

Coronavirus (COVID-19): What to know about COVID-19

Information for Queenslanders

What is COVID-19?

COVID-19 is an infectious disease caused by a coronavirus. Most people who get COVID-19 will only have mild sickness and recover without special treatment. How sick a person gets depends on the type of COVID-19 variant a person has.

How is COVID-19 spread?

COVID-19 can spread between people in small liquid particles when an infected person coughs, sneezes, speaks or breathes heavily.

You can be infected by breathing the virus from someone who has COVID-19 if you are close to them, or by touching something they touched and then touching your eyes, nose, or mouth.

You can find more information on how COVID-19 spreads and how to protect yourself from getting it here: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/coronavirus-prevention

What is a COVID-19 “variant”?

When COVID-19 spreads it can change, just like the flu. This is normal for a virus. These changes are called “mutations”. A mutation is called a “variant” of the original virus. There are different variants of COVID-19, including the Delta (formerly *from India*), Alpha (formerly *from United Kingdom*), Beta (formerly *from South Africa*), Gamma (formerly *from Brazil*), and more. Different variants can spread more easily than others, but it is still the same COVID-19 virus.

The World Health Organisation has more information on COVID-19 variants here: www.who.int/en/activities/tracking-SARS-CoV-2-variants/.

Most at risk

People of all ages or health can be infected by COVID-19. However, some people are more at risk of getting really sick if they are infected. This includes:

- older people
- people with existing illness like cancer, lung problems, diabetes, or high blood pressure.
- People living in group residential homes
- people in detention facilities.

We must take extra steps to keep these people safe. This includes not visiting them if you have any symptoms of COVID-19.

Symptoms of COVID-19

Symptoms of COVID-19 include:

- Fever
- Cough
- Sore throat
- Shortness of breath
- Headache
- Runny or blocked nose
- Fatigue
- Diarrhea, vomiting or nausea
- Loss of taste or smell
- Muscle or joint pain, and
- Loss of appetite.

People can experience different symptoms of COVID-19. If you have more severe symptoms of COVID-19 it means you will take longer to recover. For example, people who have extreme symptoms from the virus may take many weeks or months to recover. People with mild symptoms may get better in one to two weeks.

If you have any COVID-19 symptoms, you should get tested as soon as possible. You can find your closest COVID-19 testing location here: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/testing-and-fever-clinics.

Available Support:

If you are finding it hard to cope with the COVID-19 situation, phone Multicultural Connect on 1300 079 020. Ask for an interpreter if you need language support.

For any question about COVID-19 public health directions, call Queensland Health on 134 COVID (**13 42 68**). They will tell you what to do. If you need an interpreter, ask for one when you call. It is free.