

CORONAVIRUS HEALTH INFORMATION FACT SHEET

During these times of it is important for all our staff to maintain and follow the instructions in this fact sheet to avoid possible spread of COVID-19 at the workplace.

COVID-19 spreads from person to person in a similar way to the flu:

- from close contact with an infected person
- Maintain 1.5 metres distance from the person next to you or anyone around you at all times – Social Distancing is a vital part of helping stop the spread.
- from touching objects or surfaces contaminated by the sneeze or cough of an infected person and then touching your eyes, nose, or mouth.

COVID-19 can cause symptoms similar to the flu, including fever, cough, sore throat, tiredness, or shortness of breath.

Most people who are infected experience mild to moderate symptoms from which they fully recover. However, some people develop more serious illness with pneumonia and other complications. People at increased risk of serious illness include the elderly and those with chronic medical conditions (e.g. diabetes, heart, and lung disease) or a weakened immune system.

It is important to remember that most people who become ill with respiratory symptoms at work are likely suffering from a cold, the flu or other respiratory illness – not COVID-19.

Self-quarantine

Workers and others cannot go to work and must self-quarantine for 14 days if they have:

- recently travelled to an overseas destination
- been in close contact with a confirmed case of COVID-19.

Workers who need to self-quarantine should notify their employer and stay away from work. They should seek immediate medical attention if they become ill during the quarantine period and call ahead of arriving and mention their travel or contact history.

Preventing the spread of infection at work

Simple hygiene practices, similar to those used to protect against the flu, can help prevent the spread of COVID-19 and other respiratory infections.

For workers:

- Wash your hands frequently with soap and water or use an alcohol-based hand sanitiser.
- Cover your nose and mouth with a tissue or flexed elbow when coughing or sneezing, dispose of tissues immediately after use and wash your hands or apply hand sanitiser.
- Avoid close contact with anyone who has cold or flu-like symptoms.
- Stay home if you are unwell.
- If you are working onsite ensure you wear gloves and masks
- Avoid large social gatherings
- Do not shake hands

More information

- National Coronavirus Health Information Line: 1800 020 080
- ASTAR Services Group: 1300 562 562