Coronavirus

The Coronavirus is like a flu or bad cold.

It can make you sick with:

- Fever
- Cough
- Sore Throat
- Trouble Breathing

Some people will only get a little bit sick, but some will get very sick and need to go to hospital

There is not much Coronavirus in Australia now.

There might be a lot of people sick with Coronavirus in Australia in the coming months.
Here are some things you can buy to prepare:

- Make sure you have a month or more of your medicine and prescriptions

- Make sure you have a month or more of important medical supplies – oxygen probes, catheters and feeding tube supplies, for example (many of these are made overseas and are running out)

- Make sure you have a good supply of any special foods you need

- Make sure you have a month or more of continence aids and hand sanitiser, gloves and wipes

Here are some things you can do to keep safer:

- Wash your hands back and front with soap many times every day

- Count to 20 every time you wash your hands, or sing the happy birthday song twice

- Wash your hands before and after you eat

- Wash your hands after going to the toilet
• If you cough or sneeze, try to catch it in your elbow

• Use hand sanitizer gel after you touch things in public, like:
  • shopping trolleys
  • door handles
  • light switches
  • computers, mice and shared phones

• You might want to wear a P2/N95 mask when you’re in a crowded space if you have a cough or a runny nose

• Make sure you have an emergency contact list somewhere obvious

• Stay away from people who are coughing or sneezing – the virus can come through the air into your body

• Try not to touch your eyes, nose or mouth with your hands – if the virus is on your hands, it might go into your body

• Ask your support workers to wash their hands, and to stay away if they are sick

If you get sick a lot or are immune-compromised, have diabetes, poor lungs or are a smoker, it might be a good idea to avoid events with lots of people.
• Try online shopping for your food and supermarket needs

• Use online video to catch up with a friend

• Put a sign on your door to ask sick people to stay away

If you get sick

• You can call HealthDirect for FREE anytime, day or night, on 1800 022 222 and talk to a nurse for advice

• If you get a fever, and a cough and are worried, stay home and make an appointment with your doctor.

• If you have a cold and are very sick or breathing is hard for you, call an ambulance on 000

To find out more detail about the new coronavirus, here are two good links:
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

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