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## What You Need to Know About Coronavirus Disease 2019 (COVID-19)

- ❖ **What is coronavirus disease 2019 (COVID-19)?**
  *Coronavirus disease 2019 (COVID-19)* is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

- ❖ **How does COVID-19 spread?**
  The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it is clear that the virus that causes COVID-19 is spreading rapidly and exponentially between people.

Learn what is known about the spread of newly emerged coronaviruses by monitoring reputable websites, like that of the World Health Organisation (WHO) https://www.who.int/emergencies/diseases/novel-coronavirus-2019.

The current situation and global case count by country can be viewed on this map, tracked by the World Health Organization https://experience.arcgis.com/experience/685d0ace521648f8a5beeeee1b9125cd

- ❖ **What are the symptoms of COVID-19?**
  Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:
    - Fever
    - Cough
    - Shortness of breath

- ❖ **What are severe complications from this virus?**
  Many patients have pneumonia in both lungs.

- ❖ **How can I help protect myself?**
  The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. Otherwise, there are simple everyday preventative actions to help prevent the spread of respiratory viruses. These include the following:
    - o Avoid close contact with people who are infected.
    - o Avoid touching your eyes, nose and mouth with unwashed hands.
    - o Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60 per cent alcohol if soap and water are not available.

- ❖ How can I help protect others?
  If you are unwell, to keep from spreading respiratory illness to others, you should follow these tips:
    - o Stay home when you are unwell.
    - o Cover your cough or sneeze with a tissue, then throw the tissue in the rubbish bin.
    - o Clean and disinfect frequently touched objects and surfaces.

- ❖ What should I do if I recently travelled to China and got ill?
  If you were in China within the past 14 days and feel unwell with fever, cough or difficulty breathing, you should seek medical care. Call the office of your healthcare provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While unwell, avoid contact with people, don't go out, and delay any travel to reduce the possibility of spreading illness to others.

- ❖ Is there a vaccine?
- ❖ There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

- ❖ Is there a treatment?
  There is no specific an viral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

If you have questions about any of the information included in the above factsheet or feel overwhelmed or stressed, please contact the 24/7 Veretis EAP line to speak to our team at 1300 878 379.

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