

FIRST AID FACT SHEET

COVID-19

Coronaviruses are a large family of viruses which cause respiratory infections. These can range from the common cold to more serious diseases.

COVID-19 is a new virus, so there is no existing immunity in our community. This means that COVID-19 could spread widely and quickly. It was first reported in December 2019 in Wuhan City in China.

How it spreads

- 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
- Touching objects or surfaces (like doorknobs or tables) which have cough or sneeze droplets from an infected person, and then touching your mouth or face

Signs & symptoms

- Fever
- Coughing
- Sore throat
- Headache
- Fatigue
- Shortness of breath

What to do

If you are sick and think you have symptoms of COVID-19, call your General Practice or the Coronavirus Health Information Line for advice on 1800 020 080.

Do not attend your General Practice without their prior approval.

Stop the spread

- Cover your coughs and sneezes with your elbow or a tissue
- Dispose of tissues properly
- Wash your hands often with soap and warm water, including before and after eating and after going to the toilet
- Use alcohol-based hand sanitisers
- Clean and disinfect surfaces
- If you are sick, avoid contact with others
- Even if well, maintain the 1.5 metre social distancing from others
- Limit all non-essential travel
- Self-quarantine for 14 days when returning from overseas

Treatment

- There is no vaccine for COVID-19, but there is one for the flu
- Get your flu shot when it's available
- Getting the flu and COVID-19 at the same time can make you very ill

Source: health.gov.au

Is your home first aid ready during the COVID-19 pandemic?



It's vitally important you're ready for any first aid situation. Find out more about the best measures you can take to ensure the safety of everyone under your roof.

Visit stjohnwa.com.au/coronavirus-first-aid-ready

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In a medical emergency
call **Triple Zero (000)**

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