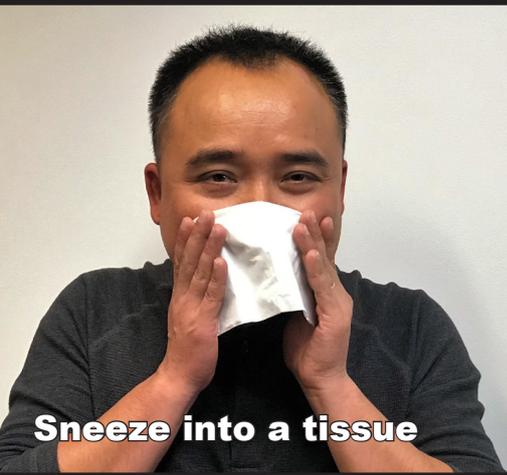


Coronavirus



Sneeze into a tissue



Wash you hands



Cough into your elbow

Ways to reduce your risk

What is Coronavirus? Coronavirus can make humans and animals sick. Some Coronavirus 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). Coronavirus is spread through close contact with an infected person, most face to face. The virus can't jump across a room or be carried for a long distance. **To stay safe you should:**

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.

PHONE your GP first if you need medical attention. They will tell you what to do.

CONTINUE healthy habits: exercise, drink water, get plenty of sleep, be kind to each others.

DON'T SHAKE HANDS (find alternative ways to say hello).

Please turn over for more information >>>>

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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.

What are the symptoms of the Coronavirus?

Many people who contract Coronavirus will suffer only mild symptoms. However, elderly and people with pre-existing medical conditions are likely to be more at risk of experiencing severe symptoms.

The most common Coronavirus symptoms:

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

If you get any of these symptoms, it could be Coronavirus or something less severe.

Ring your LOCAL DOCTOR who will decide if a Coronavirus test is required. This would be a nose and throat test.

If a test is needed, they may do the test at your Doctor's clinic or suggest you go to the Coronavirus screening clinic at the old Bendigo Hospital in Stewart Street between 9.30am and 6PM.

If anyone in your family gets very sick, go straight to the emergency department of the new hospital in Drought Street.