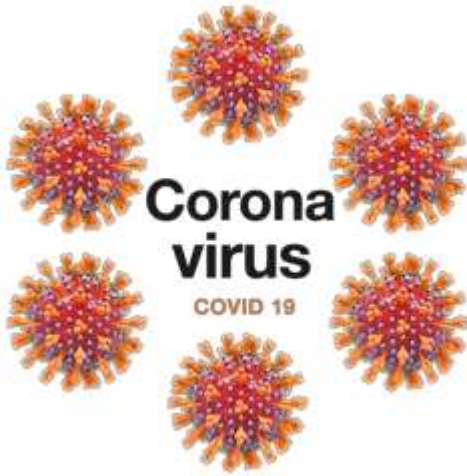


INFORMATION ABOUT CORONAVIRUS – COVID-19



There has been a lot of information in the news about a new virus called Coronavirus – COVID 19

A virus is a type of illness.

Corona is a new virus and people first had it in China.

Because people travel for work, to visit friends and family and to go on holidays it is now in lots of other countries.

There are now a small number of people in Australia that have the virus.



What is Coronavirus – COVID-19 ?

Coronavirus COVID-19 is like the flu. People who are ill with the virus may have:

- A cough
- A high temperature
- Find it harder to breath normally.

Most people who have the virus may feel unwell but recover without going to hospital. Some people may need more help to try to get better.



To make sure people get the right support if you have these symptoms and have:

- Recently been to a country where lots of people have this virus
- Been close to someone who has been told they have the virus

You do need to find out if you have the virus or if there is another reason why you feel unwell.

What should you do if you think you have Coronavirus COVID-19?



If you think you have Coronavirus you should isolate yourself from other people and call the National Coronavirus hotline on 1800 020 080.

The hotline is open 24hours a day and they will tell you what to do next.

They might tell you that you need to stay home and not be near other people. This is called self-isolation.



It is important that if you do have the virus the people who spend time with you know this.

This will mean they have to think of ways to help you safely and that make it less likely that they catch the virus.

People who have Coronavirus COVID-19 are usually better in 2 weeks.



Some people who get the virus do need more medical help and if you are very unwell you may need to go to hospital.

This is help you get the right treatment to make you feel better.

How can you help to try to stop the spread of Coronavirus COVID-19?

One of the most important things we can all do is to make sure we are all doing our best to stop other people catching the virus.

The best way to do this is to:

- Cover your mouth and nose when you cough or sneeze
- Put any used tissues in the bin
- If you don't have a tissue it is better to cough or sneeze into your sleeve than into your hands
- Try not to touch your eyes, nose, mouth with your hands



It is also very important that you wash your hands carefully after coughing or sneezing, after using the toilet, before eating any food and you should always wash your hands when you get home.

Doctors and nurses have told us that when washing your hands you should:

- Wet your hands under warm running water
- Apply a small amount of soap
- Rub your hands together and make sure the soap and water covers all of your hands
- Carefully wash the back of your hands, between your fingers, your fingertips, wrists, your thumbs and your nails
- Rinse your hands under running water
- Dry your hands thoroughly using a paper towel or air dryer
- Turn the tap off using paper towel



How to find out more about Coronavirus COVID-19



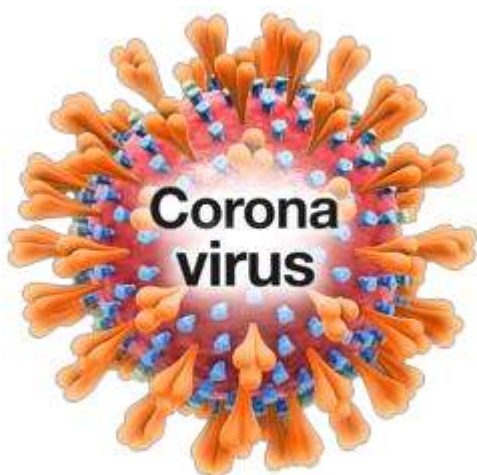
Daily updates are published through the following Government websites and be accessed at any time:

- Australian Government Department of Health

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

- Victorian Government Department of Health

<https://www2.health.vic.gov.au/about/news-and-events/healthalerts/2019-Coronavirus-disease--COVID-19>



Or you can call the National Coronavirus Health Information Line on **1800 020 080**. It operates 24 hours a day, seven days a week.

If you require translating or interpreting services, call 131 450.



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