

What is Covid-19?

COVID-19 is a virus that is mainly spread through contact with respiratory droplets containing the virus.

COVID-19 can spread when someone:

- Inhales droplets containing the virus when a person with COVID-19 coughs or sneezes.
- Touches a person or surface that is contaminated with droplets containing the virus, then touches their eyes, nose or mouth. From there, the virus can enter the body and cause illness.

What actions can reduce the spread of COVID-19 and other respiratory infections?

To reduce the spread of COVID-19 and other respiratory infections, the following actions should be taken:

- **Isolate yourself if you have been exposed.**
If you have travelled overseas or been exposed to someone with a confirmed case of Covid-19 you must self-quarantine for 14 days and advise your manager ASAP.

Do not come to work

- **Avoid close contact with other people.**
Maintain a 1.5 metre gap from other people or more do not enter a room where there is less than 4 SQM per person
- **Hand hygiene is the top priority.**
Regular and thorough hand washing with soap and water throughout the day, particularly after using the bathroom and before eating is vital for preventing infections. Alcohol-based hand-gel can be used to sanitise hands when soap and water isn't available.
- **Avoid touching your eyes, nose and mouth.**
Also avoid shaking hands or any other greeting that involves contact.
- **Respiratory hygiene is also a priority.**
This involves covering the mouth and nose with a bent elbow or tissue when coughing or sneezing, then disposing of the used tissue immediately.
- **Sanitise working surfaces.**
Regularly sanitise surfaces you touch especially where they may be shared such as keyboards, phones, steering wheels.
- **Stay home if unwell.** If anyone has a fever, cough and breathing difficulty, they should stay home, seek medical attention (call in advance), and follow the local health authority instructions Call Healthdirect 1800 022 222 (Australia) or Healthline 0800 358 5453 (New Zealand.)

Advise your manager so that they can let other people that you have come into contact know that they may be infected.

- **Avoid travelling and places where there is a high risk of disease spread.**

Follow Government Advice

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COLD	FLU	ALLERGIES
Fever	Common 88%	Rare	Common	Sometimes
Dry cough	Common 67%	Mild	Common	Sometimes
Fatigue	Common 38%	Sometimes	Common	Sometimes
Shortness of breath	Common 19%	No	No	Common
Headaches	Sometimes 13%	Rare	Common	Sometimes
Aches and pains	Sometimes 15%	Common	Common	No
Sore throat	Sometimes 14%	Common	Common	No
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common