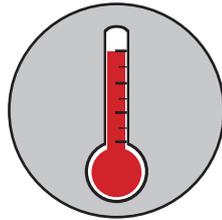


# Protecting myself and others from Coronavirus / COVID-19

## Symptoms of Coronavirus

Symptoms can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience:

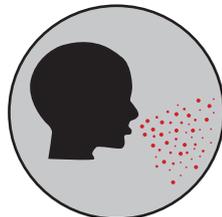
- fever
- flu-like symptoms such as coughing, sore throat and fatigue
- shortness of breath



## How it spreads

There is evidence that the virus spreads from person-to-person. The virus is most likely spread through:

- 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, and then touching your mouth or face



## What can I expect from my support worker?

Before each support session your support worker will call you and ask you 3 questions:

- 1) Have you travelled overseas in the last 14 days?
- 2) Have you been in contact with anyone who has tested positive with the virus?
- 3) Do you have any symptoms?

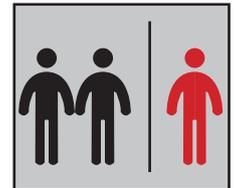
## Prevention

Everyone should practise good hygiene to protect against infections. Good hygiene includes:

- washing your hands often with soap and water for at least 15 seconds
- using a tissue and cover your mouth when you cough or sneeze
- avoiding close contact with others, such as touching



If you have a confirmed case, you need to isolate yourself to prevent it spreading to other people. Your support worker can help you access the most up to date information about isolating yourself if this is required.



## Who can help me?

RFQ can help you prepare and respond to the Coronavirus. There may be limits and alternative support arrangements that need to be made if RFQ cannot provide the response you need. RFQ will communicate this with you.

### Doctor or other treating medical practitioner

Phone: \_\_\_\_\_

### Coronavirus Health Information Line

Call this line if you are seeking information on novel coronavirus. The line operates 24 hours a day, seven days a week.

1800 020 080

### healthdirect hotline

Call this number to speak to a registered nurse about your health concerns. The hotline is open 24 hours a day, 7 days a week.

1800 022 222

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

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