COVID-19

Information for Aboriginal and Torres Strait Islander people and communities

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Queensland Government

- Maintain good hygiene including regular hand washing throwing, throwing used tissues in the bin and sneezing/coughing into elbow or shoulder
- Limit exposure: isolation of sick people, covering mouth and nose when sneezing and coughing and no shaking hands.
- Plan ahead for sufficient supplies of food, hygiene and essential items
- Avoid large gatherings

ABOUT COVID-19

COVID-19 is a type of coronavirus that that can cause sickness ranging from the common cold to more severe illnesses affecting the lungs.

It can be spread from person to person usually when an infected person coughs or sneezes near others. It can also be spread by hands and surfaces, including taps, tables and mobile phones.

The best protection from COVID-19 is limited exposure, good hygiene and a healthy body.

What are the symptoms?

Symptoms range from mild to severe. People may have:

- fatigue
- fever
- flu-like symptoms such as coughing, sore throat and headaches
- difficulty breathing.

Am I at risk?

Anyone can be affected by COVID-19, but people with weaker immune systems are more likely to get seriously ill. Aboriginal and Torres Strait Islander people with chronic health conditions (such as asthma, diabetes and heart disease) are at risk, particularly Elders.

What should you do if you get these symptoms?

If a community member thinks they or their family member may have been in contact with a case of COVID-19 and their symptoms are mild, they should go to their nearest Fever Clinic or call 13 HEALTH (13 43 25 84) for advice on care and testing.

If anyone is very unwell, they should call 000.

How can I protect myself?

You can protect yourself by:

- **Cleaning your hands regularly** with liquid soap and running water (or hand sanitiser). This will get rid of germs and help prevent you from getting sick or passing germs to others.

- **Avoid big crowds**.

- **Keeping your distance from others**. Staying at least 1.5 metres from a sick person can help to reduce the risk of becoming infected when a sick person talks, coughs or sneezes.

- **When caring for a sick person** it is important to cover your mouth and nose with a mask (if available) and wash your hands immediately after each contact.

- **Keeping on top of your health.** A healthy body can protect you from becoming seriously ill from COVID-19. It is important that you continue with treatment and medication for illnesses such as diabetes and blood pressure and DO NOT stop going to your regular check-ups.

Is there a vaccine for COVID-19?

There is currently no vaccine available for COVID-19. It is very important that everyone aged 6 months or older gets vaccinated for the flu as soon as the seasonal vaccine is available.

Community members should check with their doctor to see if the need to get vaccinated for pneumococcal disease as well.

While the flu vaccine will not protect against COVID-19 it will help stop the possibility of being infected with COVID-19 and the flu at the same time.

Further information?

For further information about COVID-19 visit:

Queensland Health https://www.health.qld.gov.au/

Australian Government Department of Health https://www.health.gov.au/

You can also call 13 HEALTH (13 43 25 84) or your local health service if you have questions or would like to discuss options for your community.