

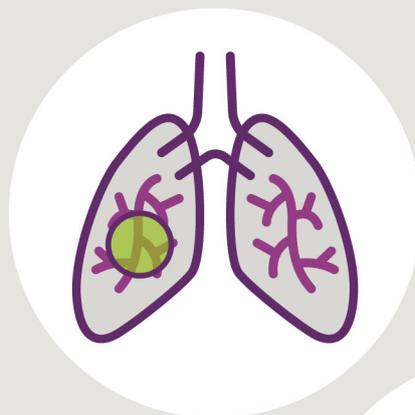
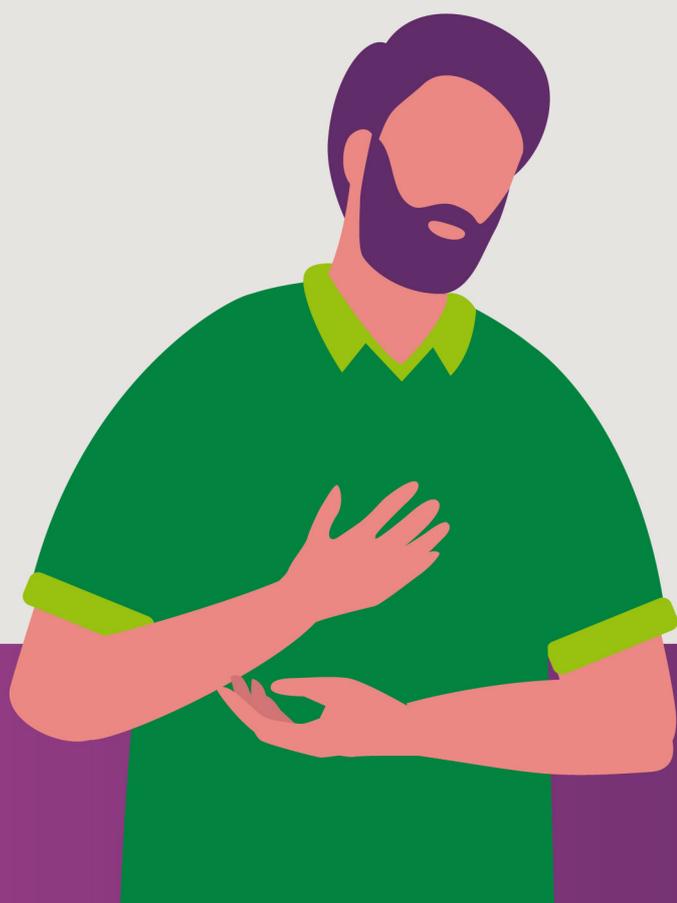


**NDIS Quality
and Safeguards
Commission**

Stopping respiratory infections

What you need to know

Easy Read fact sheet



How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

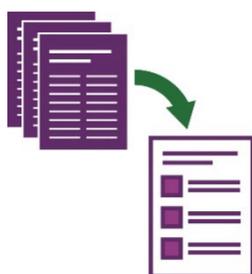
We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

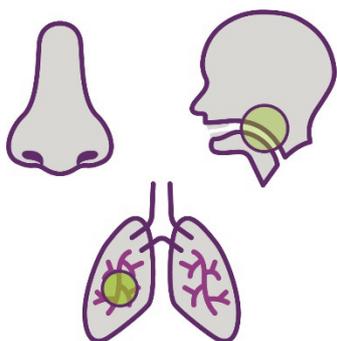
www.ndiscommission.gov.au/workerresources



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

What is a respiratory infection?



Respiratory infections affect the parts of your body that help you breathe, including your:

- nose
- throat
- lungs.

When people with disability have a respiratory infection, they're more at risk of:



- having bad health



- going to hospital



- dying.



Respiratory infections are more common in people who use disability services.

How can people who support you help stop respiratory infections?

People who support you can be:



- NDIS workers



- health care workers



- family members or friends



- other supports and services.



People who support you can help you go to a doctor who can help stop respiratory infections from happening.

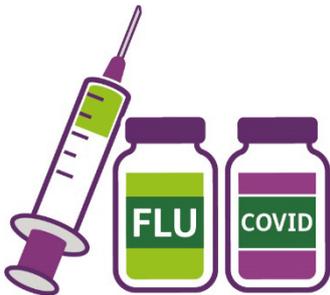
They can help you go to a doctor who can help you with:



- health checks

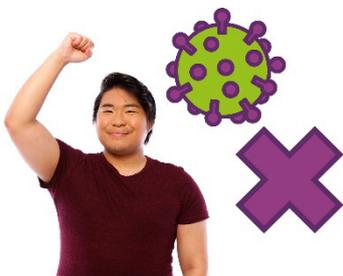


- medicines



- vaccines.

A vaccine is medicine that:

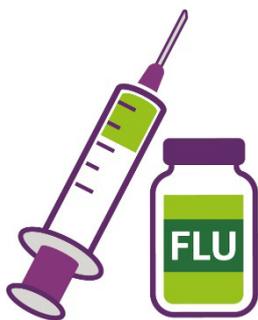


- helps you fight a virus if you come in contact with it



- can stop you getting very sick from the virus.

People who support you can help you get the:



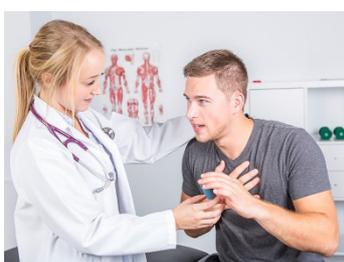
- influenza (flu) vaccine



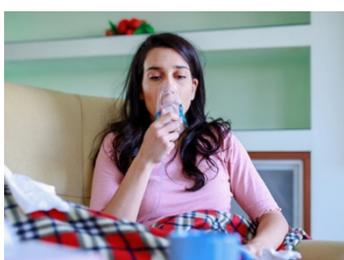
- COVID-19 vaccine.



People who support you can also help you to get a health check with your doctor.



Your doctor can help manage **symptoms** that can put you at risk of respiratory infection.



A symptom is a sign you might be sick.

You might:

- see symptoms
- feel symptoms.

The symptoms of a respiratory infection might include when you:



- can't breathe well



- breathe loudly



- keep coughing



- cough up blood or mucus.

There can be a short period of time between when you:



- develop a respiratory infection

and



- become really sick.



People who support you should help you go to a doctor if you have symptoms of a respiratory infection.

More information for you



If you want more information about respiratory infections, you can go to our website.



www.ndiscommission.gov.au/workerresources

Contact us



You can call us from 9am to 5pm,
Monday to Friday.



If you live in the Northern Territory, you can
call us from 9am to 4.30pm.



1800 035 544



You can send us an email.

contactcentre@ndiscommission.gov.au



You can write to us.

NDIS Quality and Safeguards Commission
PO Box 210
Penrith
NSW 2750



You can go to our website.

www.ndiscommission.gov.au



TTY

133 677



The National Relay Service

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