

# Novel Coronavirus: COVID-19 Factsheet

Bodycare Workplace Solutions (Bodycare) is committed to taking proactive actions to contribute positively to the containment and control of the spread of Novel Coronavirus (COVID-19) and continues to consult the relevant health authorities regarding the rapidly changing advice around this Pandemic.

As cases and the exposure risk increase, Bodycare will continue to be active in the collective responsibility to minimise the transition of the virus; educate clients, clinics, staff and the general public and work to implement interventions in a timely manner.

## What is COVID-19?

COVID-19 is one of a group of viruses (coronavirus) that cause disease in both animals and humans. Novel Coronavirus specifically causes respiratory illness that can spread from person to person.

## How is COVID-19 spread?

While transmission of the virus in Australia remains at low risk, it is thought to be spread between an infected person to another person predominantly via respiratory droplet transfer in a close contact environment.

Close contact is defined as within 1m and current guidelines suggest maintaining a personal distance marker of 1.5m for precaution. Further advice suggests that 15 minutes of close contact in a confined space such as a consultation room, can increase the risk of transmission.

Another recognised mode of transmission is by surface transfer where a surface that is contaminated by an infected person prior to being touched by another person, results in the transfer of droplets to mouth, nose and likely eyes via their infected hand.

7-10 days is the current evidenced average cycle of viral infection. In the absence of any further evidence of prolonged incubation and infection, the recommended 14-day exclusion period for COVID-19 infection is the recognised standard.

## What are the symptoms?

COVID-19 presents as a spectrum of illness with some experiencing extremely mild symptoms and others experiencing severe symptoms including pneumonia and respiratory distress.

Currently recognised symptoms include:

- Fever
- Cough
- Sore throat
- Runny nose
- Fatigue
- Shortness of breath

## How do I know if I have COVID-19?

Currently, in Australia, testing for COVID-19 is performed on a case assessment basis.

The tests available include:

- 2 nasopharyngeal (deep nose canal) swabs
- 1 oropharyngeal (throat) swab

These tests are conducted in an approved testing centre or in some cases will be conducted by a GP where appropriate PPE is available.

There is no blood test currently in Australia to test for COVID-19. There is also no current treatment available for COVID-19.

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## What is Bodycare doing?

- Travel restrictions have been imposed across all areas of the business both domestically and internationally.
- All cases of illness that are flu-like in nature will be treated with caution until medical advice is obtained. GP clearance is required for return to work post-symptomatic presentation. This is a business decision and not a direct reflection of public health requirements at this time.
- Policy Development - A specific policy has been created in response to the COVID-19 pandemic.
- Business Continuity Plan Review - Bodycare are taking all the necessary steps to ensure that operations continue with minimal interruptions to all areas of the business.
- Education and Resources Development – Fact sheets, education and update sessions, Bodycare TV updates and regular in-house communication memos will be provided with up to date information as it comes to hand.
- PPE including masks and gloves are provided for use where appropriate. Please note that masks are NOT to be used routinely.
- Bodycare are working closely with clients to ensure all Bodycare employees adhere to current screening and exclusion requirements. Employees may be subjected to temperature checks, symptomatic screens and in some cases, exclusion from the worksite where a potential risk is identified.

## What should you do?

- You MUST notify Bodycare if you have travelled overseas or been in close proximity to a confirmed case of COVID-19 in the past 14 days.
- You MUST advise Bodycare if you are unwell and experiencing symptoms as described above. You will be required to provide medical clearance prior to return to work duties where requested.
- You MUST advise your manager of any personal travel plans while containment measures are in effect regardless of destination.
- Be informed.
- Adhere to all policies and guidelines provided by Bodycare.
- Exercise standard precautions for respiratory infection control including:
  - Handwashing procedures
  - Sneeze or cough into elbow or tissue
  - Maintain 1.5m distance between yourself and infected or suspected COVID-19 infected person.
  - Routine environmental hygiene measures ie neutral detergent and warm water for surfaces, routine floor clean.
- PPE – as provided and requested by site.
- Complete the screening process for all onsite, VIP and health assessment patients.
- Waste management as per current protocol.

## Resources

The Bodycare Medical Team will continue to provide updated advice as it comes to hand through fact sheets, information sessions and consultations.

Be informed, be safe.

- [World Health Organisation \(WHO\)](#)
- [Centre for Disease Control \(CDC\)](#)
- [Australian Government Department of Health](#)
- [New Zealand Government](#)
- [Public Health Authority](#)