

Coronavirus: Information and key contacts

Information correct at 27/4/2020 and is subject to change at any time.



What are the symptoms of coronavirus

The most common coronavirus (COVID-19) symptoms reported are:

- Fever
- Breathing difficulties, breathlessness
- Cough
- Sore throat
- Fatigue or tiredness

Many people who contract coronavirus (COVID-19) will suffer only mild symptoms. The Department of Health guidelines tell us that the following people are at higher risk from COVID-19:

- Overseas travellers and close contacts
- Elderly or have pre-existing medical conditions
- Aboriginal and Torres Strait Islander peoples
- People with compromised immune systems (such as people who have cancer or received cancer treatment, people living with HIV)

If you are feeling unwell

If you have serious symptoms, such as difficulty breathing, call 000 and ask for an ambulance and tell them if you also have a fever or a cough, sore throat or respiratory illness.

If you begin to feel unwell, and have a fever or a cough, sore throat, shortness of breath or respiratory illness you should get tested for coronavirus (COVID-19).

Coronavirus hotline

Contact the 24-hour hotline **1800 675 398**, or call your Doctor and mention your symptoms and risk factors. They will determine if you need to be tested for coronavirus (COVID-19).

Please keep Triple Zero (000) for emergencies only.

Coronavirus Screening Clinics (Assessment Centre's)

Anyone with the following symptoms can be tested for coronavirus (COVID-19):

a fever (a temperature of 38 degrees or above)

OR

a cough, sore throat, shortness of breath or respiratory illness.

There are three screening clinics in our region:

Echuca Regional Health:

Emergency Department Service Street
9.30am – 6.00pm daily.

Bendigo Health:

Stewart Street (in the old hospital Emergency Department)
10.00am – 5.30pm daily.

Goulburn Valley Health:

Graham Street, Shepparton, outside the Emergency Department
10.00am – 6.00pm daily.

How does coronavirus spread?

Health authorities around the world believe the virus is spread from close contact with an infected person, mostly through face-to-face or between members of the same household. People may also pick up the virus from surfaces contaminated by a person with the infection.

The virus is spread by people with symptoms when they cough or sneeze. That's why the best way to protect others is to practice good personal hygiene.

What is close contact?

Close contact means you spent more than 15 minutes face-to-face or sharing a closed space for more than two hours with a person who has coronavirus.

A 'close contact' could include any person meeting any of the following criteria:

- Living in the same household
- Direct contact with fluids of a person who has coronavirus when they sneeze and cough
- A person who spent two hours or longer in the same room

Ways to reduce your risk

WASH HANDS often with soap and running water, for at least 20 seconds.

IF YOU touch your eyes, nose or mouth wash your hands again.

COVER your nose and mouth with a tissue when you cough or sneeze and put your used tissue in the bin and wash your hands. If you don't have a tissue, cough or sneeze into the clothing on your upper arm.

ISOLATE at home if you feel sick. If you take medication ensure you have enough at home.

CLEAN and disinfect high touch surfaces regularly e.g. phones, keyboards, door handles, light switches, bench tops.

Social Isolation and Physical Distancing is important to avoid close contact

Stay at home unless your trip is essential.

Physical (social) distancing rule of 1 person for every 4 square metres must be to ensure a safe physical distance, you must be at least 1.5 meters away from another person.

Sourced from the Victorian Department of Health and Human Services www.dhhs.vic.gov.au/coronavirus



KYABRAM DISTRICT
HEALTH SERVICE

