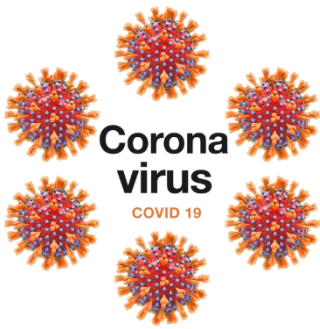


# Information about Coronavirus



You may have heard about a virus on the news called **Coronavirus**. It is also called **COVID-19**.

## What is Coronavirus?



Coronavirus is a new type of virus. It makes people cough and have problems breathing. Not everyone will get Coronavirus. Some people get sick but most people recover ok.



## What does Coronavirus feel like?

It is like the flu. Feeling very hot or very cold, a cough, feeling worn out, and trouble with breathing can all be signs of Coronavirus.

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### Could I catch Coronavirus?

Coronavirus spreads from person to person. It is usually when a sick person coughs or sneezes near others.

It's important to know that not everyone who coughs and sneezes has Coronavirus. They might just have a normal cough or cold. Their doctor will be able to help them to know.



If you have a fever, cough, feel tired or can't breathe, tell someone. They will help you contact your doctor or call 13 HEALTH (13 43 25 84).

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### What can I do to protect myself?

- Cough and sneeze into your elbow.
- Wash your hands throughout the day with soapy water.
- Don't touch your eyes, nose or mouth unless you have washed your hands.
- Stay away from anyone who is sick or stay home if you are sick unless the doctor has said you are ok.



### Should I wear a face mask?

You only need to wear a face mask if you have recently been to China and feel sick.

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### **When should I stay home?**

If you feel sick with a cough, you feel very hot or cold, or you are finding it hard to breathe you will need to go and visit your doctor.

Your doctor will make sure you are ok and will know whether you should stay at home or come to work.



### **What is Australia doing about the Coronavirus?**

The Australian Government is watching carefully and will let us know if anything changes.

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### Who can I speak to if I have questions?

If you want more information or to talk to someone you can speak with your Employment Coach.



Endeavour Foundation has also set up a **free phonenumber** you can call if you have any questions. It is run by nurses. It is free to call on **1800 983 006** at any time of day or night.