What to do if you have COVID-19 symptoms: information for Aboriginal and Torres Strait Islander people

It's important to know the symptoms of COVID-19. You can get help sooner and help to keep yourself, your family, Elders and community safe.

Symptoms of COVID-19 infection

Common symptoms include:

- fever (37.5 Celsius or higher)
- cough
- sore throat
- shortness of breath
- tiredness/fatigue
- aches and pains
- loss of sense of smell or taste
- headaches
- runny or stuffy nose.

If you have any of these symptoms, it's important to get a COVID-19 test **as soon as possible**.

If you get COVID-19 symptoms before your second vaccine dose

If you become unwell before you get your second dose of COVID-19 vaccine, there may be medical treatments available that can greatly decrease your chances of having a severe COVID-19 illness.

Some treatments are **only available** if you are diagnosed **within 5 days of showing symptoms**. That is why it is very important that you get tested as soon as you develop any of the above symptoms.

However, these treatments are not available to everyone. They are only available to people with certain medical conditions. That's why the best chance of protecting yourself, your family and Elders is to get two doses of COVID-19 vaccine.

Why you need two doses of COVID-19 vaccine

With two doses of the vaccine, you are fully vaccinated. You are 90 per cent less likely to get very sick or need to go to hospital with COVID-19. Without a second dose, you don't have the best level of available protection and can still get very sick from COVID-19.

Some people cannot have a vaccination for medical reasons, so they depend on those of us who can get vaccinated to do so. This limits the spread of the virus and helps keep them safe. This is what we call herd immunity.

Where can I get my second dose?

Any Aboriginal or Torres Strait Islander person aged 12 years or over can walk into any vaccination centre to get a vaccine. You don't have to book.

- If you have your first dose at a vaccination clinic, a nurse can help you make your second appointment.
- You can contact your local Aboriginal health service or doctor to get your free vaccination, or call **1800 675 398**.
- You can also find a service using the **Vaccines Clinic Finder (healthdirect.gov.au)**.
- To find other places where you can get your second vaccination with culturally safe staff, visit Vaccine information for **Aboriginal and Torres Strait Islander people | Coronavirus Victoria.**

More information

For more info, you can call the Aboriginal COVID-19 Infoline on **1800 312 911**.

For more information and resources for
Aboriginal and Torres Strait Islander communities, visit:

COVID-19 information for Aboriginal and Torres Strait Islander communities | Coronavirus Victoria

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