

What is COVID-19

SARS-CoV-2 is a new strain of a virus in the coronavirus family that has not been previously identified. Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

How it spreads

Novel Coronavirus (COVID-19) is spread through coughing or sneezing of a contaminated person. It can also occur through touching contaminated surfaces, hands or objects.

How is it Tested

Testing is arranged by your GP or hospital emergency department if they deem it clinically necessary.

If you require any further information

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>



COVID – 19

Self-Check

Precautions to take

What if you have Symptoms?

What to do Next



Do you have any of the following symptoms?

- Fever
- Sore Throat
- Cough
- Breathing Difficulties
- Fatigue or Tiredness

In the last 14-days, have you?

- Travelled to any overseas country
- Been in contact with anyone else who has or is suspected of having the CoronaVirus

Have we checked your temperature today and it's greater than 37.5?

- We suggest you go straight home, self-isolate and follow the information in this brochure

What if I have the symptoms or if I develop them?

- **DO NOT BE AFRAID** to report your symptoms. The sooner you get diagnosed the sooner you will receive the correct treatment
- **SELF-ISOLATE**, distance yourself from your family to minimize the risk to your friends and relatives until otherwise told to do so by a medical professional
- **CALL YOUR GP** and inform them of your symptoms so they can give you further advice on what to do next
- **CALL 1300 651 160 or 1800 022 222** if you need any further information or advice
- If you are having difficulty breathing or are concerned your symptoms are worsening **CALL 000** and inform them that you are suspected of having COVID-19

Precautions to take;

- Practice cough/sneeze etiquette - Cough/Sneeze into your elbow
- Wash/Sanitize your hands frequently
- Avoid sharing food, cutlery or cups/glasses
- Keep your work station, public area clean

