



## **CORONA VIRUS (COVID-19) FACT SHEET**

By now, you've probably heard about the new strain of coronavirus that is spreading throughout our region. It was originally known as novel coronavirus and is now called COVID-19. Please do not be alarmed and we welcome any calls if you need assistance, support or further advice. We want to assure you that services will remain in place for critical jobs that relate to your safety in the home and we have developed the below fact sheet to explain some of the ways you can protect yourself from the virus and its effects.

### **How does novel coronavirus (COVID-19) spread and how can I catch it?**

- It spreads between people, usually when a sick person coughs or sneezes.
- You might catch novel coronavirus (COVID-19) if someone with the virus sneezes or coughs onto you.
- You could also catch the virus if they have coughed or sneezed onto a surface (like a door handle) that you touch, getting the droplets on your hands and then transferring them to your mouth, nose or eyes when you touch your face or eat.

### **How can I stop myself from getting it?**

- Wash your hands often and properly - when you've been out and about and before you eat.
- Try to stay at least 1.5 metres away from people who are coughing or sneezing.
- Take good care of your health – Look after yourself by eating a healthy, balanced diet, getting regular physical activity, sleeping well and reducing stress is important all the time but especially at this crucial time.

### **I think I might have novel coronavirus (COVID-19) – what should I do?**

Novel coronavirus (COVID-19) is a respiratory illness, which means it affects the parts of your body you use to breathe: your nose, throat and lungs. If you're sick with novel coronavirus (COVID-19), your symptoms might include:

- Fever, a cough, sore throat
- Fatigue, shortness of breath.



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See a doctor immediately if you:

Have symptoms **and** have travelled overseas in the past 14 days

OR have been in contact with someone who has novel coronavirus (COVID-19)

Before your appointment, call ahead and tell the staff what your symptoms are and tell them your travel history or that you may have been in contact with a potential case of coronavirus.

### **I think I have novel coronavirus (COVID-19) but I haven't been overseas and I haven't been near someone who has it**

If you haven't been overseas in the past 14 days and/or

If you haven't been in contact with someone who has the virus

It's more likely you'll have a different illness, like a cold or influenza. If you think you need to see a doctor because you feel unwell, you should go to the doctor as normal or call 13 HEALTH (13 43 25 84) for health advice.

### **How should I prepare myself and my home for a novel coronavirus (COVID-19) epidemic or pandemic?**

These illnesses can affect many parts of our lives and the way normal systems are run. In Australia, we will have notice if there is anything we should do to prepare. However it's wise to have an emergency kit and some extra food at home and other supplies like medications and pet food, however there is no need to excessively stockpile anything.

***Our office is still open from Monday to Friday 8am to 4pm if you need any assistance.***

***3869 1000.***

Kelly Gray, Manager

*\* Information taken from Qld Health website.*