

EASY READ

Keeping Safe

How Kameleon Group helps stop the spread of germs and illness

How to use this document

- This is an Easy Read document. It uses short sentences and clear words.
- “Infection control” means the things we do to stop germs from spreading and making people sick.
- If you need help to understand this document, you can ask a family member, carer, or your Kameleon Group worker.

1. What is infection control?

Germs are tiny things that can make you feel unwell. You cannot see them.

Germs can spread from person to person, or from things we touch.

- Infection control means keeping clean and safe, so germs do not spread.
- Kameleon Group works hard to keep you, your family, and our workers safe.
- Keeping safe is something we all do together.

2. Washing hands and keeping clean

Clean hands are one of the best ways to stop germs.

Your Kameleon Group worker will wash their hands or use hand sanitiser:

- When they arrive, and before they leave
- Before and after your session
- After coughing, sneezing, or using the bathroom
- Before helping with food or drinks

You can wash your hands too. Your worker can help you if you need.

- Wash with soap and water, or use hand sanitiser.

3. Staying home when we are sick

If your worker feels sick, they will not come to your session. This keeps you safe.

If you feel sick, you can tell us. We can:

- Change your session to another day
- Meet by telehealth (a phone or video call) instead

You will not get in trouble for telling us you are unwell.

4. Coughs, sneezes and masks

- Cover your cough or sneeze with a tissue or your elbow
- Put used tissues in the bin, then clean your hands
- Sometimes your worker may wear a mask
- Your worker may offer a mask to you too

Masks help stop germs spreading in the air.

5. Keeping equipment and spaces clean

- Your worker will clean toys and equipment before and after your session
- We keep our rooms, cars, and spaces clean and tidy
- We clean anything that is shared, so it is safe for the next person

Staying extra safe

- Sometimes there are more germs going around, like the flu or COVID-19.
- At these times, Kameleon Group may ask everyone to wash hands more, wear masks, or meet by telehealth.
- We follow advice from health services to keep everyone safe.

6. Who can I talk to?

If you have questions about keeping safe, or you feel worried, you can talk to:

- Your Kameleon Group worker
- Your Kameleon Group Clinical Director
- A family member, carer, or advocate who supports you

You will not get in trouble for asking questions about keeping safe.

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*This Easy Read document is based on Kameleon Group's **Infection Control and Work Health & Safety Policy and Procedure**.*