

# What is Coronavirus & COVID-19

Coronavirus are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases. COVID-19 is an illness caused by a new form of Coronavirus.

It was first reported in December 2019.

## What are the symptoms?

The symptoms can include:

- Fever
- Chills or sweats
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss or changes in sense of smell or taste.



Other symptoms can include headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of appetite & fatigue.

# How does COVID-19 spread?

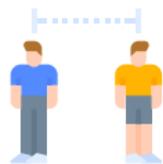
The virus can spread from person to person through:

- Close contact with someone who has COVID-19.
- Contact with airborne particles or droplets from an infected person's cough, sneeze, speech etc.
- Touching objects or surfaces that have droplets from an infected person (tables, chairs, light switches, doorknobs, etc), and then touching your mouth or face.

## How do I protect myself & others from COVID-19?

Everyone must do the following things to slow the spread of COVID-19 and protect those who are most at risk:

- Stay at home if you can.
- Wear a mask - anyone over the age of 12, are required to wear a mask or face covering when they leave their home.
- Wash your hands regularly. Use soap and water. Wash for at least 20 seconds.
- Practice physical distancing. Keep a 1.5m distance from others wherever possible.
- Get tested.



# Why should I get tested?

You will help to slow the spread and keep others safe.

## I don't have any symptoms, Can I still get tested?

**Yes**

You do not have to be sick to get tested at StarHealth Mobile Testing Clinics.

## What if I have already been tested? Can I get tested more than once?

**Yes**

If time has passed since your last test, it is a good idea to get tested again.

The more steps you take to look after yourself, the more you will look after your community.

## Do I need to self-isolate after the test?

If you have symptoms: **Yes**

If you have no symptoms: **No**

# Where can I be tested?

StarHealth is running **free** COVID-19 mobile screening clinics near you.

For locations, dates and times call:

**9525 1300**

or go to:

[www.starhealth.org.au](http://www.starhealth.org.au)

and click the **red** buttons on the home page.

**StarHealth can:**

- Provide free transport service to and from a clinic.
- Arrange for a mobile clinic to come to you.

# What do I need to bring with me?

Your Medicare card or ID, if you do not have these, you can still get tested by StarHealth.

# Are you testing for anything other than COVID-19?

**No**

The only thing you will be tested for is COVID-19

# What happens once I'm tested?

You will receive results within 4 days after your test.

- If you are well, you will be told that you do not have to self-isolate, but must continue to wear your mask.
- If you are unwell, you will be told that you must self-isolate.



- Please go straight home



- Keep your mask on, even at home if you live with others



- You need to remain in strict self-isolation inside and away from others until you receive your results

If you are worried your results are taking too long  
you can call:

**9525 1300**

or email:

***MobileTesting@Starhealth.org.au***

# What if I get a positive result?

**You must self isolate.**

The Department of Health and Human Services will call you and give advice.

You **MUST** stay at home, stay in a separate room to others, no visitors, wear a mask inside, do not go to work and wash your hands.

**You may be fined if you do not self-isolate.**

# What if I am feeling unwell during self-isolation?

Call the COVID-19 Hotline on:

**1800 675 398**

anytime and contact your GP.

# Should I get tested if I have been in close contact of someone who is positive?

**Yes**

It is strongly advised that you are tested.

# Who can I contact if I need support?

Call the:

**StarHealth Stay Connected  
Phone Support Team**

Ph: **9684 4293**

9am - 5pm, 7 days

# Who can I contact if I need an emergency relief package?

Call the COVID-19 Hotline on:

**1800 675 398**

Select option 3, between 8am - 5pm  
Monday to Friday.

Want to know more?

Call the Coronavirus Hotline  
anytime on:

**1800 675 398**

Or contact your GP



# Free COVID-19 testing

Have you been tested before?

Are you feeling well?

For peace of mind  
Get tested

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**StarHealth can:**

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and from a clinic.

Arrange for a mobile clinic to come to you.



Please bring your medicare card.

If you do not have, you can still get tested.