

# HEALTH AND SAFETY - NOVEL CORONAVIRUS

ASLIA values the health and safety of our members and considers it our priority. As we work in a variety of public settings, therefore enhancing the risk of exposure to the Novel Coronavirus, taking care of your health should be your number one priority.

To reduce the potential spread of illness, here are some reminders.

## 1 WASH YOUR HANDS FREQUENTLY

Wash your hands often with soap and water for at least 20 seconds, especially:

- after going to the bathroom
- before eating, and
- after blowing your nose, coughing, or sneezing.



## 2 USE ALCOHOL-BASED HAND SANITISER

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



## 3 COVER NOSE AND MOUTH

Cover hands and mouth when sneezing or coughing, using a tissue or flexed elbow.

Avoid close contact, such as touching, with anyone showing cold and flu symptoms.



## 4 AVOID UNPROTECTED CONTACT WITH FARM ANIMALS

No unprotected contact with live wild or farm animals.

Cook meat and egg products thoroughly.



## 5 WEAR A FACE MASK

If you present with a fever or cold and flu symptoms, wear a face mask and isolate yourself from others.



## 6 ISOLATE YOURSELF (IF SYMPTOMS PRESENT)

If you are concerned you have developed symptoms:

- Do not go to public places, such as work, school, shopping centres, childcare or university.
- If you need to leave home to seek medical attention, wear a surgical mask (if you have one) to protect others.
- You do not need to wear a mask in your home.



**FOR MORE INFORMATION AND STATE HEALTH UPDATES:**

[Australian health department - health topics](#)  
[Information for Primary and Community Health Workers - factsheet](#)