Self assessment for risk of coronavirus (COVID-19)

Have you been in, or transited through, mainland China or Iran in the past 14 days, Do not attend work and returned from South Korea on/after 5 March, or returned from Italy on/after 11 March? self-quarantine for 14 days after If you have a fever or respiratory symptoms: Have you been in close contact with a confirmed case of COVID-19? Self-quarantine for 14 days ring the Public Close contact is defined as: from the last day of contact spending more than 15 minutes face-to-face with a person who is a confirmed case in the 24 hours **Health Hotline** YES with the confirmed case before they showed symptoms or once they showed symptoms; and 1800 671 738 or sharing a closed space for more than two hours with a person who is a confirmed Public Health will contact you contact your GP case, once they've shown symptoms or 24 hours prior. If your symptoms are extreme, which Have you been in casual contact with a confirmed case of COVID-19? Go about your normal business, Casual contact is defined as: require emergency but monitor yourself for spending less than 15 minutes face-to-face in any setting with a person who is a confirmed case treatment, ring 14 days for the most common **AND** they had symptoms at the time 000 or go to symptoms of COVID-19* sharing a closed space for less than two hours with a person who is a confirmed case the emergency **AND** they had symptoms at the time. department Are you experiencing fever or respiratory symptoms AND have returned home from overseas? Self-quarantine Testing is not recommended Are you experiencing fever or respiratory symptoms? for you at the current time NO Contact your GP, ring 000 or go to the emergency department if your You do not need to self-quarantine or be tested for COVID-19 symptoms are extreme If you are unwell with any other illness your doctor will assess and manage you in the normal way.

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.





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.





Protecting yourself from coronavirus

Following this advice and practising hygienic respiratory etiquette can help slow the spread of COVID-19



Wash your hands frequently for at least 20 seconds or use an alcohol-based hand sanitizer



Cover your cough and sneeze with your elbow or a tissue, then dispose of the tissue in a rubbish bin



If unwell, avoid contact with others (stay more than 1.5 metres from people)

Practising good hand and sneeze/ cough hygiene is the best defence against most viruses



Clean and disinfect frequently touched surfaces regularly



Stay home if you are feeling unwell

Coronavirus is most likely spread from person-to-person through direct or close contact



Protecting yourself from coronavirus

COVID-19 INFO

Hand Washing Procedure



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



Lather palms together

Frequently missed spots when washing hands



Lather between fingers



Focus on both front and back of thumbs



Make sure to reach the back of your hands



Lather wrists and rotate

