

As the coronavirus (COVID-19) outbreak continues we all have a role to play in stopping the spread within our communities.

It is important we take all steps to keep our vulnerable community members safe, especially Elders and those with health conditions such as diabetes, renal disease, cardiac and respiratory issues.

Signs and symptoms

The common signs of COVID-19 are a fever (a temperature higher than 37.5 degrees) and a cough.

People may also have:

- a sore throat
- shortness of breath
- tiredness
- aches and pains
- headaches
- a runny or stuffy nose.

Contracting coronavirus

You can get the virus and become sick if:

- someone sneezes or coughs on you
- you touch a surface (like a door handle) — which someone has sneezed or coughed onto — and then touch your mouth, nose, or eyes.

Boosting your health

You can take care of yourself by eating a healthy, balanced diet, exercising, sleeping well and reducing stress.

Practicing good hygiene

There are three simple things you can do to practice good hygiene.

1. Wash your hands thoroughly with soap and water for 20 seconds to stop passing on germs.

It is important that you wash your hands regularly, such as when:

- you sneeze or cough into a tissue
- blow your nose and use a tissue
- you bin your tissue
- touch your face
- care for someone who is sick
- prepare food
- eat food
- use the toilet
- use bins.

2. **If you need to cough or sneeze, cover your nose and mouth with a tissue or a bent elbow.**
3. **Avoid touching your face — especially your nose, mouth and eyes.**

Social distancing

Everyone needs to practice social distancing to minimise the spread of COVID-19.

Social distancing means:

- Stay at home as much as possible
- Keep 1.5 metres away from anyone you don't live with
- No shaking hands, kissing or hugging others.

Limit unnecessary travel

You should stay at home as much as possible and only leave to:

- go to work or school (if you cannot do this at home)
- shop for groceries or medicine
- exercise
- attend medical appointments.

Isolate at home

If you are an Aboriginal and Torres Strait Islander Queenslanders over the age of 50, or if you have an existing health condition, you should stay at home.

People in this group are at risk of severe illness if they catch COVID-19.

If you live with other people, they can remain in the home.

You must practice good hygiene and social distancing (staying at least 1.5m from people).

Ask your family members to get essential supplies — such as food and medicine — for you so you don't have to go outside.

You should not have visitors come to your home.

More information

You can learn more about stopping the spread of coronavirus at www.health.qld.gov.au/coronavirus

You can also phone:

- 13 HEALTH on **13 43 25 84**
- National Coronavirus Helpline on **1800 020 080**