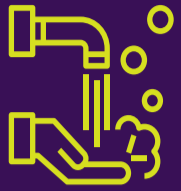


7 Actions to Avoid Spread of COVID-19



1. **Handwashing** – 20secs with soap and water or hand sanitiser rubbed in until absorbed



2. **Environmental cleaning** – surfaces and objects cleaned with neutral detergent regularly



3. **Good respiratory hygiene** – masks if symptomatic, posters in the workplace, tissues available



4. **Contact precautions** – Limit meetings, gatherings and close contact where possible. 1.5m personal distance is advisable



5. **Travel restriction** – Australia has initiated a 14day self-isolation ban on all return travellers coming from overseas



6. **Stay home if unwell** – Don't come to work if you are ill especially cough, sore throat, fever, runny nose, shortness of breath. Notify your manager immediately



7. **Education** – Briefing of all staff, contractors, clients regarding policy and procedures. Regular updates to current status and changes

COVID-19

Environmental Cleaning



Routine environmental cleaning is essential in the removal of germs such as the virus that causes COVID-19. The length of time that SARS-COV-2 (the cause of COVID-19) survives on surfaces will vary depending on a number of factors:

- The amount of contaminated body fluid – such as respiratory droplets – present.
- The environmental temperature and humidity.

In general, coronaviruses are unlikely to survive for long once droplets produced by coughing or sneezing dry out. It is good practice to routinely clean surfaces as follows:

- Clean general surfaces and fittings when visibly soiled and immediately after any spillage.
- Clean frequently touched surfaces with detergent solution (see diagram below).

Frequently touched surfaces including door handles, tabletops, light switches, toilets, basins

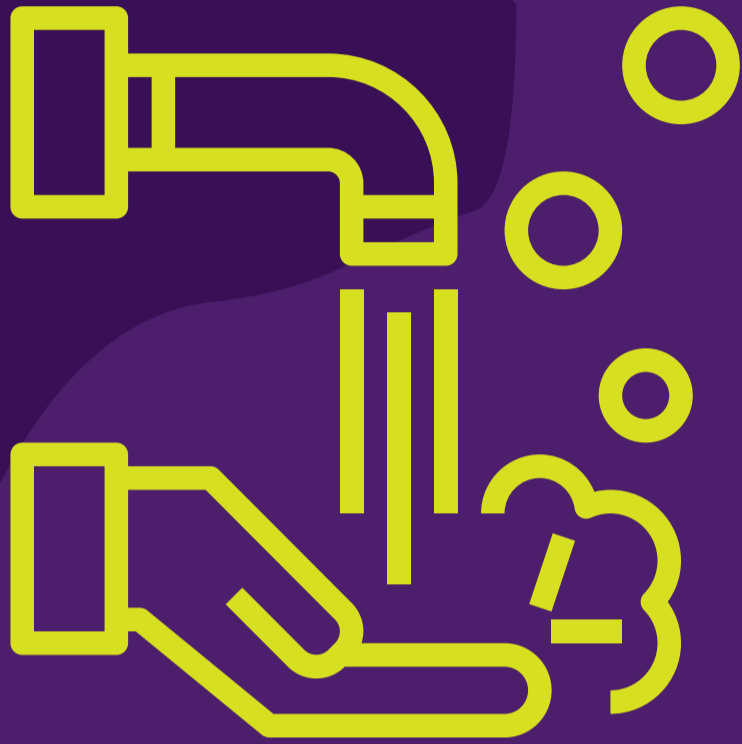
- ✓ Frequent cleaning – twice daily.
- ✓ Neutral detergent solution should be used.
- ✓ Detergent-impregnated wipes may be used but should not be used as a replacement for the mechanical cleaning process.
- ✓ Sinks and basins should be cleaned on a regular basis.

Minimally touched surfaces including walls, floors, ceilings and blinds

- ✓ Detergent solution/wipes are adequate for cleaning general surfaces.
- ✓ Damp mopping is preferable to dry mopping.
- ✓ Walls and blinds should be cleaned when visibly dusty or soiled.
- ✓ Window blinds should be cleaned when soiled.

