

Factsheet – Protect yourself and your mob!

What is it?

COVID-19 is a virus that belongs to the same family of illnesses as the common cold. When this illnesses starts, it may develop in the lungs and start to affect them. In some cases, people may not feel sick at all while others may become very ill, very quickly.

What are the symptoms?

COVID-19 is a respiratory illness that effects your nose, throat and lungs. This will affect parts of your body that affect your breathing. If you are sick with COVID-19, your symptoms might include; feeling hot all the time, coughing, a sore throat, shortness of breath, runny nose, feeling really tired, diarrhoea, vomiting or nausea, loos of smell and/or taste.

How does it spread?

COVID-19 is spread between people, usually when a sick person coughs or sneezes. You can also catch it if they have coughed or sneezed onto a surface (like a door handle) that you touch, which can be transferred by your hands into your mouth, nose and eyes when your touch your face or eat.

How can I protect myself, my family and my community?

Washing your hands often and properly means that you can prevent the virus entering your body. This means washing your hands for at least 20-30 seconds or using alcohol based hand rub.

Try to keep a safe distance from people who are coughing, sneezing or display symptoms, and avoid hand contact (shaking hands and hugging) to protect yourself.

It is also important to look after yourself and keep your body strong as your best defence. Eat well, exercise and make sure you are getting enough sleep. Ensure you and your family are up to date with your immunisations including the COVID-19 and flu vaccine.

Who is more at risk?

Every one is at risk of catching COVID-19. People suffering from poorer health or the older population are likely to become seriously unwell as their bodies will struggle to fight the virus.

What do I do if I am feeling sick?

If you are experiencing symptoms of the COVID-19 virus such as high fever, a cough, sore throat or shortness of breath it is important to seek medical advice by either your local doctor, Aboriginal Medical Service or local hospital.

When making an appointment with your doctor it is important to let them know what your symptoms are so that they can protect the broader community and ensure the best care for you before you come in.

It's important to think of those around you if you are unwell and ensure you cover your mouth (or wear a mask), avoid close contact and stay at home if you are sick.

To find the nearest clinic to you, please call **13HEALTH** for up to date information **13 43 25 84** or for further information about COVID-19 visit: Queensland Health <https://www.health.qld.gov.au/> Australian Government Department of Health <https://www.health.gov.au/>

6 steps to successful everyday hand washing using soap



Rub hands palm to palm.



Rub hands palm to palm with fingers interlaced.



In a circular motion rub the tips of fingers in the palm of the opposite hand.



Clean thumb by holding it in the other hand and rotating.



Clean wrist thoroughly also.



Rinse hands with water.

COVID-19 (Coronavirus) – Protect yourself and your mob!!

Wash hands often

Wash your hands often and properly, after being out and about, before eating and after going to the toilet. The virus can be spread by your hands into your mouth, nose and eyes when you touch your face or eat food.



Avoid close contact

Keep a safe distance from people who are coughing and sneezing and avoid hand contact such as shaking hands.



Look after yourself

Looking after yourself by eating a healthy, balanced diet, getting regular physical activity, sleeping well and reducing stress is your best protection to avoid getting sick.

Call your doctor

If you're unwell with any of the symptoms – seek medical advice from your doctor, Aboriginal Medical Service or your local hospital. Let them know your symptoms before presenting so they know you're coming.

Call **13HEALTH** for advice **13 43 25 84**

What are the symptoms?



You feel hot all the time



Cough



Sore throat



Feeling really tired



Runny nose



Shortness of breath



Loss of smell



Loss of taste



Diarrhoea



Vomiting or nausea