

REDS VOLLEYBALL ASSOCIATION COVID-19 FACTS

WHAT IS COVID-19?

Coronaviruses are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases. The virus can spread from person to person. Currently there is no treatment for COVID-19. COVID-19 is caused by a new form of coronavirus. It was first reported in December 2019 in Wuhan City in China. Symptoms

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

People with coronavirus may experience symptoms such as:

- Fever
- Respiratory Symptoms
 - Coughing
 - Sore Throat
 - Shortness of Breath

Other symptoms can include: Runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

HOW DOES COVID-19 SPREAD?

The virus can spread from person to person through:

- Close contact with an infectious person (including in the 48 hours before they had symptoms)
- Contact with droplets from an infected person's cough or sneeze
- Touching objects or surfaces (like doorknobs or tables) that have droplets from an infected person, and then touching your mouth or face

COVID-19 TESTING

Anyone with symptoms of an acute respiratory infection should get tested. The symptoms include:

- Fever
- Respiratory symptoms
 - Coughing
 - Sore Throat
 - Shortness of Breath

If you have one or more of these symptoms, even mildly, it is important you get tested as soon as possible. Early diagnosis means you can take steps to avoid spreading the virus to someone else. Testing is even more important if you have symptoms and any of the following apply to you:

- you have returned from overseas in the past 14 days
- you travelled on a cruise ship (either passenger or crew) in the 14 days before developing symptoms

- you have been in close contact with someone diagnosed with COVID-19 in the past 14 days
- you are a health care, aged care or residential care worker or staff member with direct patient contact
- you have lived in or travelled through an area where there is a higher risk of community transmission, as defined by the local public health unit

All health advice contained in this Factsheet has been sourced from the Australian Government Department of Health.

For more information relating to COVID-19 please visit the following website: [what-you-need-to-know-about-coronavirus-covid-19](#)

STAY COVID FREE - DO THE 3



WASH HANDS



PHYSICAL DISTANCE



HAVE THE APP

And if you're experiencing cold or flu-like symptoms, stay home and speak to your doctor about getting tested.