

# If You Become Sick With CoVid-19 : What We Know

If you have Symptoms  
Call the Covid-19  
Screening  
HOTLINE on  
**1800 831 099**

## WHAT WE KNOW ABOUT COVID-19 (OR CORONA VIRUS)

- **Covid-19** is a type of **Corona Virus**
- This is a new virus that seems to be easily spread by contact between people
- It makes people of all ages sick
- It acts differently than The Flu
- There is no human immunity to this virus and there is no vaccine

## COMMON SYMPTOMS

- dry cough, shortness of breath, fever, fatigue,
- muscle aches, sore throat, headaches,
- nausea/vomiting, diarrhoea, runny nose,
- change in smell/taste

## RISK FACTORS FOR SEVERE ILLNESS / DEATH FROM COVID-19

- Age older than 70 or 50 if Aboriginal or Torres Strait Islander
- People in Aged Care Facilities
- People with health conditions like:
  - High blood pressure
  - Diabetes
  - Heart problems
  - Cancer
  - Asthma / Respiratory condition
  - History of strokes

## TREATMENT FOR COVID-19

- There are no treatments that will cure/kill the virus in people with COVID-19
- There are treatments to help symptoms while your body tries to heal and recover
- Treatments for your symptoms can be given anywhere (home, lodges, nursing homes, hospitals)

## HELP PREVENT THE SPREAD

- Wash your hands often
- Sneeze into your elbow
- Practice social distancing

Information Adapted From NSW Health Website and <http://amytanmd.ucalgaryblogs.ca/files/2020/04/Guide-for-Talking-about-Wishes-Goals-with-COVID-19-Handout-by-Dr.-Amy-Tan-v3.pdf>

# Your Advanced Care Directive : Your Wishes and Goals

## WHAT CARE WOULD YOU WANT?

Talking about what's important to you, and what your priorities & wishes are will help your loved ones and your doctor make plans for your care. This process is called *Advance Care Planning*.

These conversations help:

- your loved ones make future decisions.
- give you peace of mind knowing that you've helped make important decisions less stressful.

# 1

## THINK ABOUT YOUR CURRENT HEALTH CONDITION :

- Do you need help with daily activities like getting dressed, toileting, feeding, walking?
- Needing help with these may point to your body not coping as well with infections.

# 2

## THINK ABOUT WHAT IS IMPORTANT TO YOU IN YOUR DAILY LIFE

- Where would you want to be taken care of if you were to get very sick from COVID-19.
- What are your most important goals if your health situation worsens? Are you wanting to focus on quality of life, comfort, to live longer?
- What abilities are critical to you living your life?
- If you become really sick, how much are you willing to go through to gain more time?

## CHOOSE A SUBSTITUTE DECISION MAKER

# 3

- Choose someone you trust to make decisions on your behalf if you are too sick to make them yourself.
- Make sure they know about your values, beliefs and priorities.
- Are they willing and able to support and speak up for what you want?
- Ask them and complete a Personal Directive to name your substitute Decision Maker.

## TALK TO YOUR LOVED ONES AND GP ABOUT YOUR DECISIONS AND CARE IF YOU GET SICK FROM COVID-19

# 4

- Discuss what you want.
- Decide what is most important to you to guide your decisions.
- Book an appointment with your GP to talk about your priorities, wishes and to make your plans.

## WRITE IT DOWN IN AN ADVANCED CARE DIRECTIVE

# 5

- Document your wishes, goals and substitute decision maker in a legal document.
- NSW Health Advanced Care Directive Form Package website:

<https://www.health.nsw.gov.au/patients/acp/Pages/acd-form-info-book.aspx>