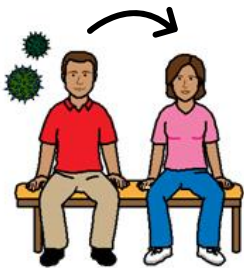
The **incubation period** is the time between catching COVID-19 from someone and feeling sick.

The incubation period can be different for different people.

The Delta variant of COVID-19 can have a short incubation period of **4** days.

A short incubation period means the Delta variant spreads fast.

The longest incubation period is about **2** weeks (**14** days).



Infection period (also called transmission period)

The **infection** or **transmission period** is the time when a person with COVID-19 can pass it on to other people.

People with COVID-19 can pass it on **before** they feel sick.

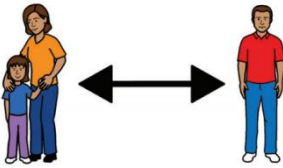


Isolation

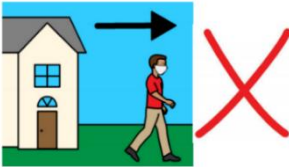
Isolation means a person with COVID-19 must



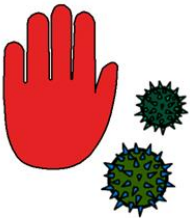
- stay at home



- stay away from other people, including people in the same household

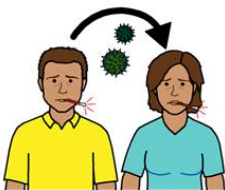


- **not** leave isolation
 - until they get a negative test result and
 - ACT Health says it is OK to leave isolation.



All people with COVID-19 **must** isolate.

Isolation is important to stop the spread of COVID.



Linked cases

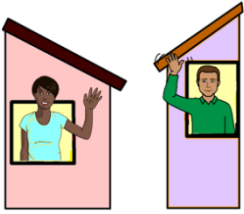
A **linked case** is when we know who passed COVID-19 on to a person.



Local cases

A local case is someone who has COVID-19 in our ACT community.

The ACT Government gives the number of local cases every day.



Lockdown

Canberra is in **lockdown** right now.

Lockdown means we must all stay at home.

We can only leave our homes for **essential reasons**.

(See **Essential Reasons**)



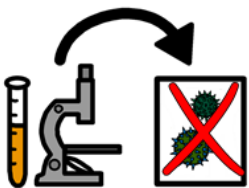
Lockdown restrictions

Lockdown restrictions are the rules that the ACT Government made to stop the spread of COVID-19.

You can find more information about the lockdown rules [here](#)

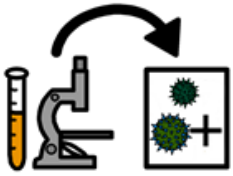


[Lockdown in the ACT](#)



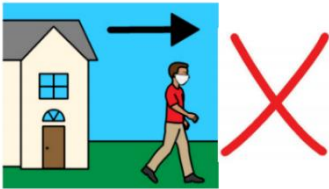
Negative test result

A **negative test result** means a person has the Covid test and the test shows they do **not** have COVID-19.



Positive test result

A positive test result means a person has the Covid test and the test shows that they **do** have COVID-19.



Quarantine

Quarantine means you must stay at home because you **might** have COVID-19.

You can **not**

- leave your house
- have family or friends to visit
- go to the shops.

You must **quarantine** if

- you have **COVID-19**
or
- you are a **close contact** or **casual contact** or **secondary contact** of a person with COVID-19.

The only reasons to leave your home are

- to get a COVID-19 test
- to get medical care
- in an emergency



You can find more information on quarantine here

[Quarantine, isolation and stay at home – COVID-19](#)



QR Code

You can find **QR Codes** on posters at the entrances of shops and other places.

You scan the QR Code with the Check In CBR App on your smart phone.

Scanning the QR Code makes an electronic record of the place you visited.

Secondary Contact

See **Contacts**



Seeding Event

A **seeding event** happens when COVID-19 spreads around a group of people who were together.

Seeding events happen at parties and gatherings, and in places like clubs and workplaces.



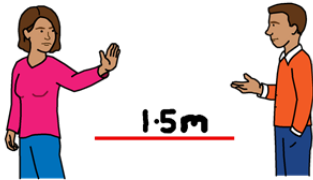
Singles bubble

People who live on their own can choose **1** other household that they can visit.

You can find more information about singles bubbles here -



[Lockdown in the ACT - COVID-19](#)



Social Distancing

Social distancing means to stay more than 1.5 metres away from other people.



Source

A **source** is the first person to get COVID-19 in a place.

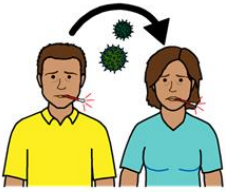
Finding the source is important because it helps us work out who was in contact with the source and where COVID-19 might spread.



Symptomatic

A person is **symptomatic** when they have symptoms of COVID-19.

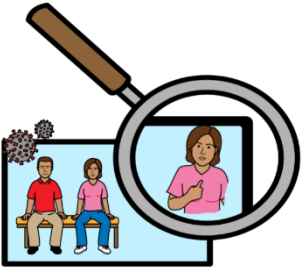
People who are symptomatic need to stay in isolation and get tested as soon as possible.



Transmission

Transmission is when COVID-19 passes from one person to another.

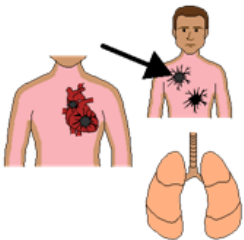
When we talk about **local** transmission we mean COVID-19 is passed on in our local community.



Under investigation

Under investigation means we do **not** know how a person got COVID-19 yet.

We must do **contact tracing** to find the link to another person with COVID-19.



Underlying conditions

Underlying conditions are other health problems a person has that

- are **not** caused by COVID-19, but
- might make COVID symptoms worse. For example, heart problems, lung problems or diabetes.



Vaccine

A **vaccine** is medicine that protects us from diseases like COVID-19.

We have 2 vaccines for COVID-19 –

- the Pfizer vaccine
- the Astra Zeneca vaccine



Vaccination

Vaccination is when you get the vaccine. A health professional will give you a needle in your arm.

Vaccination is important to help protect us from COVID.

You can find more information about how to get a vaccination here –



[COVID-19 Vaccine](#)



Ventilator / Ventilation

A **ventilator** is a machine that pushes air into a person's lungs to help them breathe.

Some people with COVID-19 can get very sick and need **ventilation** in hospital.



More information and resources

- Information on COVID-19



<https://www.covid19.act.gov.au/>

- COVID-19 help and advice

Call COVID-19 Helpline

(02) 6207 7244



from **8** am to **8** pm every day.

- COVID-19 information and support services

[Access Help](#)



- Resources to support your health, family, work and other community help



[COVID-19 Community Service Information webpage](#)

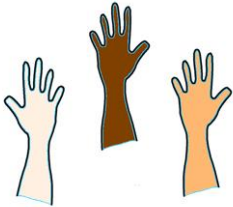
- Advocacy resources for people with disabilities

<https://www.advokit.org.au/>



Support in Lockdown

If you



- have a disability
- live in the ACT
- need help with
 - health
 - housing
 - access to services



call us

6257 4005

or email us



info@advocacyforinclusion.org

Advocacy for Inclusion wrote the Easy English

Contact details

2.02 Griffin Centre, 20 Genge Street Canberra City ACT 2601

Phone: 6257 4005

Email: info@advocacyforinclusion.org

ABN: 90 670 934 099

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