

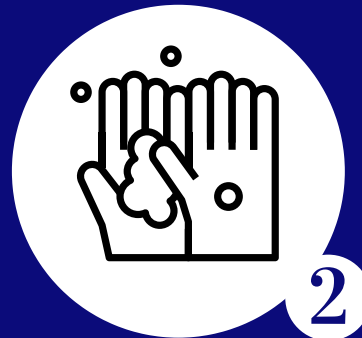
# CORONA (COVID-19) HYGIENE PRACTICES

## HAND WASHING

Practicing safe hand washing regularly can help protect against infection.



Wet your hands with clean running water.



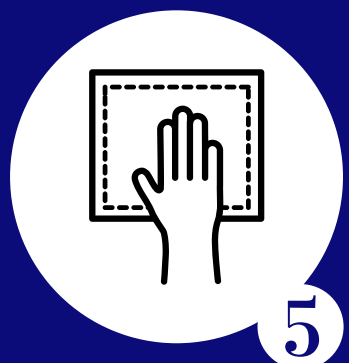
Apply soap and lather.



Rub your hands vigorously for at least 20 seconds.



Rinse well.



Dry your hands with a clean paper towel or air dry them.

# CORONA (COVID-19) HYGIENE PRACTICES

## SNEEZING AND COUGHING ETIQUETTE

When coughing or sneezing, practicing the following etiquette can help stop the spread of infection.



Cover your mouth and nose when you sneeze or cough with a disposable tissue.



If you don't have a tissue cough or sneeze into your elbow or upper sleeve, not your hands.



Make sure to wash your hands with clean running water and soap. Dry your hands with a clean paper towel or air dry.

# What is Coronavirus (COVID-19)?

COVID-19 is a respiratory illness caused by a new virus. Symptoms include fever, coughing, sore throat and shortness of breath. The virus can spread from person to person, but good hygiene can prevent infection. (Source: health.gov.au)

## How can I protect myself?

1. Good hygiene: washing hands regularly, practicing sneezing and coughing etiquette
2. Avoid touch your face
3. Social distancing

## Signs and Symptoms:

People with Coronavirus may experience

1. Fever
2. Flu-like symptoms such as sore-throat and fatigue
3. Shortness of breath

If you are sick and think you have symptoms of COVID-19, seek medical attention. If you want to talk to someone about your symptoms first, call the Coronavirus Health Information Line for advice 1800 020 080 (Source: health.gov.au).

Please also remember to advise us here at VNS if you are feeling unwell.



## What if I have travelled from Overseas recently?

All people who arrive in Australia from midnight 15 March 2020, or think they may have been in close contact with a confirmed case of coronavirus, are required to self-isolate for 14 days (Source: health.gov.au)

## What should I do if I come into contact with a person with COVID-19?

If you have been identified as a contact of a person with confirmed COVID-19 infection in Australia, the local public health unit will contact you with advice. You need to isolate yourself at home for 14 days after contact with the infected person, and to monitor your health and report any symptoms (Source: health.gov.au).

For updated information and advice, please visit:

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-frequently-asked-questions>

## Important Information

**Any staff who are feeling unwell or have come in contact with someone who has come in contact with someone who has Coronavirus (CV) or travelled overseas. You "must" report to a Manager at VNS if:**

- You have recently returned from any overseas country
- You are feeling unwell and have flu like symptoms
- You come in contact with someone who has travelled or tested positive to CV
- You come in contact with someone who is self-isolating with symptoms

