

Feeling Sick?

What to do When You're in Homestay

For International Students

Getting sick is never fun, especially when you're far from home, adjusting to a new country, and living with a new family in Australia. Whether it's a cold, the flu, or something more serious, it's important to know how to care for yourself and help prevent the spread of germs within your homestay.

In many cultures, it's normal to "push through" illness or not talk about it, but in Australia, it's considered polite and responsible to be open when you're not feeling well – especially when living closely with others.

Here are some simple tips to help you recover and be a considerate member of your household.

Speak Up Early

Let your host know if you're feeling unwell. Australians appreciate honesty and proactive communication.

Limit Time in Shared Spaces

If you're coughing or sneezing, it's best to spend more time in your room. If you're in the lounge room and feel a cough coming, cover your mouth and excuse yourself.

Wash Your Hands Often

Use soap and water for at least 20 seconds, especially after sneezing, coughing or blowing your nose. Keeping your hands clean is one of the easiest ways to stop germs from spreading.

Cough Into Your Elbow

In Australia, it's considered good hygiene to cough or sneeze into your elbow, not your hands. This helps stop germs from spreading to the surfaces you touch.

Rest and Recover in Your Room

If you're feeling unwell, resting in your room isn't rude, it's responsible. It gives your body the chance to heal and protects others in the house from catching your illness.

Avoid Sharing Items

Don't share cups, food, or towels. Try to wipe down any shared surfaces you've touched, like door handles or remote controls, especially if you've been coughing or sneezing.

Ask for Help If Needed

Your host is there to support you. If you need medication, a trip to the doctor, or just advice, don't hesitate to ask.

