

**COVID-19**

**What do I do?**

Originally published 20 March 2020.

**This fact sheet will tell you**

* What to do. It will help you stay well;
* How to stop you giving it to other people.

What is COVID-19?Read our fact sheet **What is COVID-19?**

**Keep yourself well.**

**Wash your hands**

Use soap and water. Dry your hands.

You need to wash your hands for a short time. Like sing ‘Happy Birthday to you.’

Wash your hands until you finish the song.

Wash your hands

* During the day;
* Before you eat;
* Before you touch food;
* Before you cook.

 **and**

* After the toilet;
* After eating;
* After you use a tissue.

**We do sometimes cough**

Cover your mouth when you cough or cough into your elbow.

**We do sometimes sneeze**

Use a tissue. Put the tissue in the bin straight away.

**And**

Wash your hands.

**Keep away from other people**

Stand 3 big steps away from them. This is called **social distancing.**

See the **posters** on social distancing.

**On objects**

COVID-19 may be on objects you use. Like

* Door handles at public toilets;
* Buttons for lifts;
* Tables;
* Computer keyboards.

Do not put your hands near your mouth. Wash your hands after you touch them.

**We meet people**

Do **not** shake hands.

**Masks**

When you are well you do **not** need a mask.

Ask your doctor when you need to wear a mask.

**You may still get sick**

Ring your doctor before you go there.

The doctor may come to you

**or**

Tell you to wait in a special place at their clinic.

The doctor may do a test. It will help the doctor know what to do.

When you are sick you

* May need to stay at home;

 **or**

* Go to hospital.

Your doctor will tell you. They will also tell you what to do if you get more sick.

Your doctor tells you to stay at home. This is called **self-isolation.**

**Self-Isolation**

You need to stay at home.

It will be for 2 weeks or more.

You must

* **Not** go to work;
* **Not** go to friends’ homes;
* **Not** go to school;
* **Not** go to other activities. Like swimming.

Only the people you live with must be at home. You can **not** have visitors.

Ask other people to

* get some food for you;
* medicines;
* other things you must have.

They can leave it at your front door. Many places may also drop things off for you. Like

* Your chemist may do home delivery;
* Order food online.

**Get a mask**

You may have to go out. You must wear your mask then. Your doctor will tell you when you can stop wearing your mask.

**More information**

COVID-19 information from the government. www.health.gov.au

Call 1800 020 080. You can call at

* Any time;
* Any day.

Translations. Call 131 450

This fact sheet is based on The Australian Government Health Department What you need to know Fact sheet. 17 03 2020.