



CORONA VIRUS (COVID-19) UPDATE FOR OUR MOB

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Am I at risk?

You may be at risk if you:

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

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What symptoms should I look for?

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

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What should I do if I have symptoms?

- Stay at home and away from others as much as possible.
- Phone MDAS Health Reception and describe symptoms.
- Do not attend until advised. You will get advice on what to do.
- You will be asked to wear a mask as a precaution.
- You can also call the Coronavirus hotline on 1800 675 398
- If you are experiencing severe symptoms, call 000 and ask for an ambulance

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How do I keep myself safe?

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

FOR MORE SAFETY TIPS VISIT

[DHHS.VIC.GOV.AU/CORONAVIRUS](https://www.dhhs.vic.gov.au/coronavirus)

