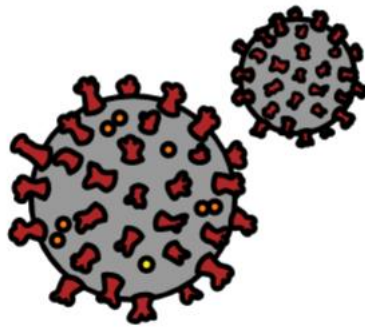


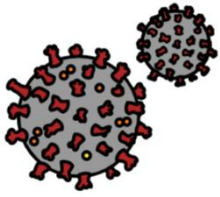
# **COVID–19 Information ACT**

## **Easy English COVID Words**



**Easy English**

**November 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.

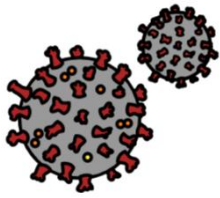


This booklet also has links to information from the ACT Government COVID-19 website.



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.



## List of COVID words in this booklet

ACT COVID-19 Pathway Forward	Isolation
Active cases	Linked cases
Asymptomatic	Local cases
Booster dose	Long covid
Casual contact	Mandatory vaccinations
Check in at places	Monitor for symptoms
Check in CBR app	Negative test result
Check in CBR card	Pandemic
Close contact	Positive test result
Cluster	Proof of COVID vaccination
Community transmission	Quarantine
Contacts	QR code
Contact tracing	Rapid antigen test
COVID-19	Seeding event
COVID-19 digital certificate	Social distancing
COVID symptoms	Source
COVID test	Symptomatic
Current restrictions	Targeted testing
Delta strain	Transmission
Exposure site	Under investigation
Fully vaccinated	Underlying health conditions
ICU	Vaccine
Incubation period	Vaccination
Infection period	Ventilator / Ventilation

# COVID Words

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

You can read what the words mean.



## ACT COVID-19 Pathway Forward

The **ACT's COVID-19 Pathway Forward** is the plan to slowly move our community back to a normal life with Covid.

You can find more information about the plan here –



[ACT's Pathway Forward](#)



## Active Cases

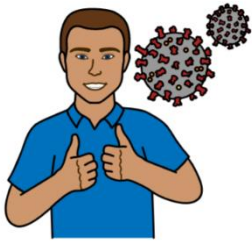
**Active cases** are the people who have COVID-19 in our community now.

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://act.gov.au)



## 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.

## Booster dose

A **booster dose** is a vaccine you can have **6** months after your second dose of a COVID-19 vaccine.

A booster dose helps keep you safe from Covid for longer.

You can find more information about booster doses here –



[COVID-19 vaccines: third doses and booster doses - COVID-19 \(act.gov.au\)](https://www.act.gov.au/health/covid-19/vaccines-third-doses-and-booster-doses)

## Casual Contact

See [Contacts](#)



## Check in at places

**Check in** is a way to help the government know

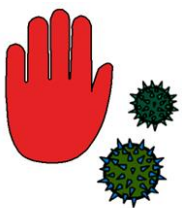
- who has been to the same place
- who may be near a person with COVID-19

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



You can check in in **3** ways –

- use the **Check in CBR app**
- use the **Check in CBR card**
- 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.

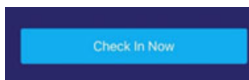
Everyone with a smart phone can download the **Check In CBR app**.

To use the app -



- find the check-in poster and QR code at the public place or business

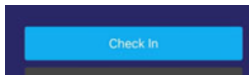
- open the Check In CBR app on your phone



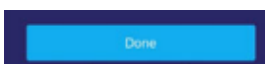
- tap the **Check in Now** button



- point your phone at the QR code to scan



- tap the **Check in** button



- tap the **Done** button.



## Check In CBR card

The **Check In CBR card** is a new way for people to sign in to shops and businesses.

The card is for people who

- do **not** have a smartphone

or

- can **not** use the Check in CBR app.

The Check in CBR card has a QR code.

You scan the code to check in at shops and businesses.

You must apply to get a Check in CBR card



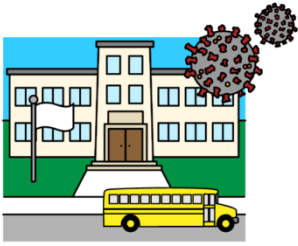
You can apply here –

[Check in CBR card](#)

## 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 **2** main types of contacts

- **close contact**
- **casual 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
  - **7** days if they are fully vaccinated
  - **14** days if they are **not** fully vaccinated



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.

