

COVID-19

How can we help prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene and keeping your distance from others when you are sick is the best defence against most viruses.

You should:

- Stay at home if you feel unwell or have cold or flu like symptoms to avoid contact with others.
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.
- Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitizer.
- Stay more than 1.5 metres from people.
- Exercise personal responsibility for social distancing measures.

My workplace has more than 500 people. Can I still go to work?

Yes, you can still go to work. The Government currently recommends that organised, non-essential gatherings be limited to a maximum of 100 people indoors and 500 people outdoors. This advice does not include workplaces, schools, universities, shops, supermarkets, public transport and airports, as they are deemed essential.

If you are unwell, you should stay home to avoid spreading your germs to others.

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.

Is the flu vaccine effective in combatting COVID-19?

While the vaccine won't combat COVID-19, it will help reduce the severity and spread of underlying flu viruses. The NSW Health Department has advised that receiving a vaccination from April provides optimal protection from the flu ahead of the peak period, which typically occurs from June to September. Research has shown that the effectiveness of the vaccination begins to wane after three to four months, so timing is very important.

If you are or someone you know is feeling mentally distressed and need to contact someone urgently, please call Murrumbidgee Local Health District Mental Health AccessLine on 1800 800 944.



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COUNCIL

FREQUENTLY ASKED QUESTIONS

Coronavirus – General

What is a coronavirus and COVID-19?

Coronaviruses are a large family of viruses known to cause respiratory infections. These can range from the common cold to more serious diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). This new coronavirus originated in Hubei Province, China and the disease caused by the virus is named COVID-19.

How is this coronavirus spread?

COVID-19 is most likely to spread from person-to-person through:

- Direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared.
- Close contact with a person with a confirmed infection who coughs or sneezes.
- 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, nose, eyes or face.

All information supplied in this booklet has been sourced from health.gov.au

What are the symptoms of COVID-19?

The symptoms of COVID-19 are similar to other colds and flus and include:

- Fever
- Sore throat
- Cough
- Fatigue
- Difficulty breathing

**National Coronavirus Help
Line on 1800 020 080**

While COVID-19 is of concern, it is important to remember that most people displaying these symptoms are likely suffering with a cold or other respiratory illness – not COVID-19.

What do I do if I develop symptoms?

Call the National Coronavirus Help 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.

Who needs to isolate?

All people who arrive in Australia from midnight 15 March 2020, or think they may have been in close contact with a confirmed case of coronavirus, are required to self-isolate for 14 days.

Someone I live with is getting tested for COVID-19. Should I self-isolate and get tested as well?

If a household member is a suspected case, you may need to be isolated. This will be determined by your public health unit on a case-by-case basis. Your public health unit will contact you if you need to isolate. For more information, read the NSW Health fact sheet on home isolation.

What is social distancing?

Social distancing is one way to help slow the spread of viruses such as COVID-19. Social distancing includes staying at home when you are unwell, avoiding large public gatherings if they're not essential, keeping a distance of 1.5 metres between you and other people whenever possible and minimising physical contact such as shaking hands, especially with people at higher risk of developing serious symptoms, such as older people and people with existing health conditions. There's no need to change your daily routine, but taking these social distancing precautions can help protect the people in our community who are most at risk.

How is social distancing implemented in the workplace?

- Stay at home if you are sick.
- Stop handshaking as a greeting.
- Hold meetings via video conferencing or phone call.
- Defer large meetings.
- Hold essential meetings outside in the open air if possible.
- Promote good hand and sneeze/cough hygiene and use hand sanitisers.
- Take lunch at your desk or outside rather than in the lunch room.
- Clean and disinfect high touch surfaces regularly.
- Limit food handling and sharing of food in the workplace.
- Avoid non-essential business travel.
- Reschedule, stagger or cancel large gatherings.

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. The people at most risk of serious infection are:

- People who have been in close contact with someone who has been confirmed as having coronavirus.
- People with compromised immune systems (e.g. cancer).
- Elderly people.
- Aboriginal and Torres Strait Islander people, as they have higher rates of chronic illness.
- People with diagnosed chronic medical conditions.
- People in group residential settings.
- People in detention facilities.
- Very young children and babies.*

*At this stage the risk to children and babies, and the role children play in the transmission of COVID-19, is not clear. However, there has so far been a low rate of confirmed COVID-19 cases among children, relative to the broader population.



If you develop flu like symptoms, call your
GP or **healthdirect (1800 022 222)**, or visit
your local **Emergency Department**