## Important information

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<th>Topic</th>
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<td>COVID-19</td>
<td>Information for Queenslanders</td>
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- **How to avoid COVID-19**
- **COVID-19**
- **Important information**

- COVID-19

- How to avoid COVID-19

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- Important information

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### Where to get help

- Call 13 HEALTH (13 43 25 84) for help.
- Attend a walk-in clinic if you can't get help.
- Visit a doctor if you have symptoms of COVID-19.
- Visit a COVID-19 clinic if you have symptoms.
- Visit a COVID-19 clinic if you have been exposed to COVID-19.
- Visit a COVID-19 clinic if you have been exposed to COVID-19.
- Call 000 if you think you have COVID-19.
- Visit a COVID-19 clinic if you have been exposed to COVID-19.
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### COVID-19 (Waiting for a COVID-19 test result)

- **Healthcare providers:** If you or anyone you know has tested COVID-19 positive, call 13 43 25 84 or contact your healthcare provider.
- **COVID-19 testing:** Test if you’re unwell. Phone 13 43 25 84 for COVID-19 testing.
- **COVID-19 contact tracing:** If you think you might have been in close contact with a COVID-19 positive case, call 13 43 25 84.

### Self-quarantine

#### (Self-quarantine and self-isolation)

- **COVID-19:** If you have tested COVID-19 positive, follow the directions of your healthcare provider.
- **COVID-19 isolation:** If you think you might have been in close contact with a COVID-19 positive case, call 13 43 25 84.
- **COVID-19 contact tracing:** If you think you might have been in close contact with a COVID-19 positive case, call 13 43 25 84.
- **COVID-19 case:** If you think you might have been in close contact with a COVID-19 positive case, call 13 43 25 84.

### Looking after your health

- **COVID-19:** If you have tested COVID-19 positive, follow the directions of your healthcare provider.
- **COVID-19 isolation:** If you think you might have been in close contact with a COVID-19 positive case, call 13 43 25 84.
- **COVID-19 contact tracing:** If you think you might have been in close contact with a COVID-19 positive case, call 13 43 25 84.
- **COVID-19 case:** If you think you might have been in close contact with a COVID-19 positive case, call 13 43 25 84.
Coronavirus (COVID-19) – Information for Queenslanders

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- Queenslander Information (Mental health)

- Queensland Health

- Queensland Transcultural Mental Health Centre

- Lifeline 1300 188 189

- Beyond Blue 1800 512 348


- 24/7 CareLine 1700 008

- COVID-19

- Beyond Blue 1800 512 348

- COVID-19 Information for Queenslanders

- Karen (ကညီ) 30/06/20
<table>
<thead>
<tr>
<th>Flu Vaccinations</th>
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<tr>
<td>• Flu vaccines are available for everyone. Additional information is available at the link provided: <a href="https://covid19inlanguage.homeaffairs.gov.au/racism-has-no-place-australia">COVID-19</a>.</td>
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<tr>
<td>• Free and subsidised flu vaccines are available for people aged 65 and over.</td>
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<td>• If you are unsure about how to proceed, COVID-19 information is available.</td>
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