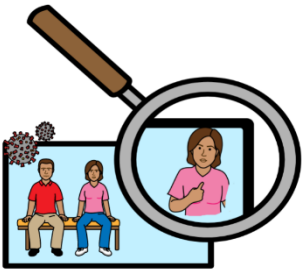
The contact is usually

- 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](#)



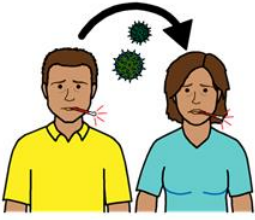
## Contact Tracing

**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-19 digital certificate

A **COVID-19 digital certificate** is a certificate you get when you are fully vaccinated.

The certificate is proof that you had the COVID-19 vaccines.

You may need a COVID-19 digital certificate when you travel to other states or territories in Australia.

You can find more information about how to get a COVID-19 digital certificate or other proof of vaccination [here](#)-



[Getting help during coronavirus \(COVID-19\) - How to get proof - Services Australia](#)



## COVID Symptoms

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



- fever



- cough



- sore throat

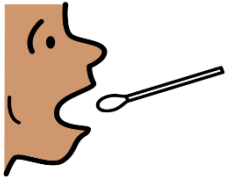


- trouble breathing

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 \(act.gov.au\)](#)



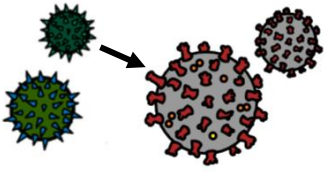
## Current restrictions

**Current restrictions** are the most recent rules the ACT Government made to stop the spread of COVID-19.

You can find more information about the current restrictions here-



[Current restrictions - 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.



## Exposure site

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

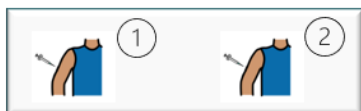
The Government updates a list of exposure locations every day.

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](#)



## Fully vaccinated

**Fully vaccinated** means you had **2** doses of a COVID-19 vaccine.



## ICU

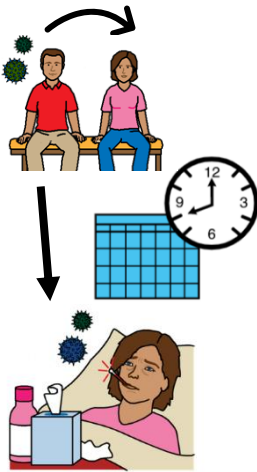
**ICU** means Intensive Care Unit.

An intensive care unit is a special place in a hospital for very sick or injured people.

People in ICU

- Need constant care from doctors and nurses
- Sometimes need special machines to help them stay alive, like a ventilator.

Some very sick people with COVID-19 need to be in ICU.



## Incubation period

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

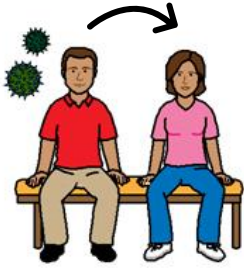
The incubation period can be different for different people.

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.

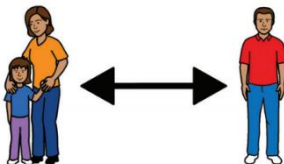


## Isolation

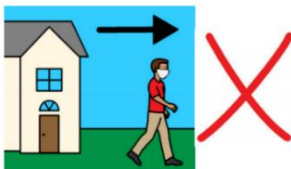
**Isolation** means a person with COVID-19 must



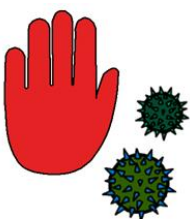
- stay at home



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

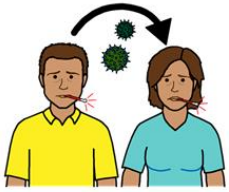


- **not** leave isolation
  - until they get a negative test result and
  - ACT Health says it is OK to leave isolation.



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.



## Long covid

**Long covid** is when some of the symptoms of COVID-19 last longer than they should.

Sometimes, symptoms like

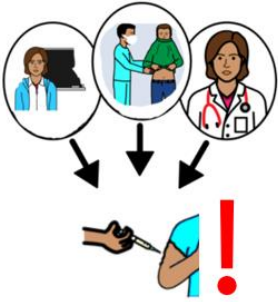
- feeling very tired
- having trouble breathing
- feeling confused and forgetting things

can happen for many weeks or months after a person got covid.

You can find more information about long covid here-



[What you need to know about coronavirus \(COVID-19\) | Australian Government Department of Health](#)



## Mandatory vaccinations

The ACT government made some rules about vaccinations for people in some jobs.

