



11/03/2020

Dear Community Members,

As you are aware the Coronavirus is in a lot of countries in the world today this is including Australia. Staff here at your local clinic are taking precautions to ensure that all community members are kept safe.

One of the best ways to help stop the spread of Coronavirus is to make sure you are always following the following hygiene measures:

- Washing hands regularly particularly before eating
- Avoid touching your face
- Washing your hand with soap and/or alcohol-based hand wash
- Cough and sneeze into an elbow or tissue and immediately put in bin.

Currently there are no recorded cases of the virus in Far North Queensland and we would like to keep it that way.

WHEN AT CLINIC

If you think you have a snuffle/cold/sore throat/runny poos or symptoms that seem like the flu please let the clinic staff know as soon as possible or let us know you are coming. This does not mean you have the virus, we are just taking precautions.

If you or your family (including children) have these symptoms, please ask for mask, put it on and use the hand wash at the clinic to wash your hands. Once you have done this, we can get you seen by a Health Worker, Nurse or Doctor as soon as possible.

WHEN AT HOME

It is important you try and keep all the germs away, especially at home.

- Washing hands regularly particularly before eating
- Avoid touching your face
- Use water and soap to wash hands and if possible, antibacterial hand gel
- Cough and sneeze into your elbow, shoulder or tissue

If you think you have a chest infection and don't want to attend clinic, the clinic staff can do a home visit and advise you what to do or you can **go straight to hospital** but let the hospital know you are coming.

We are wanting to make sure everyone in community is safe. At this time we have no recorded patients with the virus.

If you are still wanting more information, give us a call at the clinic.

our health in our hands

COMMUNITY UPDATE

CORONAVIRUS

CAN CAUSE SYMPTOMS LIKE

- Fever
- Cough
- Shortness of breath/ difficulty breathing
- Diarrhoea
- People can be well for up to 14 days, after being infected.

HOW IS IT SPREAD

- Most cases are spread by people who have symptoms;
- Some people can be infected but not get symptoms;
- Coughing and sneezing spreads the virus and the virus can probably be caught from surfaces that have been coughed or sneezed on.

HOW TO STOP THE SPREAD

- Hand Hygiene: Wash your hands regularly with soap and water and add in an alcohol-based hand gel if available
- Cough Hygiene: Sneeze and cough into your shoulder or elbow, not your hand and throw away any tissues you use and wash your hands immediately after
- Avoid touching your face as much as possible

IF YOU THINK YOU GOT COLD SICK WITH CORONAVIRUS

- Stay home from work
- Follow the instructions to stop the spread
- Call the clinic
- If you present at the clinic and are unwell, the receptionist will give you a mask

**Still unsure?
Give the clinic a call for a yarn**

