Maari Ma Health Aboriginal Corporation

Help Stop the Spread of COVID 19 in our Communities

At the moment we believe the risk of getting COVID-19 in Broken Hill and the Far West is very low. But we are worried that a COVID-19 outbreak may spread to our communities. This is why it's important to prepare now and for all our mob to take action to prevent the spread of COVID-19 in our communities.

Here's what you can to stay well and keep others safe:
- Wash your hands regularly with soap and water
- Do not shake hands
- Avoid touching your face with your hands
- Do not cough or sneeze into your hand, because germs can go onto your hands and your hands can spread the germs. Cough or sneeze on your arm instead.
- Stay away from people who are or may be sick / do not get close to them.
- Stay away from crowded places.

Here's what you should do if you are sick:
- Stay home if you are sick and stay away from people
- If you get really sick and need to seek medical attention, phone ahead before you attend the health service 80 8082 9777.

Coronavirus and COVID 19 Fact Sheet

What is coronavirus and COVID-19? Coronavirus is a type of virus. Viruses are tiny germs that can make people sick, like with the flu or a common cold. Viruses are different to bacteria – bacteria are germs that can be treated with antibiotics. Viruses can't be treated with antibiotics.

COVID-19 is the name of the coronavirus that is making people sick around the world at the moment. Most people with COVID-19 will only become a little bit sick, like a normal cold. However, around 1 in 6 people who get COVID-19 will become very sick and need to go to hospital. Overseas, around 1-2 people out of every 100 people with COVID-19 have died from the infection. Less people in Australia are likely to die from COVID-19 because we have good hospitals and health clinics.

Is there COVID-19 in Australia? Yes, there are people who have tested positive for COVID-19 in Australia and a small number of deaths. The number of people who have COVID-19 is changing every day – for the most recent information, please refer to the NSW Health website:

https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx

How do people catch COVID-19? The virus is mostly spread between people through the air when an infected person sneezes or coughs. It can also be spread by touching an infected person or touching an object or surface that an infected person has touched – for example a door handle or a table.

What happens if somebody gets infected with COVID-19? Somebody infected with COVID-19 might get a running nose, cough, sore throat, shortness of breath or fever. People with mild sickness can be treated at home by their doctor or clinic staff. If the infection gets bad, people can become very unwell and develop pneumonia (infection of the lungs) – these people need to go to hospital. Elders, smokers and people with other health problems like heart disease and lung illnesses are more likely to get seriously sick from COVID-19.

Is there a medicine to treat COVID-19? We **do not** have a medicine to treat COVID-19. We can give you some medicines to make you feel better, like Panadol, but we cannot cure the virus. It is also important

to drink plenty of water if you are unwell so that you don't get dehydrated. However, some people will need to go to hospital to help them get through this virus. People who have other problems like lung or heart disease and older people might get sicker than young healthy people. Smokers are also more likely to get sicker with this virus. Everyone needs to make sure that they have all their vaccinations.

Is there a vaccine/immunisation for COVID-19? There is **no** vaccine or immunisation to stop people from getting COVID-19. It is very important to get your flu vaccination this year when it becomes available because if you catch the flu you might be more likely to get sick from COVID-19. Also we need to stop too many people from getting the flu this year so that hospitals have space for anyone that is very sick from COVID-19. Some people should also have a vaccine against pneumonia - check with your health service.

How can we stop COVID-19 spreading? Keeping your hands clean is very important for stopping the spread of the virus and other germs. This means washing your hands with soap and clean water for at least 20 seconds after coughing, sneezing or going to the toilet, and before eating. If you feel sick, stay away from other people and don't touch others (no hugging or kissing). Always use the inside of your elbow to cover your nose and mouth when sneezing or coughing then wash your arms and hands. You **do not** need to wear a face mask if you are feeling healthy. Only people that are actually sick with COVID-19 should wear a face mask so that they don't spread it to others.

What else can I do?

Stay healthy, eat well, get enough sleep and make sure you are up to date with all your vaccinations. If you have chronic disease, make sure you have all your regular health check-ups and work with your health care team to make sure your chronic disease is as stable as it can be. If you smoke, try to quit. Your clinic can help you to quit.

What should I do if I feel no good? At the moment, only people who have been travelling overseas to certain countries are thought to be at risk of having COVID-19. If you have a cough, sore throat, running nose or fever and have been overseas in the last two weeks, stay away from other people and call your health clinic before coming in to see a nurse or doctor. Also call the clinic if you feel unwell and have been with tourists from overseas as they may have brought coronavirus with them to Australia. If you feel very unwell or you are having trouble breathing, always call your health clinic straight away for an ambulance.

Take home messages

- Coronavirus is a type of infection that is spread between people by sneezing, coughing and touching.
- The name for the type of infection making people sick at the moment is COVID-19.
- It makes people sick with running nose, sore throat, fever and cough. Some people can become very sick and need to go to hospital. Occasionally people can die from COVID-19.
- The number of people with COVID-19 in Australia is changing every day – check the NSW Health website for the latest information.
- Cleaning your hands often with soap and water will help to stop the virus spreading. Staying away from other people and not touching others will also stop the virus spreading. Always cover your mouth and nose if you sneeze or cough and wash your hands afterwards.
- There is no vaccine or medicine to treat COVID-19.
- Make sure you get your flu vaccination this year to keep down the number of people with flu in the community (which could make coronavirus worse).
- If you feel unwell and have been overseas in the last two weeks, or have been near tourists from overseas, phone your health clinic for help before coming in to see a doctor/nurse. If you're very unwell, always call your health clinic straight away for an ambulance.