

### **The Prime Minister announced new border control measures and travel advice on 29 February, and recommended people familiarise themselves with this advice.**

The Australian Government considers the following countries to be at higher risk for COVID-19:

- Mainland China
- Iran
- Italy
- South Korea

The current approach to containing the spread of COVID-19 in Australia is through quarantining suspected cases.

## **Self-quarantine advice**

### **If you have been overseas in the last 14 days and are feeling unwell, see a doctor immediately.**

The advice below is for anyone who has travelled to the nominated high-risk countries in the past 14 days, or for anyone who has been in close contact with a confirmed case of COVID-19 (novel coronavirus) and are feeling unwell.

### **If you have been in, or transited through, listed high risk countries**

- You need to self-quarantine for 14 days from the date you departed the country.
- If you begin to feel unwell and develop a fever or shortness of breath, a cough or a respiratory illness during your period of self-quarantine you should seek immediate medical attention. Call ahead to your GP or emergency department and mention your travel history before you arrive.

- If you experience any other symptom during your period of self-quarantine you should also seek immediate medical attention. Call ahead to your GP or emergency department and mention your travel history before you arrive.

### **If you have been in close contact with someone who already has novel coronavirus**

- You need to self-quarantine for 14 days from the last date of contact with the confirmed case.
- If you begin to feel unwell and develop a fever or shortness of breath, a cough or a respiratory illness during your period of self-quarantine you should seek immediate medical attention. Call ahead to your GP or emergency department and mention you've been in contact with someone with novel coronavirus infection before you arrive.
- If you experience any other symptoms or illness, perhaps due to chronic disease, during your period of self-quarantine you should also seek immediate medical attention. Call ahead to your GP or emergency department and mention you've been in contact with someone with novel coronavirus infection before you arrive.

Important Note – If you fit the above criteria and are required to self-quarantine, **YOU MUST NOT ATTEND WORK.** Please contact WorkPac by phone on

**1300 967 572** immediately to discuss your personal circumstances and access the support available.

## How COVID-19 Spreads:

The coronavirus is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious
- close contact with a person with a confirmed infection who coughs or sneezes, or
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

## Who is most at risk of a serious illness?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly. From previous experience with other coronaviruses, the people at most risk of serious infection are:

- people with compromised immune systems, such as people with cancer
- elderly people
- Aboriginal and Torres Strait Islander people
- very young children and babies, and
- people with diagnosed chronic medical conditions.

## How can we help prevent the spread of coronavirus?

Practicing good hand and sneeze/cough hygiene is the best defense against most viruses.

You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

## Symptoms, diagnosis and treatment

A number of clinical symptoms have been reported in identified cases of novel coronavirus. These symptoms include:

- fever
- a cough
- sore throat
- fatigue
- shortness of breath.

Anyone with these symptoms who has travelled to high risk countries in the past 14 days should **self-quarantine and see a doctor immediately**. Before your appointment, please call ahead and advise of your symptoms and recent travel so necessary precautions can be undertaken. People with suspected novel coronavirus will be tested and may also need to have a chest x-ray. There is no specific treatment for COVID-19 infection. Antibiotics are not effective against viral infections. However, most of the symptoms can be treated with supportive medical care. There is currently no vaccine for COVID-19 novel coronavirus.

## What does isolate in your home mean?

People who must isolate are required to stay at home. They must not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home.

Do not allow visitors into the home. Where possible, get others such as friends or family who are not required to be isolated to get food or other necessities for you. If you must leave the home, such as to seek medical care, you must wear a mask to prevent the spread of infection. For more information visit

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

## More information

For the latest advice, information and resources on COVID-19, go to [www.health.gov.au](http://www.health.gov.au) You can also call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week.