

Know the Symptoms

Basic protective measures against coronavirus



Fever



Cough



Shortness of breath



Headache



Sore Throat

Seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.



Prevention Basic Measures

Pandemic How to Prepare



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19

Preparing for a pandemic

Be prepared but do not panic.



Stock up

Make sure you have enough stocks of medication and essential food supplies: tinned good, pasta and protein, for at least two weeks



Don't panic

Experts caution against panic-buying or hoarding food. Buy a little extra each time you shop: We do not want to see empty shelves.



Get a flu shot

Some people who have contracted the virus overseas have had co-infections, which worsened their conditions. Get a flu shot before the next flu season.

How would our government respond ?

The Federal Government has a detailed pandemic preparedness plan. Possible measures in a worse case scenario could include:

- Cancelling large gatherings.
- Asking people to work from home
- Boosting the capability of hospitals



Australian Government



Symptoms What are they?

Getting Sick What to do

