

# COVID-19 INFORMATION SHEET

## 1 Corinthians 16:13-14 New International Version (NIV)

<sup>13</sup> Be on your guard; stand firm in the faith; be courageous; be strong. <sup>14</sup> Do everything in love.

## **COVID-19 VIRUS**

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19>

COVID-19 is a respiratory illness caused by a new virus first reported in the province of Wuhan, China in December 2019. Symptoms include fever, coughing, sore throat and shortness of breath. The virus can spread from person to person, but good hygiene can prevent infection. Find out who is at risk and what you should do if you think you have COVID-19.

## **SYMPTOMS - COVID-19**



### **People with coronavirus may experience:**

- Fever
- Flu-like symptoms such as coughing, sore throat and fatigue
- Shortness of breath

## **WHAT TO DO IF YOU ARE INFECTED**

Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week. **Telephone: 1800 020 080**

If you have serious symptoms such as difficulty breathing, call 000 for urgent medical help.

Otherwise seek medical advice by calling or visiting a doctor, hospital or clinic.

[AusGov Doctors Directory](#) | [AusGov Directory of Hospitals](#) | [AusGov Health Services Directory](#)

# HOW IT SPREADS

**The virus can spread from person to person through:**

- Close contact with an infectious person (including in the 24 hours before they started showing symptoms)
- Contact with droplets from an infected person's cough or sneeze
- Touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face

COVID-19 is a new disease, so there is no existing immunity in our community. This means that COVID-19 could spread widely and quickly.

# WHO IS AT RISK

**In Australia, the people most at risk of getting the virus are those who have:**

- Recently visited a high risk country or region.
- Been in close contact with someone who has a confirmed case of COVID-19.

**Based on what we know about coronaviruses, those most at risk of infection are:**

- People with compromised immune systems (such as people who have cancer).
- Elderly people.
- People with chronic medical conditions such as cardiovascular and respiratory diseases etc.
- Diabetes.
- Hypertension.
- Aboriginal and Torres Strait Islander peoples (as they have higher rates of chronic illness).
- People in group residential settings.
- People in detention facilities.

# PREVENTATIVE MEASURES

**SOURCE: World Health Organisation [WHO]**

***Note: WHO has a number of informative downloadable posters.***

- **Avoid public places/meetings:**

If you are a most at risk avoid public places and meetings.

- **Practice Good Hygiene:**

Practice good hygiene and encourage others to do likewise.

- **Disinfect all surfaces:**

Disinfect all surfaces that people regularly come in contact with and food is prepared on.

**Why?** *Touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person can infect you via you touching your mouth, eyes or face.*

- **Wash your hands frequently:**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Carry a hand-sanitiser and use after contact.

**Why?** *Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.*

- **Maintain social distancing:**

Maintain at least 1.5 metres distance between yourself and anyone who is coughing or sneezing.

**Why?** *When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.*

- **Avoid touching eyes, nose and mouth:**

**Why?** *Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.*

- **Practice respiratory hygiene:**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** *Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.*

- **If you have fever, cough and difficulty breathing, seek medical care early:**

*Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.*

**Why?** *National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.*

- **Stay informed and follow advice given by your healthcare provider:**

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

*Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.*

- **Avoid physical contact when meeting or greeting someone:**

*Why? COVID-19 can be transmitted person to person.*

- **Surgical masks**

Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. **If you are well, you do not need to wear a surgical mask.** There is little evidence that widespread use of surgical masks in healthy people prevents transmission in public.

## **VACINATION AND TREATMENT**

Currently there is no vaccine for COVID-19, but there is one for the flu.

Currently there is no treatment available for COVID-19 but, medical care can treat most of the symptoms.

## **SELF ISOLATION**

**If you are:**

- Most at risk and choose to self-isolate.
- Required to self-isolate.
- Exposed to the virus.
- Have been diagnosed with COVID-19.

You must stay at home to prevent it spreading to other people.

