



Novel coronavirus (2019-nCoV)

There is currently an outbreak of novel coronavirus (2019-nCoV) in mainland China.

Information for casual contacts of a confirmed case

This information sheet provides advice to people who have had casual contact with someone who is infected with coronavirus.

A casual contact is someone who has been in the same general area as someone who has tested positive for the coronavirus while infectious.

You are a casual contact if:

- You have had less than 15 minutes face-to-face contact with a symptomatic confirmed case in any setting; or
- You have shared a closed space with a symptomatic person for less than two hours.

Casual contacts do not need to be excluded from work or school while well. You must closely monitor your health and if you experience any symptoms you are advised to isolate yourself and contact your usual doctor, who will liaise with public health authorities to care for you.

Public health authorities may need to contact you for contact tracing purposes.

What are the symptoms of coronavirus?

Symptoms include (but are not limited to) fever, cough, sore throat, fatigue and shortness of breath.

How is the virus spread?

The virus is most likely to spread from person to person through:

- direct contact with a person while they are infected;
- contact with droplets when a person with a confirmed infection coughs or sneezes; or
- touching objects or surfaces (such as door handles or tables) that were contaminated by droplets from secretions coughed or sneezed from a person with a confirmed infection, and then touching your mouth or face.

How can I help prevent the spread of coronavirus?

Practising good hand hygiene is the best defence against most viruses. You should:

- wash your hands often with soap and water before and after eating as well as after going to the toilet;
- avoid contact with others (including touching, kissing, hugging, and other intimate contact); and
- cough and sneeze into a tissue and dispose of it after use, or use your elbow if a tissue is not available.

What do I do if I develop symptoms?

If you develop mild symptoms:

- isolate yourself from other people;
- put on a face mask if you have one;
- call a doctor or hospital and tell them you have had casual contact with a case of coronavirus and have now developed symptoms; and
- when you get to the doctor's clinic or hospital, tell them again that you have had casual contact with a case of coronavirus.

If you have serious symptoms such as difficulty breathing:

- call **000** and ask for an ambulance; and
- tell the ambulance officers that you have had casual contact with a case of coronavirus.

Your doctor will test you for coronavirus and provide advice on managing it. Your doctor will liaise with public health authorities to determine if you need to remain in self-isolation while your symptoms resolve.

Should I wear a surgical mask?

Surgical masks in the community are only helpful in preventing coronavirus spreading to others from people who develop symptoms as a result of infection with the virus. If you are a casual contact and subsequently become ill, you should put on a surgical mask to prevent spreading infections to others. You will be given a surgical mask by your doctor when you are initially assessed. If you remain well, you are not required to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

Where can I get more information?

For the latest advice, information and resources, go to the Australian Government Department of Health website at www.health.gov.au. You will find information on novel coronavirus symptoms and preventing the spread.

Call the National Coronavirus Health Information Line on 1800 020 080. The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The telephone number of your state or territory public health agency is available on the coronavirus page at www.health.gov.au/state-territory-contacts.

If you have concerns about your health, speak to your doctor.