

## What are the symptoms of COVID-19?

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

The common symptoms of COVID-19 may include:

- fever
- coughing
- sore throat
- fatigue (tiredness), and
- difficulty breathing or shortness of breath.

Most people infected with COVID-19 will have a mild to moderate illness and will recover without special medical treatment. Some people, such as those with underlying medical problems or disease and older people, are more likely to suffer from more serious symptoms of the diseases. See also our content on vulnerable workers.

## How is COVID-19 spread?

- The most likely way someone will catch the virus is by breathing in micro-droplets a person close to them has released by sneezing, coughing –or just breathing out
- A person can, however, also catch it via the hand-to-face pathway: touching a surface where live virus material is present, then touching their mouth, nose or eyes
- Spread of COVID-19 is highest from people with symptoms
- Spread of COVID-19 before symptoms appear is less common

## Every Western Australian needs to play their part to help stop the spread of COVID-19 coronavirus.

To stop the spread of coronavirus, everyone must:

- [practise good hygiene](#)
- practise physical distancing
- stay at home if unwell
- know the limits for public gatherings
- understand how to self-isolate if you need to.

## How do I practise good hygiene?

- [Wash your hands](#) often and for at least 20 seconds, with soap and water or use hand sanitiser.
- Cover coughs and sneezes with a tissue or use your inner elbow. Throw the tissue in the bin immediately.
- Stay home if you're sick. Do not go to work or school.
- Clean surfaces and objects such as doorknobs, keyboards and phones regularly.

## What is physical distancing?

- Keeping at least 1.5 metres or two arms lengths (minimum) away from others.
- Avoiding physical greetings such as handshaking, hugs and kisses.

- Using tap and pay instead of cash.
- Avoid large public gatherings and places where there are lots of people. Visit places at quieter times, or if you arrive and it is busy, leave and come back when the crowds have reduced.
- Do not visit others if they are unwell.

For more information about how to practise physical distancing at home, work, school or keeping in touch with others, visit the [Australian Government Department of Health website \(external site\)](#).

Stay at home if unwell

If you are feeling unwell or sick you must stay at home. Do not go to work or school. If you are experiencing flu-like symptoms get tested for COVID-19.

### **Are public gatherings still allowed?**

View [WA.gov advice on public gatherings for coronavirus \(COVID-19\) \(external site\)](#).

### **Should I wear a face mask?**

WA Health does not generally recommend the use of facemasks for the general public to prevent the risk of contracting COVID-19.