

# DISCOVERY DATASET

## **What is corona virus?**

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

## **What is COVID-19?**

COVID-19 is the infectious disease caused by the most recently discovered corona virus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

## **What are the symptoms of COVID-19 ?**

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

## **How does COVID-19 spread?**

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

## **Can the virus that causes COVID-19 be transmitted through the air?**

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. See previous answer on “How does COVID-19 spread?”

## **Can COVID-19 be caught from a person who has no symptoms?**

The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

## **Can I catch COVID-19 from the feces of someone with the disease?**

The risk of catching COVID-19 from the feces of an infected person appears to be low. While initial investigations suggest the virus may be present in feces in some cases, spread through this route is not a main feature of the outbreak. The ongoing research on the ways COVID-19 is spread and will continue to share new

findings. Because this is a risk, however, it is another reason to clean hands regularly, after using the bathroom and before eating.

## **What can I do to protect myself and prevent the spread of disease?**

### Protection measures for everyone :

Stay aware of the latest information on the COVID-19 outbreak, available on the national, state and local public health authority. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcoholbased hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets

spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease. Why? You have a higher chance of catching COVID-19 in one of these areas.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading :

- Follow the guidance outlined above (Protection measures for everyone) .
- Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

## **How likely am I to catch COVID-19?**

The risk depends on where you are - and more specifically, whether there is a COVID-19 outbreak unfolding there. For most people in most locations the risk of catching COVID-19 is still low. However, there are now places around the world (cities or areas) where the disease is spreading. For people living in, or visiting, these areas the risk of catching COVID-19 is higher. Governments and health authorities are taking vigorous action every time a new case of COVID-19 is identified. Be sure to comply with any local restrictions on travel, movement or large gatherings. Cooperating with disease control efforts will reduce your risk of catching or spreading COVID-19. COVID-19 outbreaks can be contained and transmission stopped, as has been shown in China and some other countries. Unfortunately, new outbreaks can emerge rapidly. It's important to be aware of the situation where you are or intend to go.

## **Should I worry about COVID-19?**

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones. We can channel our concerns into actions to protect ourselves, our loved ones and our communities. First and foremost among these actions is regular and thorough hand-washing and good respiratory hygiene. Secondly, keep informed and follow the advice of the local health authorities including any restrictions put in place on travel, movement and gatherings.

## **Who is at risk of developing severe illness?**

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

**Are antibiotics effective in preventing or treating the COVID-19?**

No. Antibiotics do not work against viruses; they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

**Are there any medicines or therapies that can prevent or cure COVID-19?**

While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is no evidence that current medicine can prevent or cure the disease. We do not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials that include both western and traditional medicines. We will continue to provide updated information as soon as clinical findings are available.

**Is there a vaccine drug or treatment for COVID-19?**

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care. Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials. The most effective ways to protect yourself

and others against COVID-19 are too frequently clean your hands, cover your cough with the bend of elbow or tissue, and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

### **Is COVID-19 the same as SARS?**

No. The virus that causes COVID-19 and the one that caused the outbreak of Severe Acute Respiratory Syndrome (SARS) in 2003 are related to each other genetically, but the diseases they cause are quite different. SARS was more deadly but much less infectious than COVID-19. There have been no outbreaks of SARS anywhere in the world since 2003.

### **Should I wear mask to protect myself?**

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so we urge people to use masks wisely. We advise rational use of medical masks to avoid unnecessary wastage of precious resources and mis-use of masks. The most effective ways to protect yourself and others against COVID-19 are too frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

### **How to put on use take off and dispose of a mask?**

1. Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.
2. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water

3. Take the mask and inspect it for tears or holes.
4. Orient which side is the top side (where the metal strip is).
5. Ensure the proper side of the mask faces outwards (the coloured side).
6. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
7. Pull down the mask's bottom so it covers your mouth and your chin.
8. After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Discard the mask in a closed bin immediately after use.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

### **How long is the incubation period for COVID-19?**

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

### **Can humans become infected with the COVID-19 from an animal source?**

Coronaviruses are a large family of viruses that are common in animals. Occasionally, people get infected with these viruses which may then spread to other people. For example, SARS-CoV was associated with civet cats and MERS-CoV is transmitted by dromedary camels. Possible animal sources of COVID-19 have not yet been confirmed. To protect you, such as when visiting live animal markets, avoid direct contact with animals and surfaces in contact with animals. Ensure good food safety practices at all times.



