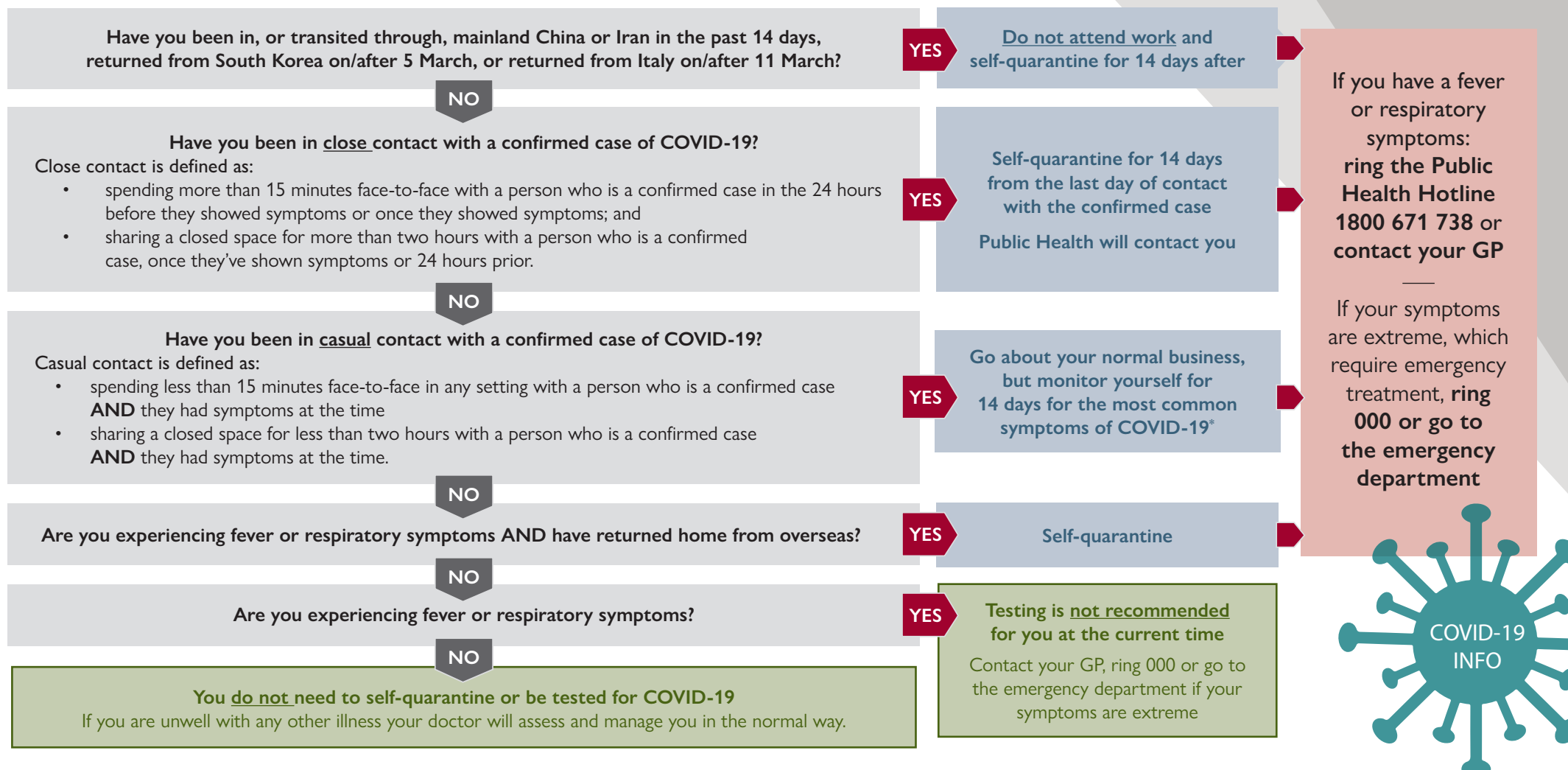




Do not enter this facility if you:

- Have COVID-19.
- Have been instructed to quarantine and your 14 days are not yet finished.
- Are unwell, including with fever (or night sweats/chills) or respiratory symptoms, e.g. shortness of breath, cough, sore throat.