COVID-19

Handwashing Techniques



Soap and Water

- 1 Wet your hands with clean, running water (warm or cold)
- 2 Turn off the tap and apply soap
- 3 Lather your hands by rubbing them together with soap
- 4 Lather the backs of your hands, between your fingers, and under your nails
- 5 Scrub your hands for at least 20 seconds
- 6 Rinse soap off



Hand Sanitiser

- 1 Make sure all organic matter is removed from hands
- 2 Apply approximately 5cm round drop of waterless hand sanitizer to the palm of one hand or use a waterless hand sanitizer wipe
- 3 Rub hands together covering all surfaces of hands and fingers
- 4 Rub until waterless hand sanitizer is absorbed

Powered by

BODYCARE
WORKPLACE SOLUTIONS

Information as of 20/03/2020

COVID-19 Myths vs Facts

MYTH

- ✗ COVID-19 virus can't be transmitted in areas with hot and humid climates.
- ✗ Cold weather and snow kill the new coronavirus.
- ✗ Taking a hot bath helps prevent the new coronavirus disease.
- ✗ Drinking alcohol and hot drinks kill the new coronavirus before it enters the lungs.
- ✗ The new coronavirus can be transmitted through mosquito bites.
- ✗ Using hand dryers is effective in killing the new coronavirus.
- ✗ Using ultraviolet disinfection lamp can kill the new coronavirus.
- ✗ Thermal scanners are effective in detecting people infected with the new coronavirus?
- ✗ Spraying alcohol or chlorine all over your body can kill the new coronavirus.
- ✗ Pets at home can spread the new coronavirus (2019-nCoV).
- ✗ Vaccines against pneumonia protect you against the new coronavirus too.
- ✗ Eating garlic can help prevent infection with the new coronavirus.
- ✗ The new coronavirus affects older people, more than younger people.
- ✗ Are there any specific medicines to prevent or treat the new coronavirus?

FACT

- ✓ From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather.
- ✓ There is no reason to believe that cold weather can kill the new coronavirus or other diseases.
- ✓ Taking a hot bath will not prevent you from catching COVID-19.
- ✓ There is no evidence to support the idea that coronavirus can be killed by alcohol or hot drinks.
- ✓ There has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.
- ✓ Hand dryers are not effective in killing the 2019-nCoV.
- ✓ UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.
- ✓ Thermal scanners are effective in detecting people who have developed a fever. However, they cannot detect people who are infected but are not yet sick with fever.
- ✓ Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body.
- ✓ There is no evidence that companion animals/pets such as dogs or cats can be infected with the new coronavirus.
- ✓ Vaccines against pneumonia do not provide protection against the new coronavirus.
- ✓ There is no evidence that eating garlic has protected people from the new coronavirus.
- ✓ People of all ages can be infected. Older people, and people with some pre-existing medical conditions appear to be more vulnerable to becoming severely ill with the virus.
- ✓ To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

Powered by

BODYCARE
WORKPLACE SOLUTIONS

Information as of 20/03/2020

COVID-19

What Mask Should I Wear?



No Mask - recommended in community setting for general public

- ✓ Healthy
- ✓ At home in isolation with no contact with others
- ✓ Health workers providing services with NO face-to-face contact within 1.5m of others



Surgical Mask - recommended for use in health workers and general public

- ✓ Symptomatic coughing and sneezing in contact with others
- ✓ Confirmed case in contact with others
- ✓ Caring for others with suspected case of COVID-19 in non-health related settings
- ✓ Seeking medical treatment for suspected COVID-19 with or without coughing and sneezing



P2/N95 Mask - not routinely recommended for general public

- ✓ Health workers in contact with suspected or confirmed cases of COVID-19
- ✓ Health workers undertaking procedures where respiratory droplets may be produced
- ✓ Health workers in contact with persons with acute respiratory illness of any kind
- ✓ Immunocompromised persons who can tolerate use and is at risk of exposure

How Do You Use a Mask?

- 1 Wash hands with alcohol-based hand rub or soap and water and select mask.
- 2 Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- 3 Avoid touching the mask while using it - if you do, wash your hands with alcohol-based hand rub or soap and water immediately.
- 4 Replace the mask with a new one as soon as it is damp.
- 5 Do not re-use single-use masks.

How Do You Dispose of a Mask?

- 1 Remove the mask by undoing or removing the ties - do not touch the front (face) of mask.
- 2 Discard immediately in a closed bin.
- 3 Wash hands with alcohol-based hand rub or soap and water.