Handle raw meat, milk or animal organs with care to avoid contamination of uncooked foods and avoid consuming raw or undercooked animal products.

### **Can I catch COVID-19 from my pet?**

While there has been one instance of a dog being infected in Hong Kong, to date, there is no evidence that a dog, cat or any pet can transmit COVID-19. COVID-19 is mainly spread through droplets produced when an infected person coughs, sneezes, or speaks. To protect yourself, clean your hands frequently and thoroughly. We continue to monitor the latest research on this and other COVID19 topics and will update as new findings are available.

### **How long does the virus survive on surfaces?**

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other corona viruses. Studies suggest that corona viruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

### **Is it safe to receive a package from any area where COVID-19 has been reported?**

Yes. The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low.

### **Is there anything I should not do?**

The following measures ARE NOT effective against COVID-2019 and can be harmful:

- Smoking
- Wearing multiple masks
- Taking

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

### **Protecting yourself and others from the spread COVID-19**

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.

- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

## **Advice on the safe use of alcohol-based hand sanitizers**

To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water. If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.

- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
- Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

## **Critical preparedness, readiness and response actions**

WHO has defined four transmission scenarios for COVID-19:

1. Countries with no cases (No cases);
2. Countries with 1 or more cases, imported or locally detected (Sporadic cases);
3. Countries experiencing cases clusters in time, geographic location and/or common exposure (Clusters of cases);
4. Countries experiencing larger outbreaks of local transmission (Community transmission).

This document describes the preparedness, readiness and response actions for COVID-19 for each transmission scenario.

### **Should I be tested if I don't have symptoms?**

No. There is no reason to be tested for COVID-19 if you do not have symptoms.

### **Why won't I get tested if I don't have symptoms?**

In the early stages of infection (before people have symptoms), it may not be possible to detect the virus. Testing when you do not have symptoms could give a false negative result.

### **Who can be tested?**

Any person will be considered for testing if they meet the following criteria and another diagnosis is not more likely:

- presenting with a fever ( $\geq 38^{\circ}\text{C}$ )
- a recent history of a fever (e.g. night sweats, chills) OR
- an acute respiratory infection e.g. shortness of breath, cough, sore throat.

Even if you do not meet the testing criteria for COVID-19, remember that all respiratory infections are contagious. It is important if you have respiratory illness symptoms to stay at home until you are well.

### **Where can I be tested?**

COVID clinics are open across the Perth metropolitan and regional areas. People seeking testing in regional areas, where there isn't a COVID clinic should go to a public hospital, health service or remote health clinic. Make sure you phone ahead to advice of your symptoms. Patients with a GP

referral can now also be tested for COVID-19 at selected Chief Health Officer approved private pathology collection centres, and Commonwealth endorsed GP respiratory clinics.

### **Why is point of care serological testing prohibited in WA?**

This test, which is administered through a rapid finger-prick, detects antibodies that develop as a result of COVID-19 infection. The antibodies will likely take 5 to 7 days to become detectable by these basic tests. Therefore, these tests are of limited use for the diagnosis of acute (early) infection. If used in the early stages of COVID-19, before a person has developed antibodies to the virus, there is a risk that the test will come back negative. There are concerns that the use of these tests to diagnose COVID-19 will result in false negative results, i.e. the test will be negative when the person has the disease.

### **How do I get medical clearance for work?**

It is not possible to obtain a “medical clearance” for COVID-19 unless you are a confirmed case of COVID-19. In the early stages of infection (before people have symptoms), it may not be possible to detect the virus. Testing when you do not have symptoms could give a false negative result.

### **What is the treatment for COVID-19?**

There is no specific treatment for COVID-19 and, in most cases, symptoms will resolve on their own.

### **Is there a vaccine?**

There are currently no available vaccines for COVID-19.

### **How is COVID-19 diagnosed?**

The current testing available for COVID-19 includes obtaining nose and throat swabs. These are then sent to the laboratory for testing.