Self assessment for risk of coronavirus (COVID-19)



Additional information for healthcare workers and residential care workers

In addition to the above steps, the following information applies to healthcare workers and residential care workers who have direct contact with patients or residents.

If you have an influenza-like illness, which is a fever above 37.5 and symptoms of an acute respiratory infection (shortness of breath, cough and/or sore throat):

- do not go to work; and
- ring the Public Health Hotline 1800 671 738, or a GP or emergency department, to arrange for testing and appropriate care.

If you test negative you can return to work when well, at the direction of your treating doctor. A healthcare worker who has worn appropriate personal protective equipment while treating a patient does not become a close contact as a result of that care. They may be a casual contact as a result of that care so should monitor themselves for 14 days.

*The most common symptoms of COVID-19 are fever, cough, shortness of breath, muscle pain and fatigue.



Tasmanian
Government

Stop the spread of germs



Wash your
hands with soap
and water

Stop the spread of germs

1



Cover your
cough

2



Wash your
hands with soap
and water



Protecting yourself from coronavirus

Hand Washing Procedure



Wash with water and soap, ensuring the entire back and front hand surface is covered



Lather palms together



Lather between fingers



Focus on both front and back of thumbs

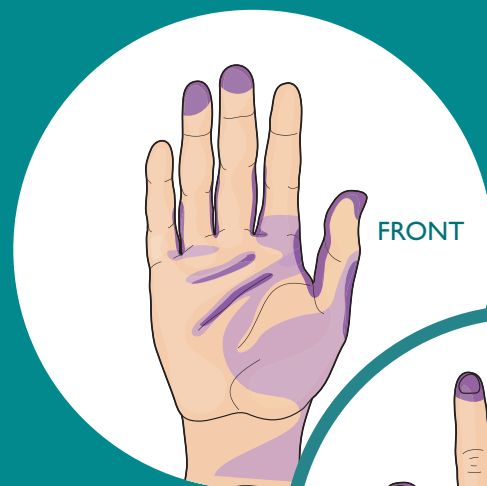


Make sure to reach the back of your hands



Lather wrists and rotate

Frequently missed spots when washing hands



FRONT



BACK

 Most Frequently Missed
 Frequently Missed

Protecting yourself from coronavirus

Guide to social distancing

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people. Social distancing is important because COVID-19 is most likely to spread by close contact with an infected person, or by contact with droplets from an infected person's cough or sneeze.

So, the more space between you and others, the harder it is for the virus to spread.

What should I do?

- If you are sick, stay at home. If children are sick, do not send them to school. These are the most important steps you can take.
- Minimise physical contact, such as shaking hands and kissing to greet others.
- Keep two steps away (more than 1.5 metres) from others when you are out in public.
- Unless essential, avoid places and gatherings with many people.
- Consider using online services where possible (e.g. pay bills online).
- At work, hold large meetings via video conferencing, phone call or in the open air if possible.
- Wash your hands frequently and thoroughly with soap and warm water and dry them.
- Use a tissue (or in the inside of your elbow) to cover your mouth and nose when you cough or sneeze. Be sure to put the tissue in the rubbish bin straight after use.
- Clean and disinfect frequently touched surfaces such as desks, benches, light switches and door handles regularly.

