



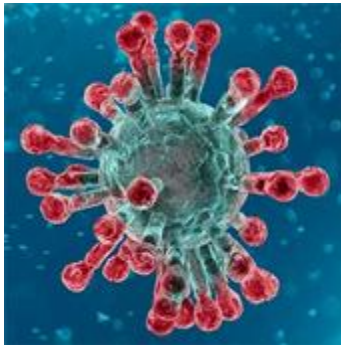
WHAT'S NEW?

NOVEL CORONAVIRUS

30 JANUARY 2020 STEVE ORMEROD

What you should know about the novel coronavirus

This article has been adapted for U3A advice from a USC email to our U3A office



Originating in the Wuhan region in Hubei province, China, the novel coronavirus has symptoms that include (but are not limited to):

- *Fever*
- *Cough*
- *Sore throat*
- *Fatigue, or*
- *Shortness of breath.*

Early information suggests that the elderly and those people with underlying health problems or compromised immune systems may be at particular risk. At this stage it is believed symptoms occur within approximately two weeks of exposure to the virus.

While serious, the symptoms of the novel coronavirus are also commonly found in other illnesses so please remain calm.

What you should do

If you have recently travelled to the city of Wuhan or the province of Hubei, China, and experience any of the above symptoms, please see your General Practitioner immediately. Please ring ahead to advise your health provider that you will be attending so they may take any necessary precautions.

If you've travelled internationally, please consider whether you could be at risk of having contracted the virus and whether you should limit contact with others.

If you have been in close contact with anyone with a confirmed case of the novel coronavirus and have developed symptoms, contact Queensland Health on 13HEALTH (13 43 25 84) for assessment. If that assessment shows that you have been exposed to

the virus, you cannot attend U3A classes at the university until Queensland Health informs you that it is safe to do so.

If you have plans to travel overseas, please consider your travel and delay it if non-essential. The USC says University travel to Wuhan and the Hubei province is not permitted.

Please take the precautions as advised by public health experts, including:

- *Frequently wash hands by using alcohol-based hand sanitiser or soap and water*
- *When coughing and sneezing, cover mouth and nose with flexed elbow or a tissue – throw tissue away immediately and wash hands*
- *Avoid close contact with anyone who has fever and cough*
- *If you have fever, cough and difficulty breathing, seek medical care early and share your previous travel history with your health care provider*
- *Please observe and comply with health-related signage around the University.*

Where you can find further information

Queensland Health has published the following advice about the novel coronavirus:
https://www.health.qld.gov.au/_data/assets/pdf_file/0031/935365/2019-nCoV-information-education-services-V1.pdf

The Department of Foreign Affairs and Trade has advice for travellers, including those returning from a destination with reported cases:
<https://www.smartraveller.gov.au/news-and-updates/novel-coronavirus-outbreak>

The World Health Organisation has further advice about simple personal hygiene practices to reduce exposure to illness:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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