# 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 common cold or flu and include temperatures, cough, sore throat, tiredness and shortness 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 14 days prior to illness onset should see a doctor immediately. Before your appointment, please call ahead and advise of your symptoms and recent travel 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-quarantine, 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.



**What are the symptoms?**

Fever | Cough | Fatigue | Sore throat | Shortness of breath

# FREQUENTLY ASKED QUESTIONS

## Can I travel within Australia?
The State and Federal governments are advising people to re-consider non-essential travel within Australia. Travel restrictions are in place in Cape York, with numerous Indigenous communities closed to non-residents. Before planning travel on Cape York, check the relevant local government website for that area to see what restrictions are in palce.

## Should public events be cancelled?
The government advice is that non essential outdoor gatherings of more than 500 people and indoor gatherings of more than 100 people must be cancelled. Cook Shire Council is currently analysing options for major events such as Cooktown Expo 2020 and information will be released soon.

## How is coronavirus treated?
There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms, such as temperatures, can be treated and therefore treatment is based on the doctor's recommendation.

## 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 in the event of a local coronavirus outbreak.

## Is it still safe to go to the hospital for my check ups?
If you have an appointment at hospital or need to attend for another reason, or in the event of an emergency, it is still safe to do so. Our hospital and health services are well prepared to respond to coronavirus.

## Is it safe to receive a letter or package from China or overseas?
Yes, it is safe. People receiving packages from China or overseas are not at risk of contracting the novel coronavirus.

## Should I self-quarantine?
If you have coronavirus symptoms and have travelled internationally, including airport stopovers, or been in contact with someone who has coronavirus 14 days prior to illness onset, you must self-quarantine for 14 days.

If you feel unwell and have travelled internationally, including airport stopovers, or been in contact with someone who has coronavirus 14 days prior to illness onset, phone your doctor immediately.

## 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. This is to ensure they are able to remain self sufficient should they be required to self-quarantine for 14 days.

## IMPORTANT NUMBERS

### COOKTOWN
- Hospital **P** 4043 0100
- 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** 4060 1166

## GENERAL INFORMATION

💻 **www.health.qld.gov.au**

📞 **13 HEALTH**

## IN AN EMERGENCY

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