

In partnership with



Government
of South Australia

SA Health

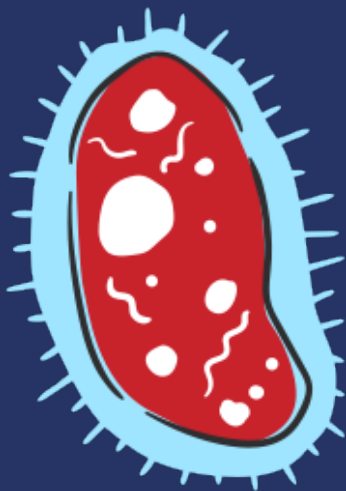


AUSTRALIAN
multicultural
foundation

EMERGENCY INFORMATION PACK

COVID-19

NOVEL CORONAVIRUS



COVID-19 is an **infectious disease** caused by the novel coronavirus, a virus from the **Coronavirus family** that causes sickness ranging from the **common cold** to **more severe diseases**.

SYMPTOMS



REDUCE YOUR RISK



WHAT TO DO



COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Common
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY

For more information about Coronavirus (COVID-19) visit health.gov.au



Australian Government

Reduce Your Risk

(COVID-19)
CORONAVIRUS



Wash your hands often for at least 20 seconds, particularly after going to the toilet, blowing your nose and handling used tissues.

Use hand sanitizer with alcohol content that is over 60%



Avoid touching your face.



Cover your mouth and nose with your elbow when coughing or sneezing.



Wear a mask if you are sick or when going out.

Stay at home unless it is necessary to go out. If you go out, stay at least 1.5 metres away from other people.



Wipe frequently touched surfaces like bathroom sinks and kitchen counters

Continue healthy habits: exercise, drink water and get plenty of sleep.



IF YOU HAVE SERIOUS SYMPTOMS

CALL 000

FOR URGENT MEDICAL HELP

CORONAVIRUS
(COVID-19)



To seek medical help from a doctor or hospital, call ahead of time to **book an appointment.**

Seniors Service

If you or someone you know is over 60 and in need of assistance such as delivering shopping supplies and/or medicine, or need someone to talk to regarding the current situation:

CALL 8374 2280

Islamic Society of South Australia

Need an interpreter?

CALL

131 450

And request for one in your preferred language