**WHAT IS COVID19? AKA coronavirus or ‘The Rona’**

· It is a virus that lodges in the back of the nasal passage and throat, it grows back there for a few days before you start to get symptoms.

· Corona is transmitted through droplets from the respiratory system by coughing, sneezing or anything that produces saliva or snot.

· The points of entry for coronavirus is the eyes, nose and mouth.

· Everyone is at risk of catching Corona, it does not discriminate, more and more young people are catching it

· It can make ***anyone*** very sick, some people need to go to hospital. Others don’t get as sick and can be managed at home and have ‘flu’ like symptoms

· The people most at risk from getting sick are the elderly, people with underlying medical conditions, ATSI or people who have a poor immune system

· It is **VERY** easy to catch, that’s why it’s so hard to control

· The virus can hang around on surfaces for up to **3 days**, then enter your system from your hands. Imagine you touch the table with your hands that someone else has sneezed on, then you pick up your sandwich and put it in your mouth. It can be that easy

The symptoms to watch out for are:

* **Fever, Chills or sweats,**
* **Cough, Sore throat,**
* **Shortness of breath,**
* **Runny nose,**
* **Loss of sense of smell or taste**

**IF YOU HAVE ANY OF THESE SYMPTOMS YOU MUST STAY HOME AND ISOLATE**

 **HOW TO HELP KEEP EVERYONE SAFE**

· Use good hand hygiene at home and sanitise when out before and after touching anything

· Stay 1.5 meters away from other people. NO high fives, handshakes, hugs or backslaps.

· Avoid touching your face

· Cover your cough or sneeze with a tissue and throw it out, or use your elbow

· Wear a mask if you can’t stay 1.5 meters away

· Clean all surfaces regularly particularly if they come into contact with multiple people

· If you have any of the symptoms you MUST stay home

· Get tested, even if your symptoms are mild

If you have any questions ring the **Respiratory Assessment Clinic** at the Stawell Hospital **53588630,** the Coronavirus Hotline or visit [**https://www.dhhs.vic.gov.au/coronavirus**](https://www.dhhs.vic.gov.au/coronavirus)

**WHAT TO DO IF YOU NEED TO BE TESTED OR ARE SICK WITH COLD LIKE SYMPTOMS**

· You can be tested at the Respiratory Assessment Clinic at the Stawell Hospital even if your symptoms are mild or if you are sick with cold and flu like symptoms you can see a GP at the Respiratory Assessment Clinic

· Call **53588630** and you’ll be asked some questions and if needed, an appointment booked either to see the GP or just to be tested in your car

· Or call the coronavirus hotline for advice

· If you need a medical certificate ask to see the GP

· After the test you **MUST** go home and isolate yourself

**WHAT DOES SELF-ISOLATION OR SELF QUARANTINE
MEAN AFTER YOU HAVE BEEN TESTED?**

· You **STAY HOME** and **DO NOT** go out, **DO NOT** go to school, **DO NOT** go to work

· Organise someone to run your errands for you/do your shopping and drop it at your door

· You do not have visitors

· You do not mingle with others

· Maintain really high cleaning standards at home, clean surfaces often

· Try to keep separate from others in your house as much as possible

· Do not share cutlery or crockery

· If it is absolutely necessary that if you go out, wear a mask

· If you have appointments call ahead first and let them know you’ve been tested, wear a mask

· If you need help during self-isolation Grampians Community Health can help **5358 7400**

**IF YOU HAVE SYMPTOMS OR HAVE BEEN TESTED IT IS A GOVERNMENT DIRECTIVE THAT YOU STAY HOME, THIS IS MANDATORY AND ENFORCEABLE BY LAW**

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