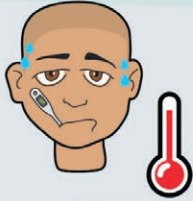


Keeping COVID-safe

What are the symptoms?



Fever (sweats)



Cough or shortness of breath



Sore throat



Tiredness

What treatment is needed?



Medication
(Paracetamol)



Drink fluids
(water)



Rest
(sleep)

Coronavirus can spread through close contact and droplets



Touching people or surfaces



Door handles



Phones



Coughs and sneezes

How can I reduce the spread of Coronavirus?

How to stay well



Stay home
(rest)

Wash hands with soap



before food



after coughing or sneezing



Cover coughs and sneezes



use tissue



upper sleeve or elbow

Wash hands with soap



Bin used tissues



Wash hands with soap

IF YOU ARE UNWELL
CALL CLINIC

Keep away



1.5 metres

Self-isolate if sick

NO SMOKING



do not smoke
do not share smokes

Take medications



use regular medication and puffers

Get the INFLUENZA vaccine

FURTHER INFORMATION

Department of Health
<https://bit.ly/3bcelCG>

NSW Health
www.health.nsw.gov.au/infectious/covid-19/pages/default.aspx

Healthy North Coast
www.hnc.org.au/covid-19-information-community/

Aboriginal Community Controlled Health Organisations
www.naccho.org.au/aboriginal-health-alerts-coronavirus-covid-19/