



Here at AAY we believe that knowledge is power. With that in mind, it is important to be well informed in the face of the current COVID-19 (Coronavirus) outbreak. While the virus has been prevalent in Australia for several weeks, it has now officially been declared a pandemic by the World Health Organization. Government and health officials are doing everything they can to contain the spread of the virus, but in the meantime, there are a few simple things that you can do to protect yourself.

The following suggestions are from the World Health Organizations website:

1. Wash your hands often.

It is very important to wash your hands as regularly as possible. By doing this you can eliminate germs and viruses that live on your hands.

2. Social distancing.

Social distancing involves trying to maintain a distance of 1 metre between yourself and other people when in public. This can lower the chance of contracting the virus from an infected individual.

3. No face touching.

While regularly washing your hands will reduce the risk of the virus being on your hands, it does not guarantee it. This means that it is vital that you attempt to keep your hands away from your mouth, nose and eyes as much as possible.

4. Good manners.

If you do need to cough or sneeze, it is important that you practice good manners. This means covering your mouth and nose with your elbow or a tissue. You should then discard of tissue appropriately and wash your hands thoroughly.

5. Medical attention.

While not every person who has flu-like symptoms will have Coronavirus, it is still important that you seek medical advice or attention. If you are showing symptoms, it is vital that you seek medical attention early in order to lower the chance of spreading the virus. Visit your local GP or hospital, and phone ahead so that they can insure that other patients don't come into contact with you.

If we follow these 5 simple suggestions we can give Australia the best chance of containing and overcoming this horrible virus as quickly as possible.