**Staying at home means you:**

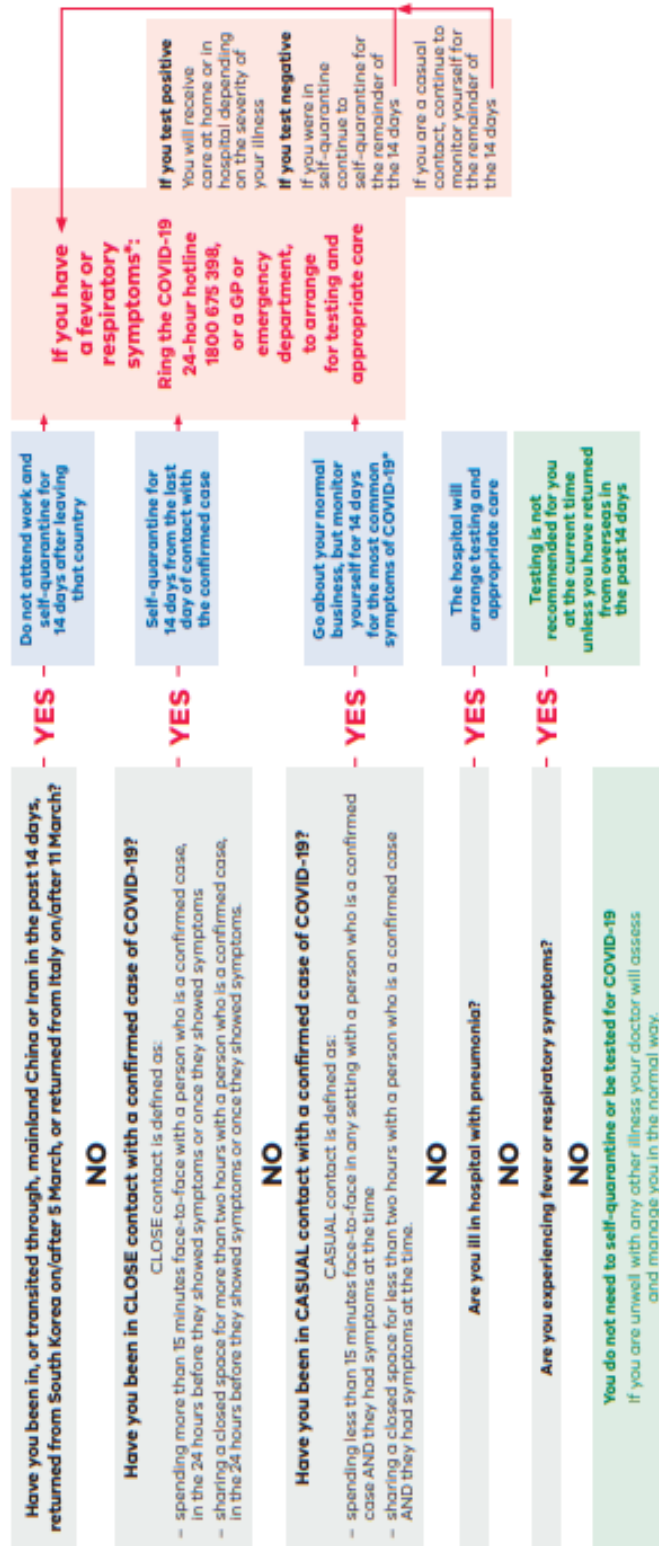
- Do not go to public places such as work, school, shopping centres, childcare or university
- Ask someone to get food and other necessities for you and leave them at your front door
- Do not let visitors in — only people who usually live with you should be in your home
- You do not need to wear a mask in your home. If you need to go out to seek medical attention, wear a surgical mask (if you have one) to protect others.
- You should stay in touch by phone and on-line with your family and friends.

## **RESOURCES**

- [Link to Resources - English](#)
- [Link to Resources - Other Languages](#)
- [Government Response to the Virus](#)



## Self-assessment for risk of coronavirus (COVID-19)



### Additional information for healthcare workers and residential care workers

In addition to the above steps, the following information applies to healthcare workers and residential care workers who have direct contact with patients or residents.

**If you have an influenza-like illness**, which is a fever above 37.5 and symptoms of an acute respiratory infection (shortness of breath, cough, coryza and/or sore throat):

- do not go to work
- ring the COVID-19, 24-hour hotline 1800 675 398, or a GP or emergency department, to arrange for testing and appropriate care.
- if you test negative you can return to work when well, at the direction of your treating doctor.

A healthcare worker who has worn appropriate personal protective equipment while treating a patient does not become a close contact as a result of that care. They may be a casual contact as a result of that care so should monitor themselves for 14 days.

\*The most common symptoms of COVID-19 are fever, cough, shortness of breath, muscle pain and fatigue.