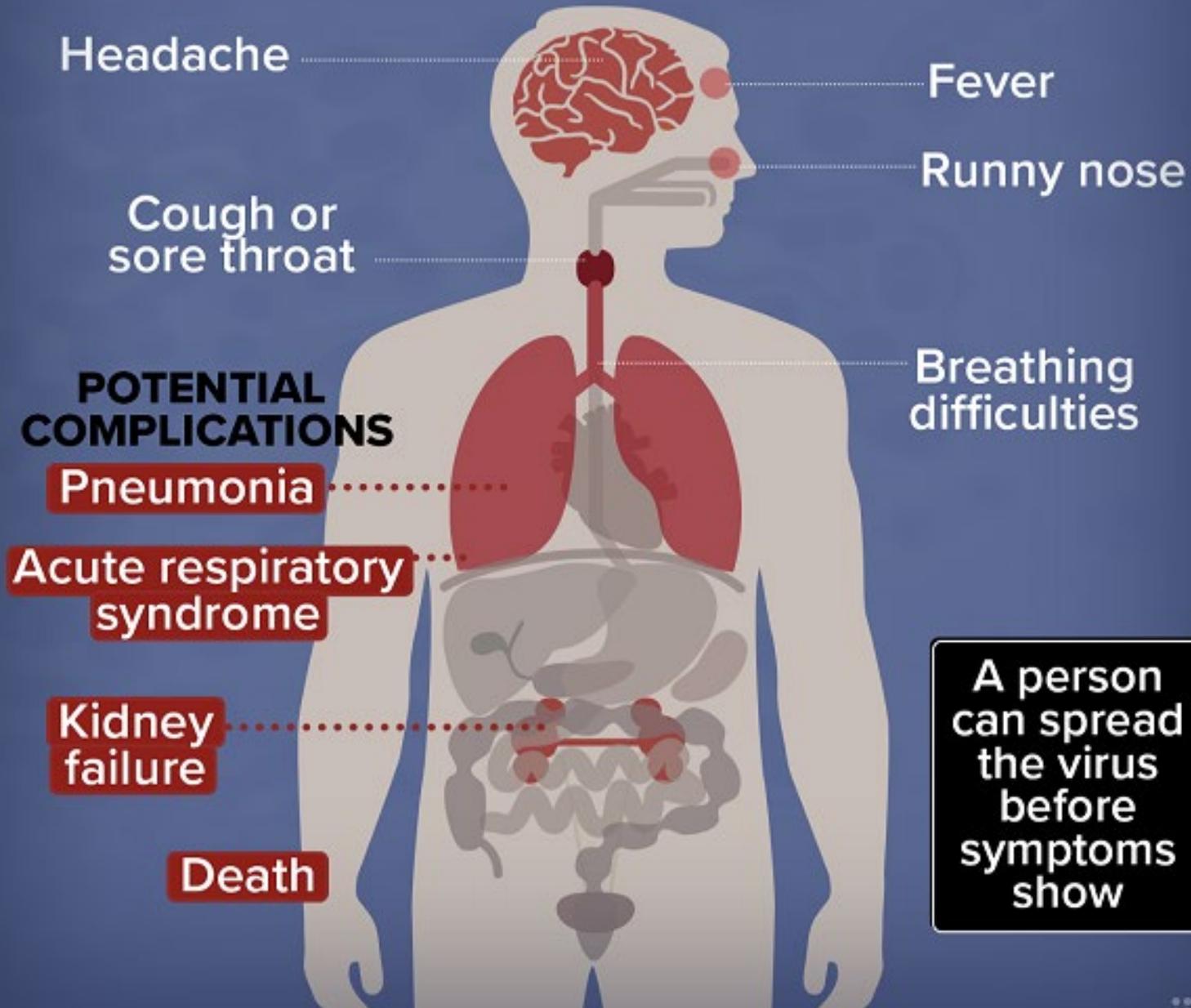




# **I feel sick, or someone I care for feels sick. What do I do?**

You, or the person you're caring for, should stay home. Don't go to work or school. This is important to stop the spread of any illness. Get plenty of rest and drink lots of water.

# HOW DOES CORONAVIRUS AFFECT THE BODY?





## **I think I have coronavirus. Now what?**

If you have symptoms of coronavirus (COVID-19) and have travelled overseas in the past 14 days, or have been in contact with someone who has coronavirus (COVID-19), you need to see a doctor immediately.

Call ahead and tell the staff what your symptoms are and tell them your travel history or that you may have been in contact with a potential case.

If you have a facemask, you should wear one when you see the doctor. This is to protect others from contracting the virus from you.



## Who should I contact if I feel sick?

If you haven't been overseas or been in close contact with a confirmed case, it's unlikely you have coronavirus – it's more likely to be a cold or the flu. Stay home and rest up. Seek medical attention if you're concerned.

Call 13 HEALTH (13 43 25 84) for 24/7 health advice.



Fever



Cough



Fatigue



Sore  
throat



Shortness  
of breath

## How do I know if it's coronavirus?

The only way to find out if you have coronavirus (COVID-19) is to be tested. You can only be tested if you have symptoms and fall into one or all of the risk categories.

The people most at risk of having coronavirus (COVID-19) are those who have been overseas in the past 14 days, or people who have been in contact with a person who has the virus.

If you think you have coronavirus (COVID-19), you need to see a doctor immediately. Please call ahead.



# Can I travel on public transport?

Queenslanders should go about their daily lives, but if you are sick, stay home. Try and stay 1.5 metres from people who are sick.



# How can I stop myself from getting coronavirus?



Wash your hands regularly



Cover your coughs and sneezes



Keep 1.5 meters away from someone who is sick



Avoid touching your face



Stay home if you're unwell



## When do I need to self-quarantine?

If you have returned from mainland China, Iran, South Korea or Italy in the last 14 days you need to self-quarantine, even if you're feeling well. You also need to self-quarantine if you've been in close contact with someone who has coronavirus (COVID-19).

The easiest way to find out if you need to self-quarantine is to take the quiz on the Queensland Health website. Visit [www.health.qld.gov.au/coronavirus](http://www.health.qld.gov.au/coronavirus)

If you are self-quarantining, you shouldn't leave your home or hotel except to seek medical care. If you do need to leave, wear a face mask and do not use public transport.



# **I feel sick, or someone I care for feels sick. What do I do?**

You, or the person you're caring for, should stay home. Don't go to work or school. This is important to stop the spread of any illness. Get plenty of rest and drink lots of water.

If you haven't been overseas in the past 14 days, or been in contact with someone who has coronavirus (COVID-19), right now it's more likely you'll have a different illness, like a cold or flu.

If you have travelled overseas or been in contact with a confirmed case of coronavirus (COVID-19) in the past 14 days, see a doctor immediately. Please call ahead.



# Where do I get information on coronavirus?

Go to [www.health.qld.gov.au/coronavirus](http://www.health.qld.gov.au/coronavirus)