**WHAT TO DO – COVID19 PREVENTION**

**Protect yourself and others**

To prevent the spread of COVID19, practise good hygiene and social distancing.

You should also follow the [advice for travellers](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-travellers) and [advice for public gatherings and visits to vulnerable groups](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-public-gatherings-and-visits-to-vulnerable-groups).

**Current advice from Queensland Health:**

* Clean hands with soap and water, or alcohol-based hand rubs.
* Cover your nose and mouth with a tissue or flexed elbow when coughing or sneezing.
* Avoid contact with anyone who has symptoms such as fever, a cough, sore throat, fatigue, and shortness of breath.
* Stay home if you are unwell.
* Try to stay at least 1.5 metres away from people coughing or sneezing.

**Good hygiene**

Everyone must practise good hygiene to protect against infection and prevent the virus spreading.



**Good hygiene includes:**

* Clean your hands with soap and water for 20 seconds, or an alcohol-based hand rub.
* Cover your nose and mouth when coughing and sneezing with tissue or a flexed elbow
* Avoid close contact with anyone with cold or flu-like symptoms.
* Practice cough etiquette (keep away from other people, cover coughs and sneezes with disposable tissues or clothing, and clean your hands.
* Practicing social distancing

**WHAT TO DO – COVID19 RESPONSE**

**If you become unwell**

If you have a fever, cough, difficulty breathing, seek medical attention early.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

**If you or someone you have had contact with is diagnosed with COVID19**

if you fall under one of the categories below then you are required to socially isolate yourself for 14 days:

1. diagnosed with COVID-19
2. in **close contact** with someone that has been diagnosed with COVID-19 in the last 14 days
3. have travelling internationally in the last 14 days

Socially isolating means you:

* do not go to public places such as work, school, shopping centres, childcare or university
* ask someone to get food and other necessities for you and leave them at your front door
* do not let visitors in — only people who usually live with you should be in your home

You do not need to wear a mask in your home. If you need to go out to seek medical attention, wear a surgical mask (if you have one) to protect others.

You should stay in touch by phone and on-line with your family and friends.

Please see attachment in pack Home Isolation Information Sheet for further information

Current advise

**Helplines**

At the current stage of pandemic, our emergency lines & health government lines have been receiving an overwhelming amount response to COVID 19. If you do have concerns, please try and seek information from Australian Government Department of Health website - [Australia Government Health Alerts](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert). If your queries are not resolved with the online information, a call would then be appropriate.

**Contacts**

Coronavirus Health Information Line – 1800 020 080

Non-urgent Medical Help – 13 HEALTH (13 43 25 84)

Emergency – 000

Mental health access line - 1300 MH CALL (1300 642 255)

**Useful links**

[Australian Government Department of Health](https://www.health.gov.au/)

[Queensland Government COVID19 Information](https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19)

[World Health Organisation](https://surflifesavingqueensland.cmail19.com/t/t-l-nhjhdty-zjtdrvij-j/)

[Centers for Disease Control and Infection](https://surflifesavingqueensland.cmail19.com/t/t-l-nhjhdty-zjtdrvij-h/)

[Smart Traveller - COVID 19](https://www.smartraveller.gov.au/crisis/covid-19-and-travel)