



The Coronavirus pandemic can be a very scary time for people, especially as there is so much information in the media. It makes it very difficult for you to hear the important facts. We hope this leaflet will provide you with those facts.

HOW WILL I KNOW IF I HAVE CORONAVIRUS?

There is a very strict criteria that must be met before anyone in the Northern Territory will be swabbed for Coronavirus (COVID-19).

Criteria:

You must have travelled overseas to any country in the past 14 days

OR

You must be a confirmed close contact with a confirmed case of COVID-19 (*Close contact* is 15mins face to face or 2hrs in a closed room)

PLUS

You must have a Fever or acute respiratory infection (shortness of breath, cough or sore throat) with or without fever

If you do not meet the criteria above, you will not be swabbed for Coronavirus and you do not need to quarantine or isolate yourself.

WHAT DO I DO IF I THINK I HAVE CORONAVIRUS AND I DON'T MEET THE CRITERIA?

It may be that you have Coronavirus and will never know as you will never be tested. It is therefore important to support those around you by quarantining yourself if you are very unwell or initiate Social Distancing measures to keep you safe and others around you safe.

Step One - Manage your symptoms.

This is done by managing the symptoms as you normally would do. Don't assume you have coronavirus as this is very unlikely, as coronavirus is not currently in the Northern Territory community.

- See your GP if you are very unwell, or become more unwell
- Manage your symptoms with medication
- Stay at home until your symptoms have passed if possible

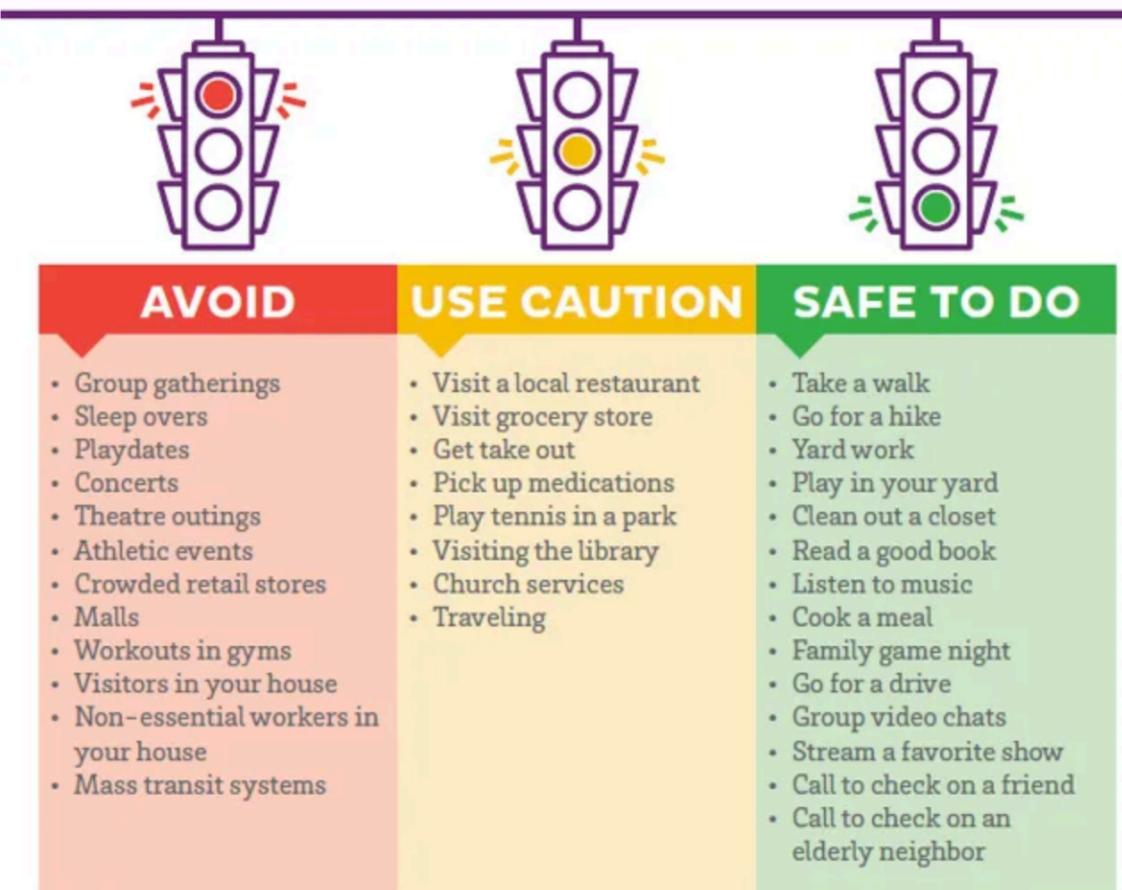
If at any time you become very well, please telephone our clinic and we can organise an appointment with one of our doctors, which may be in person at the clinic or by telephone.

Step Two – Increase infection control

- Increase your hand washing with soap and water
- Put hand sanitiser on your hands regularly
- Cough into your elbow or a tissue and immediately wash or sanitise your hands. Discard tissues immediately into a bin.

Step Three – Initiate Social Distancing

The coronavirus is passed from person to person via close contact. To support yourself to stay well, or if you are unwell, support others to remain well, it is now advisable that people commence social distancing. Social distancing is the practice of reducing close contact between people to slow the spread of infection. It is recommended that you remain 1.5m from others. We have provided a chart below to assist you to know what you should and shouldn't do when you are practicing social distancing:



What if you are, or someone else is an immunocompromised person?

If you are immunocompromised your infection control should be increased immediately (hand washing) , social distancing initiated and consider reducing your outings in the community. If you have unwell people at your home, ask them to wear a mask when in the same room as you, insist on them washing their hands and using a hand sanitiser frequently. We recommend that you do not share facilities at home with unwell people. If possible, have them quarantine themselves in a room until their symptoms have passed.

What are we doing at Cavenagh Medical Centre is Offering to Support you now?

We have increased the distance between our chairs in the waiting room

We isolate patients with fever in their cars

We offer patients at this clinic a telephone consultation with a doctor. (This type of appointment is available to all patients. However, Medicare only support those patients with a rebate if your attendance at the clinic could be detrimental to your health as you are immunocompromised).

If you have any further questions, or would like more information, please contact our Practice Manager on 8981 8566 as we are here to help you.

