

# CORONAVIRUS: information for Cook Shire and Cape York

## WHAT IS CORONAVIRUS?

Novel coronavirus (COVID-19) is a new strain of coronavirus that affects everyone differently.

Symptoms are similar to a common cold or flu. People of all ages can be affected by novel coronavirus. However, elderly people, and people with medical conditions such as asthma, diabetes or heart disease can become very ill.

## PROTECTING YOURSELF

Novel coronavirus is usually spread when an infected person coughs or sneezes on another person, or from touching dirty surfaces.

To protect yourself practice good hygiene including:

- cleaning hands with soap and water or alcohol-based hand rubs;
- covering your nose and mouth with a tissue or into your elbow when coughing or sneezing;
- avoiding contact with anyone who has symptoms such as fever, a cough, sore throat, tiredness, and shortness of breath; and
- staying home if you are unwell.

## WHAT IF I FEEL UNWELL?

Symptoms of coronavirus are similar to a cold or flu and include temperatures, cough, sore throat, tiredness and shortness of breath.

### What are the symptoms?



FEVER



COUGH



TIRED



SORE  
THROAT



SHORT OF  
BREATH

## CLEAN HANDS SAVE LIVES

6 steps to successful everyday hand washing



1 Rub hands palm to palm.



2 Rub hands palm to palm with fingers interlaced.



3 In a circular motion rub the tips of fingers in the palm of the opposite hand.



4 Clean thumb by holding it in the other hand and rotating.



5 Interlock fingers and rub back of fingers on opposite palms.



6 Rinse hands with water.

Anyone with these symptoms who has travelled internationally or been in contact with someone with the virus 14 days prior to illness onset should see a doctor immediately. Before your appointment, call ahead so necessary precautions can be undertaken.

People with suspected novel coronavirus will be tested with a simple swab test, and results will be available within days. Remember if you are required to self-isolate, contact your employer as soon as possible to discuss leave options.

## ALWAYS PHONE FIRST!

If you feel unwell and think you may have novel coronavirus, remember to ALWAYS phone your nearest health clinic, hospital or doctor, rather than going in person.

Presenting to the health service in person could put staff and other patients at risk of infection if you have coronavirus or another illness.

## FREQUENTLY ASKED QUESTIONS

### Can I travel around Queensland?

The government is advising people not to travel outside their town or suburb. Cook, Wujal Wujal and Hope Vale shires are designated areas under the *Biosecurity Act 2015* and access is restricted to people conducting essential activities only. Most other Aboriginal Shire Councils also have entry restrictions – check their websites for details.

### Can we still go outside?

Government advice is for all people not undertaking an essential activity to stay in their homes. You can go outside to exercise if you stay away from other people, and don't go with anyone who doesn't live in your house.

### Is the hospital prepared?

The hospital and health services are well prepared to respond to novel coronavirus. The Cook Shire Local Disaster Management Group (LDMG) is working to ensure contingency plans are in place.

### Should I stock up on supplies?

Residents are advised not to panic buy, but to ensure they have adequate essential supplies such as food basics and prescription medication to ensure they can remain self-sufficient if they need to self-quarantine.

### How do I self-isolate?

If you have travelled internationally or been in contact with someone who has coronavirus, you must self-isolate for 14 days.

You may also have to self-isolate if you need to enter Cook, Wujal Wujal or Hope Vale shires. Self-isolation means you must not leave your house for any reason other than urgent medical needs and must not allow visitors. If other people live in the house, they do not need to self-isolate, but you must stay isolated from them within the house – preferably in a separate room.

If you are required to self-isolate, download the Government Coronavirus Australia app as part of your proof of isolation.

### How do I get into Cook, Wujal Wujal and Hope Vale shires?

Cook, Wujal Wujal and Hope Vale shires are designated areas, and access is restricted to those conducting essential activities by the State Government. Those not conducting an essential activity must self-isolate for 14 days outside the shires before entry will be considered. Entry is controlled by Queensland Police and Maritime Safety Queensland.

### What is the two people rule?

You can only have two visitors at your house, even if they are immediate family. You can only leave the house with either the people you normally live with, or one other person who doesn't live with you, and only for essential purposes such as exercise, medical reasons, going to work if you can't work from home or food shopping.

## IMPORTANT NUMBERS

### COOKTOWN

- Hospital P 4043 0100
- COVID-19 Hotline 0439 844 238
- Medical Centre P 4069 5211
- Community Centre P 4082 1400

### HOPE VALE

- Health care centre P 4083 8100

### WUJAL WUJAL/BLOOMFIELD

- Health care centre P 4083 9000

### LAKELAND/LAURA

- Health care centre P 4060 3320

### COEN

- Health care centre P 4083 5900

## GENERAL INFORMATION



[www.health.qld.gov.au](http://www.health.qld.gov.au)



[www.cook.qld.gov.au](http://www.cook.qld.gov.au)



13 HEALTH

## IN AN EMERGENCY



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