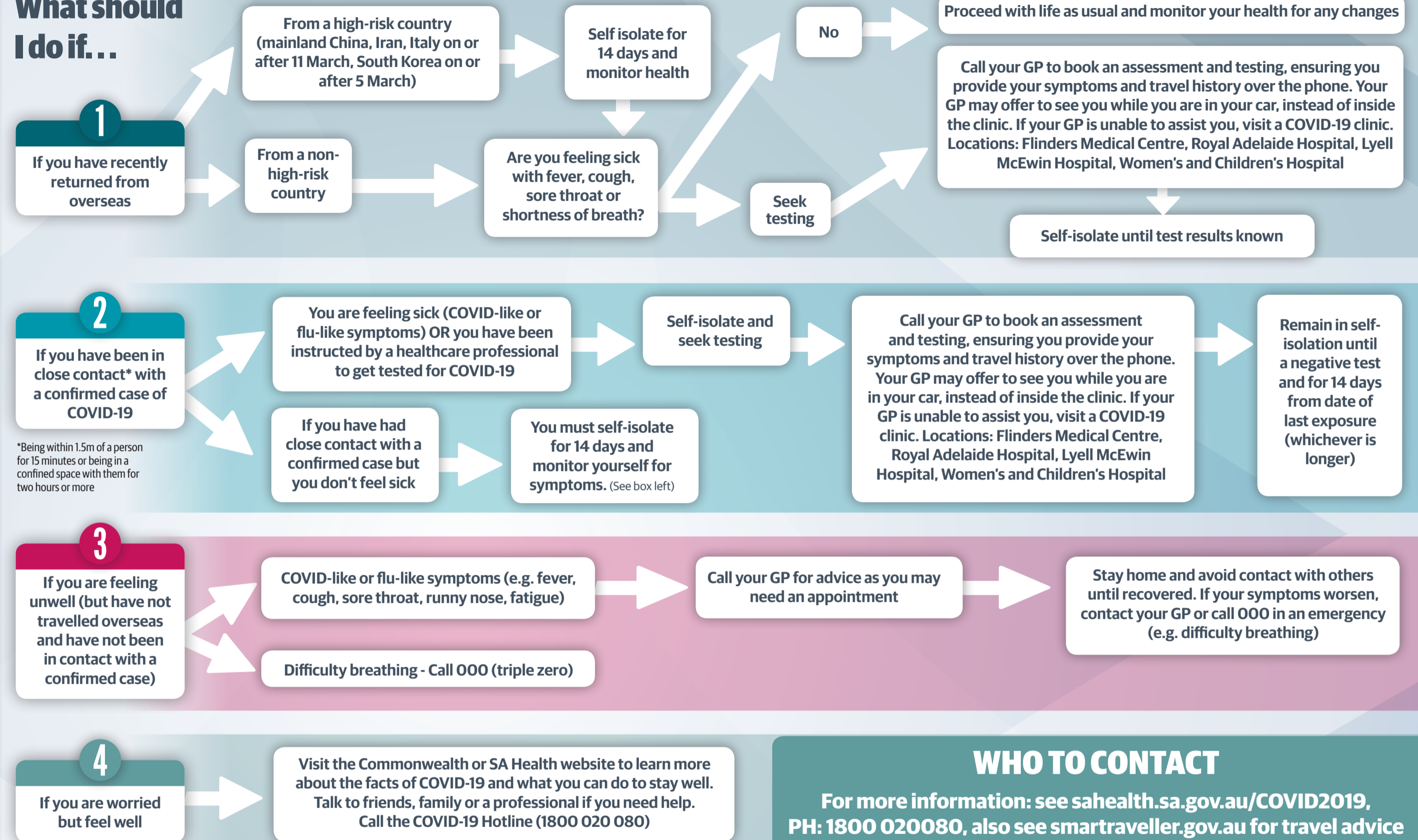


Identifying the symptoms

Symptoms	COVID-19	Cold	Flu
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common (usually dry)	Mild	Common (usually dry)
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhoea	Rare	No	Sometimes for children
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

Source: WHO, Centres for Disease Control and Prevention

What should I do if...



WHO TO CONTACT

For more information: see sahealth.sa.gov.au/COVID2019, PH: 1800 020080, also see smartraveller.gov.au for travel advice

How to isolate yourself



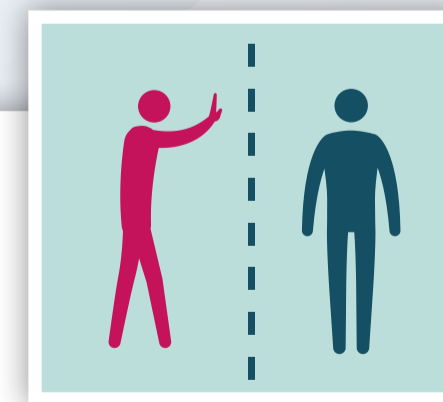
- People who have returned from overseas travel, have had close contact with people with COVID-19 or are unwell with symptoms may need to isolate for 14 days.
- This means you must stay at home in a dedicated room (or hotel room) and not leave unless you need to seek medical care.
- Do not go to work, school, childcare, university or any public, social, or religious gatherings.
- Do not go shopping or to restaurants - shop online or have family or friends

- deliver what you need.
- Do not have visitors. Only people who usually live with you should be in the home - they must not sleep or be in the same room as you.
- Avoid unnecessary contact with people living with you. They do not need to self-isolate unless they become unwell.
- Stay in your own room and use a dedicated bathroom and toilet if possible. Avoid sharing towels, toiletries or other household items. Wash clothes and linen in a separate load, using hot wash.



- Have separate plates, cups and cutlery. Frequently touched items such as TV remotes, door knobs, light switches and benches should be cleaned regularly with a detergent or disinfectant and disposable cleaning cloths.

- Avoid using the kitchen when other people are in the room and eat meals in your room.
- It is safe for you to go into your garden or courtyard alone. Do not go to public parks or gardens.
- If there are times when you cannot avoid being in the same room as another person, limit the time you are together (less than 15 minutes) and wear a mask if you have one.
- While you are in isolation in your room, keep your door closed, open your window for fresh air.



- Maintain a 1.5m distance from other people if you need to briefly move through shared living spaces in your home.
- Others who live with you are not required to be isolated unless they meet

- one of the isolation criteria. However, if you later develop symptoms and are suspected to have COVID-19, they will be classified as close contacts and will need to be isolated for 14 days.
- If you are in a hotel, use room service for food, and ask for your meal to be left outside the door.
- When travelling home to start isolation, wear a surgical mask. If you must use a bus, train or taxi to get home or seek medical care, ensure you wear a mask (if you have one). Keep at least 1.5m away from other people.

- If you need medicines, ask a family member or friend to get them.
- For wellbeing, keep in touch with family and friends by telephone, video calls, email or social media: reassure young children: keep up normal daily routines you can do in your room: eat a healthy diet: get plenty of fluids and in-room exercise: and arrange to work from home if possible.
- Once you have self-isolated for 14 days and are symptom-free, you no longer need to self-isolate. You do not need to get a clearance certificate.