People who work in jobs like teaching, health care, disability care and aged care must be fully vaccinated to do their job.

We call this **mandatory vaccination**.

You can find more information on the rules for mandatory vaccinations here-

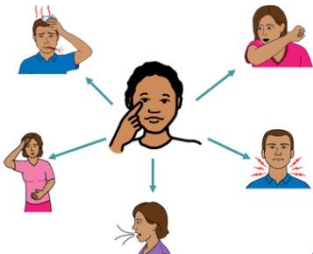


[Information for employees that require vaccination - COVID-19 \(act.gov.au\)](https://act.gov.au)

## Monitor for symptoms

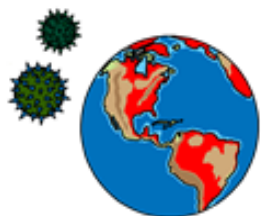
**Monitor for symptoms** means you must watch your body for any symptoms of COVID-19.

You must monitor for symptoms if you were in an area neat to a COVID-19 exposure site.



## Negative test result

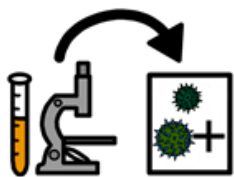
A **negative test result** means a person has the Covid test and the test shows they do **not** have COVID-19.



## Pandemic

A pandemic is when a sickness spreads quickly to lots of countries around the world.

COVID-19 is a pandemic.



## Positive test result

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



## Proof of COVID-19 vaccination

**Proof of COVID-19 vaccination** is a certificate or document you can get when you are fully vaccinated for COVID-19.

You can show proof of your COVID-19 vaccination in some ways-

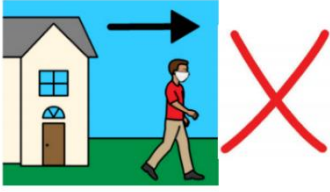
- a COVID-19 digital certificate
- an immunisation history statement
- an International COVID-19 Vaccination Certificate for overseas travel.



You can find more information about how to get a proof of vaccination here-



[Getting help during coronavirus \(COVID-19\) - How to get proof - Services Australia](#)



## 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** 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 information - COVID-19 \(act.gov.au\)](https://www.act.gov.au/health/quarantine)



## 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.



## Rapid antigen test

A **rapid antigen test** is a COVID-19 test you can do on yourself at home.

The test can give you a result in 15 or 30 minutes.

The test is not as good as the normal COVID-19 test.

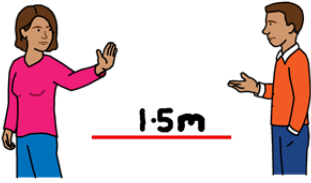
You can now buy rapid antigen tests at supermarkets in the ACT.



## 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.



## 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.

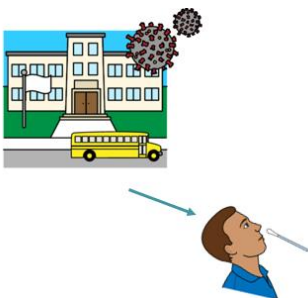
Finding the source is important because it helps us work out who was in contact with the source and where COVID-19 might spread.



## Symptomatic

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

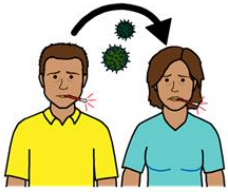
People who are symptomatic need to stay in isolation and get tested as soon as possible.



## Targeted testing

Targeted testing is when the government asks people to come to a testing clinic for a COVID test because they were at a place where a lot of people got COVID-19. For example, at a school or a child-care centre.

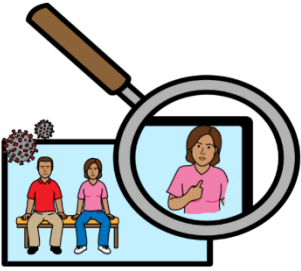
The government sometimes sets up a special testing clinic for targeted testing.



## Transmission

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

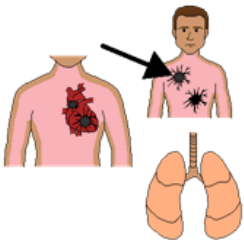
When we talk about **local** transmission we mean COVID-19 is passed on in our local community.



## 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 health conditions

**Underlying health 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 **3** vaccines for COVID-19 –

- the Pfizer vaccine
- the Astra Zeneca vaccine
- the Moderna 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/>

## More Support

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](mailto: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](mailto:info@advocacyforinclusion.org)

ABN: 90 670 934 099

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