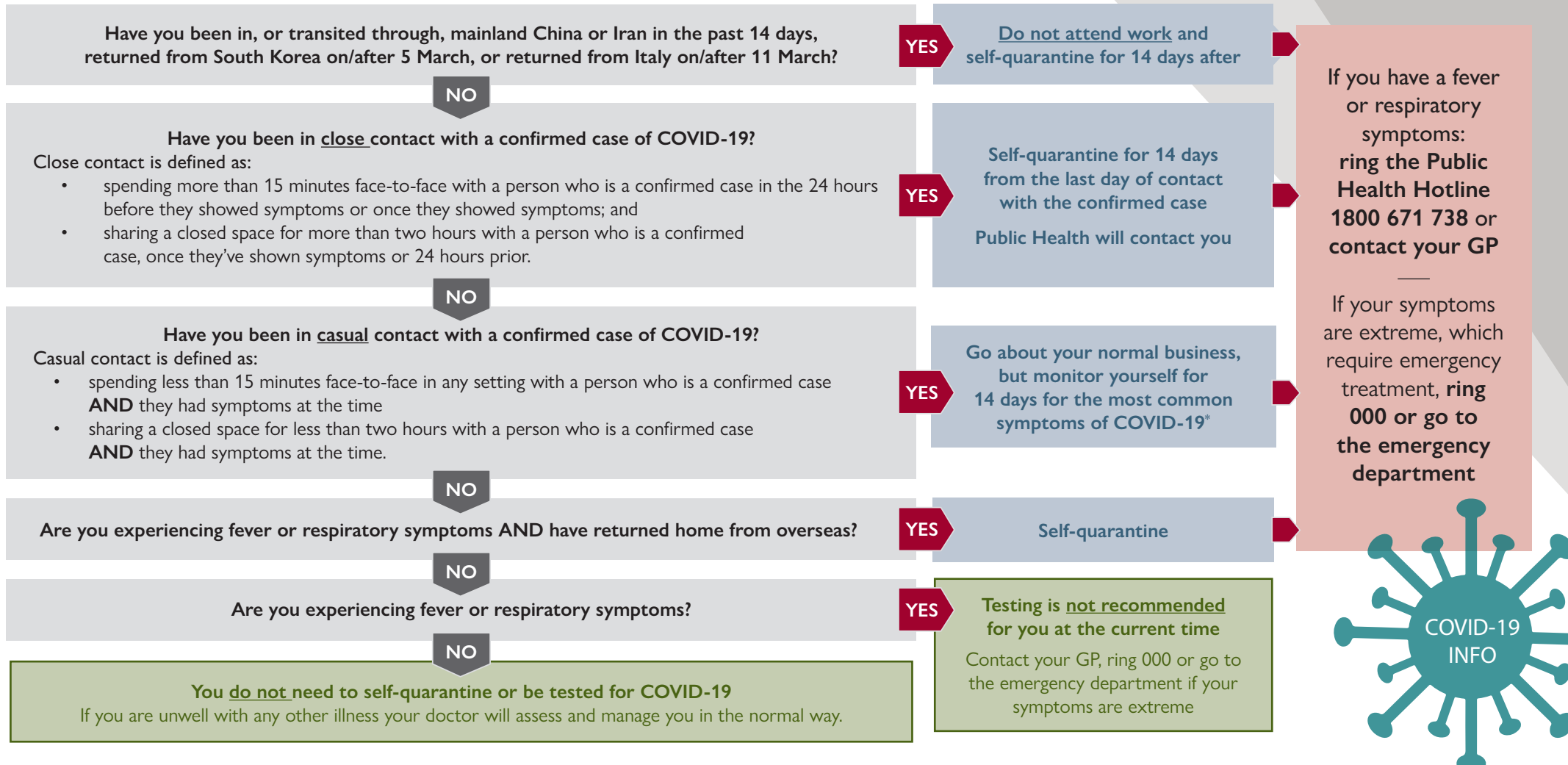


Self assessment for risk of coronavirus (COVID-19)



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.



Tasmanian
Government



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

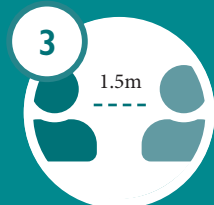
Following this advice and practising hygienic respiratory etiquette can help slow the spread of COVID-19



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



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



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



4 Clean and disinfect frequently touched surfaces regularly



5 Stay home if you are feeling unwell

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

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



Protecting yourself from coronavirus

Hand Washing Procedure



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



2 Lather palms together



3 Lather between fingers



4 Focus on both front and back of thumbs



5 Make sure to reach the back of your hands



6 Lather wrists and rotate

Frequently missed spots when washing hands

