

# Coronavirus disease (COVID-19) Corryong Health's response

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The Department of Health and Human Services is working around the clock with health services including Corryong Health, the Commonwealth and international agencies to respond to the outbreak of coronavirus disease (COVID-19) and to keep the Victorian community safe

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**At the present time there is no evidence of transmission in the community in Victoria so you should continue to go about your business. You don't need to take actions like limiting your movement in the community or staying at home.**

## What is coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. Coronavirus (COVID-19) is a new virus that can cause an infection in people, including a severe respiratory illness.

The most recently discovered coronavirus causes coronavirus disease COVID-19

## Ten ways to reduce your risk of coronavirus

- **Wash** hands often with soap and running water, for at least 20 seconds. **Dry** with paper towel or hand dryer.
- **Try** not to touch your eyes, nose or mouth.
- **Cover** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **Isolate** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- **Phone** the medical clinic (0260763270) or hospital (0260763200) first if you are concerned about symptoms. Staff will advise what to do.
- **Continue** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **Don't** wear a face mask if you are well.
- **Buy** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **Get** the flu shot (available April).
- **Shaking hands** is optional!

## How Corryong Health is prepared

We have an action plan in place. Increased stocks of equipment required to deal with contagious outbreaks such as gloves, masks and gowns are in place. We have an isolation room set up and staff are being provided with extra training.

We have attached a copy of the **Departments Corona Virus (COVID-2019) Advice for Victorian public** to answer any common questions.