

COVID-19 (Coronavirus)

General Information



FEVER



SORE THROAT



SHORTNESS OF BREATH
Trouble breathing



COUGH



CHILLS

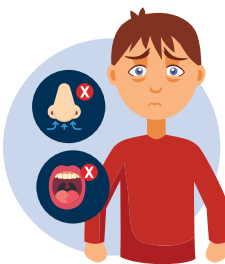


BODY ACHES
Fatigue, weakness



GASTRO-INTESTINAL SYMPTOMS

Nausea, vomiting, diarrhea



LOSS OF TASTE OR SMELL

What are the signs and symptoms?

Reported symptoms include:

- Fever – 38°C or higher
- Dry cough
- Shortness of breath
- Sore throat
- Body aches
- Chills
- Loss of smell / taste
- Nausea
- Vomiting
- Diarrhea
- Fatigue
- Weakness

How is COVID-19 diagnosed?

- COVID-19 is diagnosed by a laboratory test, polymerase chain reaction (PCR) molecular test, on a respiratory tract sample.
- Samples are collected from the nose and throat. A blood sample may be taken.
- Please present yourself for testing if you have an acute respiratory illness with a sudden onset of at least one of the following symptoms: cough, sore throat, shortness of breath, fever of 38°C or higher, body aches, chills, loss of smell or taste, nausea, vomiting, diarrhea, fatigue or weakness.

How to reduce the general risk of spreading acute respiratory infections like COVID-19 and other viruses such as seasonal influenza



Cover your cough or sneeze with a flexed elbow or tissues. Throw the tissues in a bin. Do not cover your cough or sneeze with your hands or cough or sneeze in to open air.



Avoid close contact with people who are sick.



Maintain a distance of at least 1 to 2 metres when interacting with other persons.



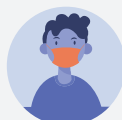
Avoid touching your eyes, nose and mouth with your hands.



Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.



Stay home when you are sick and try to keep your distance from others.



Wear a face mask as per current legislation.

Source: Department of Health; National Institute of Communicable Diseases