



If you are in Australia and have serious symptoms such as difficulty breathing, phone 000 for urgent medical help.

CORONAVIRUS

HEALTH ADVICE

The following information is an important update for workers in Australia, current at 3 August 2020.

WHAT IS CORONAVIRUS?

Coronavirus, or COVID-19, is a respiratory illness caused by a new virus. Symptoms can vary widely from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

SYMPTOMS CAN INCLUDE:



FEVER



COUGH



SORE THROAT



DIFFICULTY BREATHING

PROTECT YOURSELF AND HELP STOP THE SPREAD

The best protection against infection is to practice good hygiene:



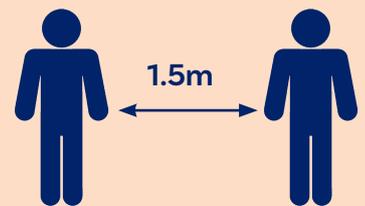
WASH HANDS
OFTEN WITH SOAP
AND WATER



COVER YOUR MOUTH
WHEN YOU COUGH
OR SNEEZE



AVOID CLOSE
CONTACT WITH
OTHERS



PRACTICE PHYSICAL
DISTANCING



KNOW HOW TO PRACTICE ISOLATION IF
YOU ARE EXPERIENCING SYMPTOMS OR
HAVE A CONFIRMED CASE



FOLLOW THE REQUIRED
LIMITS FOR SOCIAL
GATHERINGS

CORONAVIRUS HEALTH INFORMATION LINE



Call the national coronavirus helpline on **1800 020 080** for information on COVID-19.
The line operates 24 hours a day, seven days a week.

FOLLOW GOVERNMENT REGULATIONS TO STAY SAFE AND AVOID A FINE



Over the last few months there have been confirmed cases of COVID-19 in Australia. Currently, some states are experiencing higher levels of infection than others and **each state has their own restrictions and regulations in place.**

TO MAKE SURE YOU ARE COMPLYING WITH THE CORRECT LAWS AND REGULATIONS, PLEASE CHECK THE RELEVANT WEBSITE BELOW FOR YOUR LOCATION.

- Queensland: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>
- New South Wales: <https://www.nsw.gov.au/covid-19>
- Victoria: <https://www.dhhs.vic.gov.au/coronavirus>
- South Australia: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid+2019/coronavirus+disease+2019+covid-19>
- Northern Territory: <https://coronavirus.nt.gov.au>
- Western Australia: https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus
- Tasmania: <https://www.coronavirus.tas.gov.au>

Please be aware of face covering requirements in your region. If you fail to wear a face covering in the specified areas, you may be fined. Visit the Victorian Department of Health and Human Services at: <https://www.dhhs.vic.gov.au/face-coverings-covid-19>



CALL THE
CLINIC FIRST

WHAT IF I FEEL SICK?

If you become unwell and think you may have symptoms of coronavirus call the **coronavirus health information centre on: 1800 020 080.**

If you visit a local doctor, **call the clinic before visiting to book an appointment** and explain your symptoms, travel history and any recent close contact with someone who has been diagnosed with coronavirus.

If you must leave home to see a doctor, wear a surgical mask (if you have one) to protect others. If you have been diagnosed with coronavirus, isolate yourself by staying at home.

HOW TO ISOLATE YOURSELF

Do not go to public places, e.g. work, parks or shopping centres. If possible, ask other people to buy groceries for you and leave them at your front door.

- Only people who usually live with you should be in your home. Don't let in visitors.
- You do not need to wear a surgical mask in your own home.
- If you need to leave home to seek medical attention, wear a surgical mask (or a scarf over your mouth) to protect others.

Find out more about self-isolation: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/isolation-for-coronavirus-covid-19>



IF YOU HAVE
CORONAVIRUS,
STAY AT HOME

INDUSTRY SPECIFIC INFORMATION

Safe Work Australia has prepared detailed information and guidelines for a wide range of industries, including aged care, agriculture, food processing (including meatworks) and others.

For guidelines and tips to keep your workplace COVID-safe, please go to this webpage and use the simple search tool to find your industry: <https://www.safeworkaustralia.gov.au/covid-19-information-workplaces>

