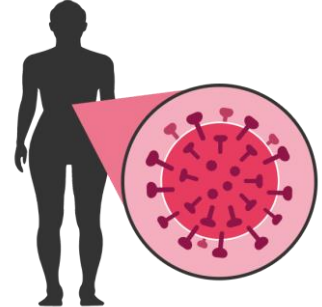


Coronavirus Factsheet



What is the coronavirus disease (COVID-19)?

Novel coronavirus (COVID-19) is a new virus



It is spread by person to person contact

The coronavirus started in China



Some people in Australia and other countries have got the virus

This is because people have travelled to China or they have met with someone who has been to China recently



What are the symptoms of the virus?

Common symptoms of the virus include:



- Fever

- sore throat

- flu-like symptoms, such as coughing or sneezing



- fatigue

- difficulty breathing



It can take up to 14 days a person to show they are sick



At the moment it seems mostly older people and sick people are more likely to catch the virus

What should I do if I develop symptoms?

If you are struggling to breath, call triple zero (000) immediately



Tell the person on the phone and the ambulance staff about your recent travel history

When you visit your doctor or the hospital emergency department, it is very important that you call **before** going



When you call you need to tell them about your symptoms and travel history

Do I need to keep myself away from other people?

You should isolate yourself for 14 days:



- if you have been in close contact with someone who has coronavirus
- if you have travelled to China within the past 14 days



Isolate means to be apart from others and stay at home by yourself or with family or support



This means if you are sick then no one can get sick because you are separate from them



You may leave home to go to the doctors if you are sick

Remember to call **before** visiting your doctor or hospital emergency department to tell them know your travel history



What does home isolation mean?

If you have any symptoms or know you have the virus you should:

- stay home for 14 days except to go to the doctors or hospital emergency department
- do not go to work, school, or visit public areas
- do not use public transportation like buses or taxis
- call ahead **before** visiting the doctor or hospital emergency department
- remain separated from other people in the home, stay in a different room and use a separate bathroom, if available

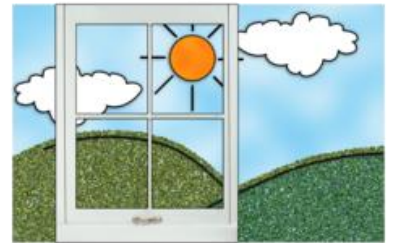


- restrict visitors who do not need to be in the home



- keep away from elderly people and those who are sick

- keep fresh air going through the house with an open window or air conditioner



- wear a surgical face mask if you need to be around other people

- cover your mouth when coughing or sneezing and throw used tissues in the bin



- wash your hands often and thoroughly with soap and water for at least 20 seconds



- do not share any food or other items like plates, forks, or glasses with others
- seek prompt medical attention if you are getting worse



What do I need to do if I am caring for someone who is isolated at home?

If you are caring for someone who has symptoms or knows they have the virus you should:

- wear a disposable face mask, gown, and gloves when you touch or have contact with the person
- throw out disposable face masks, gowns, and gloves after using them – do not reuse
- wash your hands immediately after removing your face mask, gown, and gloves



- every day you should clean all surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones and bedside tables
- wash laundry thoroughly



Can my child go to school or day care?

If your child has been in contact with someone who has the virus or they have been to China you must keep them at home for 14 days.



Don't send them to school or day care until the 14 days are finished

How do I avoid becoming infected by the virus?

Stay away from people who have symptoms or know they have the virus



Regularly wash your hands after touching hard surfaces or having contact with animals



Avoid touching your eyes, nose or mouth if you have not washed your hands

Avoid contact with wild or farm animals if travelling outside of Australia



Only wear a facemask if you know someone who has symptoms or has the virus



If you are have symptoms and think you may have the virus you should:

- isolate yourself at home for 14 days, leaving only to seek medical care
- wash your hands often with soap and water for at least 20 seconds



- cover your mouth or nose with a tissue when coughing or sneezing
- using only disposable tissues, not handkerchiefs, and get rid of them straight away
- don't travel on public transport or visit public places



How is COVID-19 spread?

The people who have the virus in Australia have either been to China or been in close contact with someone who has the virus

The government is keeping an eye on those who have the coronavirus



Currently, the virus is most likely to spread from person to person through:

- direct contact with a person while they are sick
- close contact with a person who is sick and who does not take appropriate precautions when coughing or sneezing
- touching contaminated objects or surfaces and then touching the mouth or face



What is close contact?

Close contact means:

- you have had face-to-face contact for at least 15 minutes with someone who has the virus
- you have been in a closed space for at least 2 hours with someone who has the virus



Contacts

Coronavirus Health Information Line

Call this line if you are seeking information on novel coronavirus. This line operates 24 hours a day, seven days a week.

Phone: 1800 020 080



Healthdirect hotline

Call this number to speak to a registered nurse about your health concerns. The hotline is open 24 hours a day, 7 days a week.

Phone: 1800 022 222

