Covid-19 Safety - How to protect yourself and others

1. Always **check in and out**, wherever you can, this includes when you attend the workplace.
2. **Get tested** if you have the mildest of **symptoms** or even if you have been vaccinated.
* **Symptoms include:**
* fever (37.5 ° or higher)
* cough
* sore throat
* shortness of breath (difficulty breathing)
* runny nose
* loss of taste
* loss of smell.
* **Other reported symptoms include:**
* Fatigue
* acute blocked nosed (congestion)
* muscle pain
* joint pain
* headache
* diarrhoea
* nausea/vomiting
* loss of appetite.
* Unexplained chest pain and conjunctivitis have also been reported as symptoms of COVID-19.
1. **Self-isolate** - even you if have mild symptoms until you get a negative test result.

You must self-isolate if you:

* have been tested for COVID-19 and haven’t yet received your result
* have been diagnosed with COVID-19
* are suspected of having COVID-19
* had close contact with a confirmed case of COVID-19, including visiting a case location
* are a household member of a close contact who has yet to receive their initial negative test result
* have returned from overseas and are exempt from hotel quarantine.

If you have been directed to self-isolate, you must follow the instructions of:

* NSW Health
* designated health practitioners and
* authorised contact tracers.
1. **Stay home** if you're unwell.

By going to work when you are unwell you increase the risk of illness to your colleagues and to our clients.

Take the time to recover properly. Returning to work too soon after an illness could have a negative impact on your health.

1. **Practise good hygiene**. Wash your hands often and well.
* **Personal hygiene**
* Clean your hands with soap and water for 20 seconds and use an alcohol-based hand sanitiser.
* Cover your nose and mouth with a tissue when coughing and sneezing or use your elbow, not your hands.
* Avoid close contact with people unwell with cold or flu-like symptoms, and make sure you stay home if you have symptoms.
* Avoid touching your face and avoid shaking hands with others.
* Try to maintain a distance of 1.5 metres from others and avoid crowded places.

Remember, when washing your hands, all you need is water and soap, body wash or shampoo. It doesn’t need to be expensive, or ‘antibacterial’.

The key to handwashing is to wash often and wash well, for at least 20 seconds.

1. **Gather** outdoors or in large well-ventilated indoor spaces when every practicable
2. **Physically distance** where you can.

Physical or social distancing means reducing the close physical contact we have with people and staying 1.5 metres away from people we don't live with.

People living in the same household do not need to be 1.5 metres from each other.

1. **Wear a face mask** in the following scenarios
* **Face masks**
* Wear a face mask if it is hard to maintain 1.5 metres of physical distance from others or if you have COVID-19 symptoms.
* It is recommended that face masks be worn on public transport
1. Get a **COVID-19 vaccination** when it is available to you.

The following link will enable all staff to book in for vaccination.

[Getting vaccinated | NSW Government](https://www.nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/getting-vaccinated)

Remember to provide a copy of your vaccination certificates via TMS.