



If you are in Australia and have serious symptoms such as difficulty breathing, phone 000 for urgent medical help.

# CORONAVIRUS

## HEALTH ADVICE

The following information is relevant to workers who are already in Australia and for people planning to travel to Australia.

### WHAT IS CORONAVIRUS?

Coronavirus, or COVID-19, is a respiratory illness caused by a new virus. It comes from a large family of viruses that can make humans and animals sick. These viruses cause illnesses ranging from the common cold to more severe diseases.

### SYMPTOMS

Symptoms can vary widely from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

#### PEOPLE WITH CORONAVIRUS MAY EXPERIENCE:



FEVER



COUGH



SORE THROAT



DIFFICULTY BREATHING

#### HEALTH AUTHORITIES HAVE CONFIRMED CASES OF CORONAVIRUS IN AUSTRALIA.

For the latest numbers in Australia read the coronavirus health alert:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>.



### HOW CORONAVIRUS SPREADS

There is evidence that the virus spreads from person to person, most likely through the following:

- close contact with an infectious person
- 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 on them, and then touching your own mouth or face.

#### Coronavirus health information line



In Australia, call the following number for information on coronavirus. The line operates 24 hours a day, seven days a week: **1800 020 080**

# CORONAVIRUS

## HEALTH ADVICE

### PREVENTION

Everyone should practice good hygiene to protect against infection.



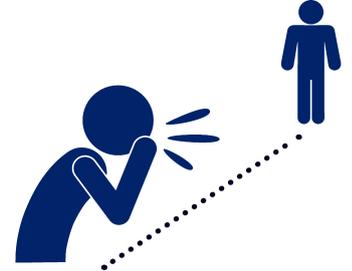
**WASH HANDS  
OFTEN WITH SOAP  
AND WATER**



**COVER YOUR MOUTH  
WHEN YOU COUGH  
OR SNEEZE**



**AVOID CLOSE  
CONTACT WITH  
OTHERS**



**MAINTAIN DISTANCE  
FROM PEOPLE COUGHING  
OR SNEEZING**

If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

Read more about protective measures against coronavirus on the World Health Organisation website:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.



**CALL THE  
CLINIC FIRST**

### DIAGNOSIS

If you become unwell and think you may have symptoms of coronavirus, seek medical attention. **Call the medical clinic before visiting to book an appointment** and explain your symptoms, travel history and any recent close contact with someone who has been diagnosed with coronavirus.

If you must leave home to see your doctor, wear a surgical mask (if you have one) to protect others.

Find out what happens if you have a suspected case of coronavirus: [https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-information-for-people-with-a-suspected-case\\_0.pdf](https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-information-for-people-with-a-suspected-case_0.pdf).



**IF YOU HAVE  
CORONAVIRUS,  
STAY AT HOME**

### TREATMENT

There is no treatment for coronavirus, but medical care can treat most of the symptoms. Antibiotics do not work on viruses.

**If you have been diagnosed with coronavirus, isolate yourself by staying at home.**

#### HOW TO ISOLATE YOURSELF

- Do not go to public places, such as work, school, shopping centres, childcare centres or universities. If possible, ask other people to buy food and other necessities for you and leave them at your front door.

- Only people who usually live with you should be in your home. Do not let in visitors.
- You do not need to wear a surgical mask in your own home.
- If you need to leave home to seek medical attention, wear a surgical mask (if you have one) to protect others.

To find out more, read the following information on home isolation: <https://www.health.gov.au/resources/publications/coronavirus-covid-19-isolation-guidance>