



MDAS
MALLEE DISTRICT
ABORIGINAL SERVICES

Update for Our Mob

Coronavirus

(COVID-19)

Am I at risk of Coronavirus?

You may be at risk if you:

- Have been overseas
- Have been in contact with someone who has the virus or
- Have any of the symptoms below

What symptoms do I need to look for?

- Fever
- Breathing difficulty or shortness of breath
- Cough
- Sore throat
- Fatigue or tiredness
(with any of the other symptoms)

What should I do if I experience symptoms?

1. Stay at home and away from others as much as possible.
2. Phone MDAS Health Reception and describe symptoms.
3. Do not attend until advised it is appropriate to do so. You will be provided advice on what to do.
4. If you are concerned about symptoms you can also call the dedicated Coronavirus hotline on 1800 675 398
5. If you are experiencing severe symptoms, call 000 and ask for an ambulance and

How do I keep myself safe?

- Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, NOT YOUR HANDS.
- Keep up with your healthy habits: exercise, eat plenty of fruit and vegetables, drink water, get plenty of sleep and NOW is the time to QUIT smoking. Call the Quitline 137 848.
- Check on at-risk family members by phone but stay away if you are unwell or may have come into contact with the virus.

Stay germ free and healthy