

# COVID-19 INFORMATION FOR PATIENTS

COVID-19 is a viral illness. There is currently no vaccine or medication.  
Most people WILL catch COVID-19, but most will have only have very mild illness.

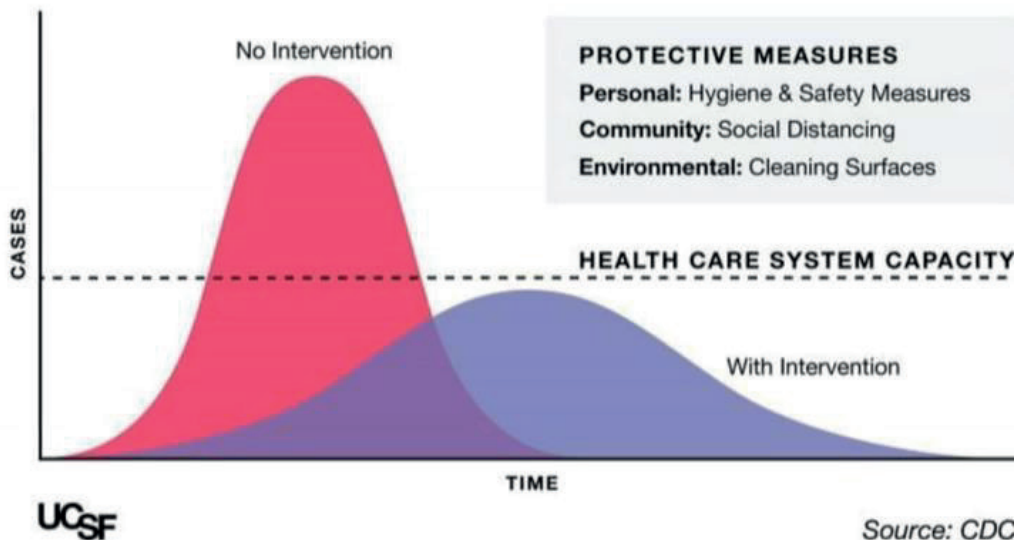
However, those **at risk** will have very serious illness, and will need hospital support. If all of these people get sick at once, hospitals will be unable to cope.

We are trying to slow the spread so that everyone who needs medical help will be able to access it.

This is called flattening the curve, and will need everyone's help.

## Flatten the Curve

Collective action can limit the rise of new COVID-19 infections and help hospitals manage increased demand for care.



### How can I help (if I am well)?

- Wash your hands frequently. Before and after being in public places, before you eat or touch your face. Use soap and water for 30 seconds (this is 2 rounds of 'Happy birthday')
- Avoid public places, especially any crowded places where you can't maintain a 1.5m distance from others
- Postpone all social events and travel – including parties, sports, big family gatherings, and avoid crowded public transport when you can
- Work from home if possible
- Avoid touching including hand shakes, hugging, kissing etc
- Cover coughs & sneezes, dispose of tissues safely, WASH HANDS AGAIN
- Look out for elderly or at risk. Call them frequently and drop off supplies so they don't have to put themselves at risk
- Self-isolate if you become unwell, have contact with a confirmed case of COVID-19 or have been travelling as per government guidelines

<b>AVOID:</b>	<b>WITH CAUTION:</b>	<b>SAFE:</b>
Group gatherings Theatres and concerts Bars Sleepovers Sports events & gyms Crowded stores Air/cruise travel Having visitors to your home	Grocery shopping Ordering takeout Getting medication Local travelling Visiting the park Crowded outdoor locations	Walking or hiking (in a spacious area) Exercising at home Playing/working in the yard Reading, TV, movies, music Family game night Cooking / baking Calling to check on friends, family and neighbours Organising and cleaning

**How can I help (if I am now unwell)? SAVE LIVES, STAY HOME.**

You likely have a mild viral illness that will get better without any treatment, but you are very contagious. Do not spread it to others whose immune system might not be so good!

You do not need to be tested unless you meet the criteria.  
But act as if you have COVID-19 (just in case) and self-isolate.

**THIS IS ESPECIALLY IMPORTANT FOR CHILDREN WHO APPEAR WELL BUT SHED LARGE AMOUNTS OF VIRUS.**

- Stay at home! Rest and recover from your illness! Panadol is best for fever
- Do not attend work/school/events, and minimise any time outside
- Avoid physical contact with anyone, including those in your home
- Clean shared surfaces such as bathrooms and kitchens after use
- Wash hands, cover coughs and sneezes, dispose of tissues safely

You can return to usual activities once your symptoms have FULLY resolved.

**Do I need testing?**

Testing criteria is frequently changing. However as a general rule, if you only have mild to moderate symptoms, have not been overseas, and do not work in healthcare, you do NOT need testing.

Check your local government health website for the most up to date testing criteria.

**What if my workplace/school/club says I need clearance to return?**

Doctors are unable to provide COVID-19 testing or clearance, unless patients fit strict clinical criteria which is defined by the government. This is to conserve resources for those who need it most.

**If you are a high-risk patient, and are worried about attending your doctor, you can now call your GP for a telephone consult.**

**If you are not sure, call to ask reception.**