

COVID-19

RURAL AND REMOTE RESPONSE

Media release

Wednesday 11 November 2020

Hayfever, common cold or COVID? Step up and be tested!

With a Spring that has been full of pollen, and warmer days but cooler nights, you could be forgiven for thinking you have hayfever or even just the common cold – rather than COVID-19.

But as more Australians get out of the house (and lockdown), and socialise and travel again, getting tested for COVID is crucial in preventing another wave of the pandemic, the Rural Doctors Association of Australia (RDAA) and Australian College of Rural and Remote Medicine (ACRRM) warned today.

“When it comes to COVID, the right thing to do by your family and community is to keep ensuring you are being COVID safe - and to get tested if you have any symptoms” **RDAA President, Dr John Hall, said.**

“Please don’t drop the ball on COVID.

“Keep doing all the things you have been doing throughout 2020 to protect yourself from COVID, and if you do come down with any flu-like symptoms please step up and get tested.

“The quicker we can get onto any COVID cases and clusters, the quicker we can stop the virus in its tracks.”

ACRRM President, Dr Ewen McPhee, said: “If you have even the mildest symptoms of COVID-19, please do not go to work or mix freely in the community – instead, get tested and self-isolate until you get the result.

“It is also critical that you:

- stay at least 1.5 metres away from others (when outside your immediate household)
- wear a mask in situations where you can’t maintain social distancing (mask wearing remains compulsory across Victoria)
- wash and sanitise hands regularly
- download the COVIDSafe app
- ensure you sneeze and cough into a tissue or your elbow

“We must do all we can to stay on top of COVID, and avoid a resurgence of this dangerous disease.”

Find more information on how to protect yourself, your family and community from COVID-19 at www.health.gov.au.

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A high resolution photo of RDAA President, Dr John Hall, is available here:

<https://www.rdaa.com.au/documents/item/687>

A high resolution photo of ACRRM President, Dr Ewen McPhee, is available here:

<https://www.rdaa.com.au/documents/item/968>

A high resolution photo of Dr Adam Coltzau is available here:

<https://www.rdaa.com.au/documents/item/712>

Available for interview:

Dr John Hall - RDAA President

Dr Ewen McPhee - ACRRM President

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