

Wednesday 11 March, 2020

Messages for the Iranian community about Coronavirus

1. If you have travelled to or transited through Iran in the last 14 days, isolate yourself from others for 14 days from the day you left Iran. It's important that you stay at home, do not attend work or public places, keep away from other people, and not attend any gatherings big or small. Even if the gathering is in a family member or friend's home you should isolate yourself and not attend.
2. If you have travelled to any country at risk of COVID-19 (mainland China, Iran, Cambodia, Hong Kong, Indonesia, Italy, Japan, Thailand, Singapore, South Korea) watch out for symptoms. If you develop a fever, cough, sore throat or shortness of breath (even if your symptoms are mild), seek assessment by calling ahead to your GP or healthdirect on 1800 022 222. Self-isolate and do not attend work, public places or any gatherings.
3. Testing for the COVID-19 infection is at no extra cost to your usual consultation and testing.
4. Prevent the spread of infections by cleaning your hands regularly for at least 20 seconds with soap and running water or with an alcohol-based hand rub. Cough or sneeze into a tissue or your flexed elbow. Dispose of your tissue immediately and clean your hands.

Feeling unwell?

If you develop a fever, a cough, sore throat or shortness of breath within 14 days of travel to an affected area, seek medical attention:

- [Call your GP](#)
- [Visit the Emergency Department](#)
- [Call Healthdirect 1800 022 222](#)

For more information, visit:

www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx

Resources in Farsi:

www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus-resources-cald.aspx

Information provided by Western Sydney Local Health District, Centre for Population Health