



THINGS TO REMEMBER

- Maintain good hygiene including regular hand washing, throwing used tissues in the bin and sneezing / coughing into elbow or shoulder
- Limit exposure: isolation of sick people, covering mouth and nose when sneezing and coughing and no shaking hands
- Avoid large gatherings
- Plan ahead for sufficient supplies of food, hygiene and essential items

ABOUT COVID-19

COVID-19 is a type of coronavirus that that can cause sickness ranging from the common cold to more severe illnesses affecting the lungs.

It can be spread from person to person, and usually when an infected person coughs or sneezes near others. The virus can be transmitted and live on hands and surfaces, including taps, tables and mobile phones.

The best protection from COVID-19 is limited exposure, good hygiene and a healthy body.

WHAT ARE THE SYMPTOMS?

Symptoms range from mild to severe. People may have:

- fatigue
- fever
- flu-like symptoms such as coughing, sore throat and headache
- difficulty breathing

If you're feeling unwell and have the above symptoms, please call (07) 4744 4000 between 8am and 8pm for advice.

After 8pm, please call the hospital on (07) 4745 2100