# Coronavirus (COVID-19) Information for Queenslanders

<table>
<thead>
<tr>
<th>Topic</th>
<th>Important information</th>
</tr>
</thead>
</table>
| **How to avoid COVID-19**  | • Any person of any age or race can get COVID-19 because it is a new virus.  
• If you have COVID-19 you may get a cough, fever, sore throat, feel tired or find it hard to breathe.  
• COVID-19 can spread between people when someone coughs or sneezes.  
• It can also spread when people touch things like tables, doors and chairs after another person with COVID-19 has touched them and then you touch your face, mouth, nose or eyes.  
• To stop you from getting COVID-19 you must maintain good hygiene and practice social distancing (also called physical distancing).  
  o Do:  
    ▪ Wash your hands lots with soap and water. Use hand sanitizer when you can’t wash your hands.  
    ▪ Stay at home as much as possible.  
    ▪ Sneeze or cough into your arm or a tissue. Then put the tissue in the bin.  
    ▪ Stay two big steps away from other people.  
    ▪ Talk to people on the phone or Facebook.  
    ▪ Stay home if you are sick.  
    ▪ Work from home if you can.  
    ▪ Sit away from people on the bus or train.  
  o Do not:  
    ▪ Go near people if you are coughing or sneezing  
    ▪ Touch your mouth, nose and eyes  
    ▪ Shake hands  
    ▪ Hug or kiss  
    ▪ Be in groups  
    ▪ Use a handkerchief or cloth instead of a tissue  
• Restrictions on meeting up with other people, in homes and in public places like parks and churches, are changing often. These changes depend on how many people in Queensland are diagnosed with COVID-19.  
| **Where to get help**       | • If you are worried that you may have COVID-19 call your doctor or call 13 HEALTH (13 43 25 84)  
• If you need an interpreter you should ask for one when you ring. It is free.  
• In Queensland, anyone who has a fever, or history of fever, or acute respiratory symptoms, which can be a cough, sore throat, or shortness of breath may be tested for COVID-19.  
• If you have any of these symptoms you should contact a doctor immediately. Your doctor will decide if you need to be tested for COVID-19. |
| Waiting for a COVID-19 test result | • If you aren't very sick, you will usually be sent home to self-isolate while you wait for the results. This may take several days.
• In self-isolation, you can't leave your home, residence, hotel, or accommodation except to seek or receive medical care until you receive your result. You should not receive visitors, stay away from others in your household as much as you can, not share rooms or household items, and practice good hygiene.
• If you become sicker while you are waiting for results, please contact your doctor or call an ambulance. Make sure you let them know you are waiting for test results for COVID-19.
• If you are very sick, you may be admitted to hospital for treatment. |
| Self-quarantine and self-isolation | • People who have COVID-19 must stay away from others until they get better.
• If a doctor thinks you have COVID-19 they will tell you to stay home for 14 days.
• You must do this to protect other people.
• It is against the law and you will get a fine if you do not do what your doctor or the government says.
• If you have questions call 13 43 25 84. If you need an interpreter, ask for one when you call. It is free. |
| Looking after your health | • During the coronavirus (COVID-19) pandemic, it is important that you go to your usual, confirmed appointment with your doctor. This is even more important if you are someone with an existing chronic health condition.
• Delaying your healthcare can be dangerous and now is not the time to delay getting the health care you need.
• If you are sick do what you would normally do and see a doctor or go to a hospital. Hospitals, health services and GP clinics in Queensland are open and safe for you to attend.
• Hospitals are ready to care for anyone experiencing an emergency.
• Queensland Health has implemented special measures in hospitals and health services to keep people safe from COVID-19. |
| Mental health | • Diseases like COVID-19 are not normal in Australia. Australia has never had COVID-19 and does not normally have strict rules about where you can go and how many people you are allowed to meet. This situation will not last forever.
• If you feel worried, scared or sad about COVID-19 you can phone 1300 MH CALL (1300 64 22 55) or contact Queensland Transcultural Mental Health Centre (open Monday to Friday, 8:30 am to 4:30 pm) on 1800 188 189. Ask for an interpreter.
• You can also seek help by calling Lifeline 13 11 14. Let them know you need an interpreter
• Look out for signs that you (or someone you know) might be having difficulties coping with stress and worry.
**well/mental-wellbeing**  [A family member or carer may be able to support you to take a look at the Queensland Health website regarding mental wellbeing during COVID-19.]

- Talking through your concerns with a counsellor can help. 24/7 support for people through COVID-19 is available by calling Beyond Blue on 1800 512 348.
- Some people in our communities are experiencing racism that relates to the COVID-19 pandemic. This can increase feelings of stress. Racism has no place in Australia. If you experience racism you can do something about it:  
  [https://covid19inlanguage.homeaffairs.gov.au/racism-has-no-place-australia](https://covid19inlanguage.homeaffairs.gov.au/racism-has-no-place-australia). [If you have experienced racism you can do something about it by contacting the Australian Human Rights Commission National Information Service on 1300 656 419.]

<table>
<thead>
<tr>
<th>Flu vaccinations</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ask your doctor about a flu vaccination.</td>
</tr>
<tr>
<td>• The flu vaccination will not protect you from COVID-19. It will help you avoid getting sick with the flu.</td>
</tr>
<tr>
<td>• If you get the flu, you could be at greater risk from COVID-19.</td>
</tr>
</tbody>
</table>