

CORONAVIRUS

Tips to help with avoiding infection

Preventing infection

There is evidence that the Coronavirus spreads from person-to-person, most likely through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face

Staff should take usual precautions to minimise the potential for infection as with any communicable disease (as endorsed by the World Health Organisation), these are outlined as follows.

Strategies to avoid infection

- Regular handwashing with soap and water can stop the spread of disease. Where this is not available, hand sanitiser can be used. This kills viruses that may be on your hands.
- Maintain social distancing (at least 1 metre) from anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth, as hands touch many surfaces and may pick up viruses which can enter the body through these routes.
- Practice respiratory hygiene by covering mouth and nose with bent elbow or tissue when coughing or sneezing and disposing of the tissue immediately – wash/disinfect hands after disposal.
- If staff/customers feel unwell and have a fever, cough, or difficulty breathing, they should contact their Doctor to seek medical attention – it is important to call in advance.

You do not need to wear a face mask if you are healthy. Face masks in a community setting are only helpful in preventing those who develop symptoms from spreading the virus to others.

Refer to Department of Health information on the use of surgical masks at:

www.health.gov.au/resources/publications/coronavirus-covid-19-information-on-the-use-of-surgical-masks