



HEALTH ADVICE COVID-19

For all CDU staff, contractors, agency staff and visitors



YOU FEEL WELL

HAVE YOU BEEN IN CLOSE* CONTACT WITH A CONFIRMED CASE OF COVID-19?



NO

- Continue to undertake your regular work activities, ensuring you **follow good hygiene and social distancing practices**.



YES

- **Separate yourself from others**, call the **COVID-19 hotline on 1800 020 080**.
- If advised, **arrange a test** to confirm if you have the COVID-19 virus.
- **Isolate yourself at home** for the required 14-day period.

YOU FEEL UNWELL

HAVE YOU BEEN IN CLOSE* CONTACT WITH A CONFIRMED CASE OF COVID-19?



NO

- **Take care of yourself** and others in the community by taking **appropriate leave**. **Do not come to a CDU campus**.
- If your symptoms persist, **make an appointment with your Doctor**.
- If your symptoms are severe, call 000 immediately and request an ambulance.



YES

- **Separate yourself from others**, call the **COVID-19 hotline on 1800 020 080** and isolate yourself at home for the required 14-day period.
- If advised, **arrange a test** to confirm if you have the COVID-19 virus.
- If you have **severe symptoms**, such as shortness of breath, **call 000 immediately** and request an ambulance. Inform the paramedics you have recently had contact with a confirmed case.

YOU HAVE RECENTLY ARRIVED IN THE THE NORTHERN TERRITORY

- **Isolate yourself** at home for the required **14-day period**.
- **Contact your supervisor** to assess working from home / leave options.

YOU HAVE BEEN DIAGNOSED WITH COVID-19

- **Isolate yourself** and follow the recommendations of your medical professional and the Australian Health Department.
- **Notify your supervisor**.
- You must be cleared by a Public Health Officer and determined to **be no longer infectious** before you can leave your home isolation.

YOU NOTICE SOMEONE AROUND YOU IS UNWELL

- The **symptoms of COVID-19** can appear **similar** to those of common colds and the flu. **It shouldn't be assumed** these are connected to COVID-19.
- If you are concerned for a friend or co-worker's health and wellbeing encourage them to make an appointment with their Doctor.

YOU ARE CONCERNED

- If you have personal or family health concerns that make you feel vulnerable being in the workplace, discuss working from home or leave options with your supervisor
- If you are feeling stressed or anxious about COVID-19, we encourage you to **discuss your personal circumstances with a medical professional**.
- CDU's Employee Assistance Program is available 24/7. **If you need support at any time, call 1800 808 374**.

*A close contact is someone who has been face to face for at least 15 minutes with someone who has tested positive for COVID-19, or been in the same closed space for at least 2 hours, when that person was potentially infectious.

Acknowledgements: Thank you to colleagues at Monash University for sharing COVID-19 templates.