**NSW GOVERNMENT**

**Health**
Nepean Blue Mountains
Local Health District

Need help translating?

**TIS** **131 450**

# Keeping your family safe

## How to protect you and your family from Coronavirus (COVID-19)

**Coronavirus (COVID-19) is a newly discovered virus that can cause a bad lung infection.**

### Can I catch it?

COVID-19 is spread when a person who has it coughs or sneezes near others.

It is also spread when an infected person coughs or sneezes on objects used by others like door handles or a mobile phone.

### How can I stay safe?

The best way to protect yourself from COVID-19 is to wash your hands often and keep two arm lengths or a 1.5 metre space between you and other people.

Throw used tissues in the bin and sneeze or cough into your elbow. Stay at home and away from other people in your house if you are unwell.

Don't smoke or share cigarettes and try not to kiss or shake hands with people.

Family and gatherings are very important. But these types of events put older people and others who are already sick at serious risk. Keep yourself safe by staying away from gatherings or crowds.

### What happens if you catch it?

COVID-19 makes you feel like you have a cold or flu. Sometimes it can be worse and it can give you a bad lung infection. In some cases it can cause death.

People with diabetes, or heart or lung illness can become very sick if they get COVID-19.

### Can I be tested?

Our clinics are for anyone experiencing symptoms of COVID-19.

Common COVID-19 symptoms include:

· fever
· cough
· tiredness (fatigue)
· sore throat
· shortness of breath

Other reported symptoms include loss of smell, loss of taste, runny nose, muscle pain, joint pain, diarrhoea, nausea/vomiting and loss of appetite.

You should also attend this Clinic if your GP or the Public Health Unit has asked you to get a test.

### Where can I be tested?

Coronavirus Clinics are at our local hospitals for people to get tested. The test is done by taking a swab from your nose and throat.

Every person tested is contacted with their results.

## What is self or home isolation?

If you are unwell, with COVID-19 or another illness, you should stay at home until you are well. This is usually up to 14 days.

If you are sharing your home with others, you should stay in a different room or be separated as much as possible.

If you need groceries or medicines, ask a family member or friend (who is not in isolation) to deliver them to your home and leave them at your door.

## HOW CAN I PROTECT MYSELF FROM CORONAVIRUS (COVID-19)?

Clean your hands well and often for at least 20 seconds with soap and water

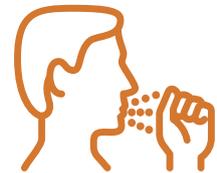Cover your nose and mouth when coughing and sneezing with a tissue or your elbow

Keep yourself 1.5 metres or two arm lengths away from other people

1.5m

Try not to touch your face, nose or mouth

Try not to kiss, shake hands or share cigarettes with people

Don't spend time with anyone with cold or flu-like symptoms.

**Make sure you stay home if you are sick.**

**If you develop a fever, a cough, sore throat or shortness of breath seek medical attention.**

- Call your GP
- Call Healthdirect 1800 022 222 (24-hour help line)
- In an emergency dial triple zero (000) or visit your local emergency department.

## Coronavirus Clinic Locations

The Nepean Blue Mountains Local Health District operates Coronavirus Clinics in the Penrith, Blue Mountains, Lithgow and Hawkesbury regions.

For the latest information on clinic locations and operating times please visit: https://www.nbmlhd.health.nsw.gov.au/covid-19