

# COVID-19 FAQ's

## What are the symptoms of COVID-19?

The symptoms of COVID-19 are similar to other colds and flus and can include:

- Fever, Sore throat, Cough, Fatigue, Difficulty breathing

While coronavirus is of concern, it is important to remember that most people displaying these symptoms are likely suffering with a cold or other respiratory illness – not coronavirus.

## How is the coronavirus spread?

COVID-19 is most likely to spread from person-to-person through:

- Close contact with a person **while they are infectious** or in the 24 hours before their symptoms appeared
- Close contact with a person with a confirmed infection who coughs or sneezes
- Touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face

## Who needs to Self Isolate?

Self-isolation means you must stay at home for 14 days. You must self-isolate if you have COVID-19, or you have been in close contact with a confirmed case of COVID-19, or you arrived in Australia after midnight on 15 March 2020.

## What does self isolating at home look like?

- You will be well enough to receive care at home
- Have a separate bedroom and avoid using communal areas
- Use recommended personal protective equipment (at a minimum, gloves and mask); and
- Do not share household with people who may be at increased risk of complications from novel coronavirus infection (a person over the age of 65, young children, pregnant women, people who are immunocompromised or who have chronic heart, lung, or kidney conditions).

## What is the difference between Self Isolating and Staying at Home?

If you are self isolating (i.e. you have COVID-19 or are a close contact) you CANNOT leave your home. When "Staying at Home" you CAN leave your home for essential services (e.g. health services).

## **What can I leave home for?**

You are permitted to leave home for the essentials, such as:

- Shopping for food
- Exercising outdoors, avoiding contact with other people
- Going out for medical / health needs (e.g. Doctor, Physiotherapy)
- Providing care or support to another individual in a place other than your home
- Going to work or study if you cannot do it from home.

Physiotherapy, Occupational Therapy and Speech Therapy are classified as essential Services so you can go to see your Therapist. Your therapist will minimise contact as much as possible.

## **What people are more at risk of getting seriously ill from COVID-19?**

People aged 70 years and over, people aged 65 years and over with chronic medical conditions (e.g. High BP, Diabetes), people with compromised immune systems, and Aboriginal and Torres Strait Islander people over the age of 50, are at greater risk of more serious illness if they are infected with coronavirus.