

# CORONAVIRUS (COVID-19)

## What is coronavirus?

Coronaviruses are a large family of viruses that can cause illness in humans and animals. The most recently discovered coronavirus is COVID-19 which is a new virus that can cause an infection in people, including a severe respiratory illness.

COVID-19 spreads through close contact with an infected person; mostly face-to-face or within a household.

## What are the symptoms of coronavirus?

Many people who contract COVID-19 will suffer only mild symptoms. However early indications are that the elderly and people with pre-existing medical conditions are more at risk of experiencing severe symptoms.

The most common coronavirus symptoms reported include:

- Fever
- Breathing difficulties such as breathlessness
- Cough
- Sore throat
- Fatigue or tiredness.

If you are experiencing any of these symptoms, you should seek immediate medical attention from your local GP, Emergency Department or via the COVID-19 hotline – 1800 675 398.

If you have serious symptoms, such as difficulty breathing, call 000 and ask for an ambulance and tell the operator your recent travel history.

## What can I do to reduce my risk of coronavirus infection?

- Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- Stay at home if you feel sick. If you take medication make sure you have enough.
- Continue healthy habits: exercise, drink water, get plenty of sleep.