At home

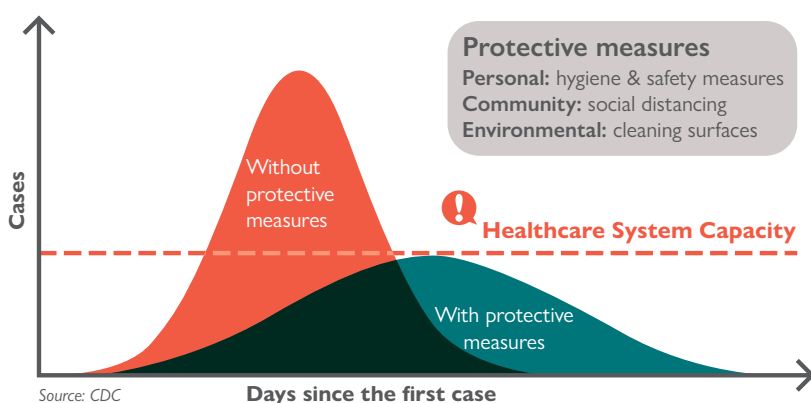
- Increase ventilation in the home by opening windows or adjusting air conditioning.
- Visit shops sparingly and buy goods and services online where possible.
- Care for sick people in a single room if possible. Keep the sick person's door closed and open the window.
- Protect those at risk of severe illness, including people over 60 years and those with a serious underlying illness, e.g. heart disease, lung disease, cancer, diabetes, renal failure.

In the workplace

- Stay at home if you are sick.
- Defer large meetings or use phone and video conferencing for essential meetings.
- Avoid crowded lunchrooms.
- Consider opening windows and adjusting air conditioning for more ventilation.
- Reconsider non-essential business travel.
- Promote strictest hygiene among food preparation (canteen) staff and their close contacts.

Flatten the curve

Collective action can limit the rise of new COVID-19 infections and help hospitals manage increased demand for care. See diagram below explaining why it's important we all do our bit to try to flatten the curve.



Why social distancing matters

Social distancing of 1.5 metres decreases the exposure of coronavirus (COVID-19).

Now



1 Person

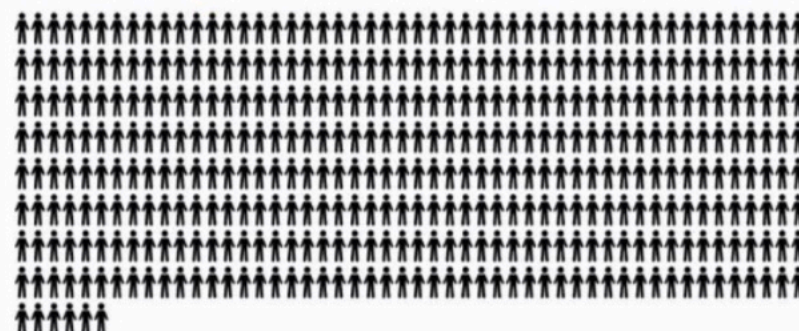


5 Days



2.5 People infected

30 Days



406 People infected

50% less exposure



1 Person



5 Days



1.25 People infected

30 Days



15 People infected

75% less exposure



1 Person



5 Days



.625 People infected

30 Days



2.5 People infected



Australian Government



Do you have questions? We are here to take your call.

The Tasmanian Government understands the community has questions and concerns about the impact of coronavirus (COVID-19) on our health, businesses and events. Up-to-date information is available at www.health.tas.gov.au/coronavirus and through dedicated hotlines.



Public Health Hotline 1800 671 738

Call this number if you think you might have COVID-19 because you have a fever and respiratory symptoms (eg cough, sore throat) AND have recently travelled overseas or had contact with someone known to have COVID-19.



Business Tasmania Hotline 1800 440 026

Travel restrictions are impacting Tasmanian businesses and both the Australian and Tasmanian Governments are putting in place support measures to assist where it is most needed.

For information and support for your business, go to www.business.gov.au for Australian Government measures, and www.business.tas.gov.au for Tasmanian Government measures.



Events Hotline 1300 880 634

Travel restrictions are impacting some events in Tasmania. It would be helpful for event organisers to discourage people who are sick from attending events, and to promote hand hygiene.

For information and support, go to www.business.tas.gov.au.

Further information

Tasmanians can help slow the spread of viral illnesses by:



washing their hands often with soap and water; and



using a tissue or elbow to cover their mouths and nose when they cough or sneeze.

For general information about coronavirus, call the national 24-hour coronavirus information line on 1800 020 080 or visit the Australian Government Department of Health website at www.health.gov.au/health-topics/novel-coronavirus-2019-ncov.