

# CORONAVIRUS (COVID-19)

Information Sheet 1A

## WHAT YOU NEED TO KNOW

*Important information for Breakaway staff, clients, friends and family*

### What is Coronavirus (COVID-19)?

Coronavirus (COVID-19) is a respiratory illness caused by a new virus.

### What are the symptoms of Coronavirus (COVID-19)?

A person with Coronavirus (COVID-19) will generally develop symptoms 5-6 days post infection however the incubation period can range from 1-14 days.

Coronavirus (COVID-19) can present a range of symptoms including;

- Flu-like symptoms such as coughing, sore throat, headaches, aches and pains
- Possible fever (*some people have tested positive without a noticeable fever*)
- Shortness of breath

### How can you help prevent the spread of Coronavirus (COVID-19)?

Coronavirus (COVID-19) is transmitted via close contact with an infectious person (*including in the 24 hours before they started showing symptoms*), contact with droplets from an infected person's cough or sneeze, or touching objects or surfaces that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

There is currently no vaccine for Coronavirus (COVID-19) however, there are everyday habits that you should practise to protect yourself and others from transmission and exposure;

- Wash your hands often by using alcohol-based hand sanitiser or soap and water
- Cover your mouth while coughing or sneezing then immediately wash your hands
- Avoid contact with anyone who has a fever or cough
- Practise social distancing if you must interact with others (*keeping 2m from another person*)
- Stay home where possible and avoid all public or social gatherings
- Self-isolate for 2 weeks if you feel unwell

### What to do if you become unwell?

If you are experiencing or suspect any of the symptoms of Coronavirus (COVID-19) please phone the National Coronavirus Helpline operating 24/7 on 1800 020 080.

If you are seeking medical treatment from a doctor or hospital, ensure you phone ahead to book an appointment and receive instruction on how to proceed.

If it is an emergency please dial the Emergency Services on 000.

# CORONAVIRUS (COVID-19)

Information Sheet 1B

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### People at risk of complications from Coronavirus (COVID-19)?

- People 65 years of age and older
- Aboriginal and Torres Strait Islander people
- People with chronic or existing medical conditions
- People with a weakened immune system

### Complications of Coronavirus (COVID-19)?

Most people who contract Coronavirus (COVID-19) experience mild symptoms and should recover however some can develop serious complications which may result in death including;

- Pneumonia
- Respiratory failure
- Septic shock
- Organ failure/dysfunction

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***If you become unwell, please notify us immediately and stay at home.***