

## Edmen and Coronavirus Update 13/3/20

We are monitoring the COVID-19 closely and are mindful of the people our workforce support are a vulnerable group and need to ensure at the forefront of everyone's minds is the health and safety of yourself and the people you support.

### When do you need to notify Edmen?

Please contact your Coordinator IMMEDIATELY on 1300 665 880 if you answer yes to any of the following now or in the future:

- Have you returned from overseas travel within the past 14 days?
- Have you been in close contact with anyone who has returned from overseas travel in the last 14 days?
- Have you attended a location identified as an area of risk (for example a plane or establishment where a person with a confirmed case of coronavirus was) and are in a 'watch and wait' phase
- Have you or someone close to you been diagnosed with or is suspected to have Coronavirus?
- Are you currently experiencing any of the following symptoms:
  - a. Fever
  - b. Flu-like symptoms such as cough, sore throat, and fatigue
  - c. Shortness of breath

### Are you planning on travelling outside of Australia?

If Yes, please contact your Edmen and speak to your coordinator about your travel plans immediately.

Please check the current travel warnings and reconsider your intentions for travelling during this time if the travel is not essential.

### What does home isolation/self-quarantine mean?

If you are experiencing symptoms of COVID-19 or confirmed as being infected with the virus you should:

- stay home for 14 days except to get medical care; do not go to work, school, or visit public areas, and do not use public transportation or taxis

- Call ahead **before** visiting the doctor or hospital to tell them that you are ill, or may have been exposed to the COVID-19 coronavirus
- remain separated from other people in your home, stay in a different room and use a separate bathroom wherever possible
- restrict visitors who do not need to be in your home
- Keep elderly people and those who have compromised immune systems or chronic health conditions away. This includes people with chronic heart, lung or kidney conditions, and diabetes
- Make sure that shared spaces in your home have good air flow, such as an air conditioner or an opened window, weather permitting
- Cover your mouth when coughing or sneezing. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds
- Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser if soap and water are not available and if the hands are not visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people. After using these items, wash them thoroughly with soap and water
- seek prompt medical attention if your illness is worsening

For the latest advice, information and resources go to [www.health.gov.au](http://www.health.gov.au)

# HEALTH WARNING CORONAVIRUS (COVID-19)

## INFORMATION FOR TRAVELLERS

Developed a fever or cough?



**FEVER**



**COUGH**



**SORE THROAT**



**SHORTNESS  
OF BREATH**

**[ KNOW THE SIGNS ]**



Australian Government  
Department of Health

[www.health.gov.au](http://www.health.gov.au)

# HEALTH WARNING CORONAVIRUS (COVID-19)

## INFORMATION FOR TRAVELLERS

Developed a fever or cough?



**ISOLATE  
YOURSELF**



**CALL YOUR  
DOCTOR**



**LIST TRAVEL  
HISTORY**



**COVER YOUR  
COUGH**



**WASH HANDS OFTEN**

**[ STOP THE SPREAD ]**



Australian Government  
Department of Health

[www.health.gov.au](http://www.health.gov.au)