



Easy Read



# COVID News – 21<sup>st</sup> July 2021

News for people in South Australia

Working  
towards  
an inclusive  
South  
Australian  
community

*sacid*

South Australian Council  
on Intellectual Disability

[www.sacid.org.au](http://www.sacid.org.au)

## Important news



Some people in Adelaide have now got COVID.



There are new rules to stop COVID from spreading.



All people in South Australia must stay home for 7 days.

From 6pm Tuesday 20<sup>th</sup> July

Until 6pm Tuesday 27<sup>th</sup> July



## You can leave your house



- If you feel unsafe.  
For example someone is hurting you or being violent towards you.



- To buy food or medicine



- To help someone else to get food or care if they do not have anyone else to help them.

Try to keep 2 big steps away from them if you can.

Support workers can come to your house.  
They need to wear a mask.



- To go to the hospital or get other important medical help



- To get a COVID test or vaccine



## You can leave your house



- To exercise

But

You must stay close to home

It must be for less than 90 minutes each day

It can only be on your own or with the people you live with



- In an emergency



**If you leave the house remember to wear a mask.**



## Some places that are open

Only a few places will stay open over the next 7 days.

Only go if it is really important.

You must wear a mask at these places.

### Some of the places that will stay open are



- Supermarkets



- Chemists



- Medical supplies and services



- Public transport



## Some places that are open



- Petrol stations



- Some take away food and drink shops



- Bank



- Vet



## Places that are closed



All events with other people are cancelled in the lockdown.



You must only be around the people you live in the same house with.

If you are not sure if you can go somewhere you can



- Call the place before going
- Look at their website or Facebook page to see if they have more information



# Where have you been?



It is important to think about where you have been in the last 2 weeks.

It can be a good idea to write down where you have been at the end of each day and keep the list for a while.



Make sure you do the QR code check in when you are out!



The Government has a list of the places where people with COVID have been.

The list is called

SA contact tracing and exposure locations.

These places can also be called hotspots.

[You can find the list of places by clicking here.](#)

[It will take you to the SA Health website.](#)



It is good to check the list every day.





If you were at any of the same places as the list  
it means

- You could be at risk of getting COVID
- You need to follow the rules of SA Health



To know what to do next call the

### **SA COVID-19 Information Line**

9am – 5pm

1800 253 787

You might have to



- Get tested



- Stay home at home for 14 days



# When to get a COVID test

If you feel sick you must get a COVID 19 test.

If you feel sick

- Visit your closest COVID testing place
- or
- Call your doctor. Do not visit without calling first.
- Do not leave your home other than to get a test. You must wear a mask.
- Try to stay away from other people

You should only get a test if

- You have been to one of the places on the Government list
- You get a text message from the Government telling you to
- If you feel sick like having a fever, runny nose or cough



## Where to get a test

There are lots of places you can get a COVID 19 test.



It is good to find one close to your home.

[See a list of testing places on the SA Health website by clicking here](#)

Or



**Call the SA COVID-19 Information Line.** 9am – 5pm

1800 253 787

You might have to wait a few hours in line for your test.



It is good to

- Make sure your car has lots of petrol
- Take snacks
- Take water
  
- Take something to do like a book or music to listen to
  
- Go to the toilet before you leave home

This Easy Read document was made by SACID using images from Photosymbols.



Information translated from

- SA Health – [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

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South Australian Council  
on **Intellectual** Disability

Thank you for your interest in the work of SACID.

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