# Stopping respiratory infections

## What you need to know

### A text-only 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 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](http://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](http://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.

Phone – **1800 035 544**

You can send us an email – [contactcentre@ndiscommission.gov.au](mailto: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](http://www.ndiscommission.gov.au)

TTY – **133 677**

The National Relay Service

Speak and Listen – **1300 555 727**

SMS relay number – **0423 677 767**

Internet relay calls – [internet-relay.nrscall.gov.au](https://internet-relay.nrscall.gov.au/)

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