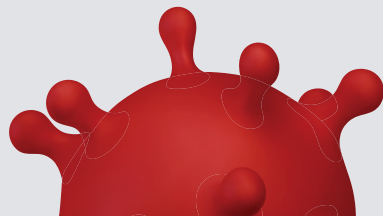




Coronavirus (COVID-19): Know The Facts

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WHAT IS A CORONAVIRUS (COVID-19) AND HOW IS IT SPREAD?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS). This new coronavirus originated in Hubei Province, China and the disease outbreak is named COVID-19.

The coronavirus is most likely to spread from person-to-person through:

- ✓ direct close contact with a person while they are infectious
- ✓ close contact with a person with a confirmed infection who coughs or sneezes, or
- ✓ touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.



HOW CAN WE HELP PREVENT THE SPREAD OF CORONAVIRUS?



Practising good hand and sneeze/cough hygiene is the best defence against most viruses.

You should:

- ✓ wash your hands frequently with soap and water, before and after eating, and after going to the toilet for at least 20 seconds
- ✓ cough and sneeze into your elbow, dispose of tissues, and use alcohol-based hand sanitiser
- ✓ practice social distancing. Stay more than 1.5 metres away from others
- ✓ if unwell, avoid contact with others and seek and follow professional health advice

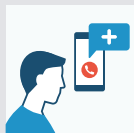
WHAT DO I DO IF I DEVELOP SYMPTOMS?



If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of leaving country or region that is at higher risk for COVID-19, or within 14 days of last contact of a confirmed case, you should arrange to see your doctor for urgent assessment.



You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you may have been in contact with a potential case of coronavirus. You must remain isolated either in your home or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.



WHO IS MOST AT RISK OF A SERIOUS ILLNESS?



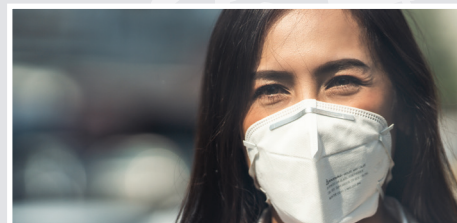
Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly. From previous experience with other coronaviruses, the people at most risk of serious infection are:

- ✓ people with compromised immune systems (e.g. cancer)
- ✓ elderly people
- ✓ Aboriginal and Torres Strait Islander people
- ✓ people with diagnosed chronic medical conditions
- ✓ very young children and babies
- ✓ people in group residential settings

SHOULD I WEAR A FACE MASK?



You do not need to wear a mask if you are healthy. While the use of masks can help to prevent transmission of disease from infected patients to others, masks are not currently recommended for use by healthy members of the public for the prevention of infections like coronavirus.



For the latest advice, information and resources, go to **www.health.gov.au**

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**.

The phone number of your state or territory public health agency is available at **www.health.gov.au/state-territory-contacts**

If you have concerns about your health, speak to your doctor.