### **What if I don't have Medicare cover?**

Most travellers to WA will have travel insurance. To support the WA Health response to COVID-19, the Minister for Health has confirmed that those people who are not eligible for Medicare AND who present to WA Health facilities for assessment in relation to COVID-19 infection, will not be charged out of pocket expenses.

### **What does self-isolation mean?**

Self-isolation means you must stay in your home, hotel room, or other accommodation even if you are perfectly well with no symptoms. If you live in a unit or apartment block you must stay in your unit or apartment. You cannot attend public places such as work, school, and shopping centers or go on a holiday. Only people who usually live with you should be in the home. Do not see visitors. You must stay in your place of isolation and NOT GO OUT, except to seek medical care. You should call ahead for advice. If you require urgent medical assistance call 000 and let them know that you are in self isolation due to COVID-19. Other people who live in your home do not need to self-isolate and can go about their usual activities provided the above precautions are followed. However, if you

develop symptoms and become a confirmed COVID-19 case your family may need to self-isolate. Your Public Health Unit will advise you.

### **Do I need to self-isolate?**

People MUST self-isolate in the following circumstances:

- If you have tested positive for COVID-19: you must self-isolate in your home (or other suitable accommodation) until you have been told you can be released from isolation;
- If you have been tested for COVID-19: you must isolate yourself in your home (or other suitable accommodation) while you are waiting for your result;
- If you have been in close contact with a confirmed case of COVID-19: you must isolate yourself in your home (or other suitable accommodation) for 14 days after the date of last contact with the confirmed case;
- If you arrived into Western Australia from interstate in the last 14 days: you must self-isolate in your home (or other suitable accommodation) for 14 days from the date of arrival (some exemptions may apply);
- If you have returned from overseas in the last 14 days, you will be subject to mandatory self-isolation for 14 days at your first Australian destination. Suitable accommodation will be made available. You will not be permitted to return home or transit to another state until your 14-day self-isolation period is completed (some exemptions may apply).

People who do not comply face a fine of up to \$50,000 for individuals and \$250,000 for body corporates. This is essential for the health and wellbeing of the community.

### **What should I do if I come into contact with a person with confirmed COVID-19 infection?**



Your Public Health Unit will contact you if you are a close contact of someone who has been confirmed to have COVID-19. You will be asked to stay isolated for 14 days since you last had contact with the infected person, and to report any symptoms to the Public Health Unit. If you develop respiratory illness symptoms while in self-isolation you will need to contact your local Public Health Unit for advice. Let them know you are in self-isolation due to suspected COVID-19 infection.

### **What should I do if I need to self-isolate in a hotel (non-mandatory)?**

People returning from overseas who are subject to mandatory quarantine in a hotel will be given specific information relating to their stay in a hotel. Other people may also need to self-isolate in a hotel (e.g. you may be a close contact of a COVID- 19 case and can't self-isolate in your usual accommodation). If this is your situation you should phone the hotel prior to attending and explain that you are required to selfisolate for 14 days. This will enable the hotel to segregate you from other guests during check-in. The concierge or other hotel staff should meet you ideally outside on arrival or expedite your movement through to an area where 1.5 metres social distancing can be maintained. Check in should be done as quickly as practicable and consideration should be given to on-line check in where available. If you need to use an elevator to reach your room, the hotel should arrange for you to ride solo in the elevator to your floor.

### **I am in self-isolation in a hotel. Can I move around the hotel?**

No, when you are in self-isolation, you must not leave the hotel room for any purpose during your 14-day self-isolation period, unless for an emergency e.g. fire. This means you cannot walk through the corridors or

go for a walk outside. If the room has a private balcony or private courtyard you can go into these areas.

### **I am caring for someone who has (or could have) COVID-19, how can I protect myself?**

Anyone in the home with a respiratory illness should be cared for in a single room, where practicable. Isolating sick people in single rooms reduces the risk of transmission to others. Read the information below on how to 'protect yourself and others from COVID-19' to reduce the chances of spreading infections at home. If it is not possible to keep the potentially infected person in a room by themselves, try to follow these principles to reduce chances of disease spread:

- as a priority, place people with excessive cough and phlegm in single rooms
- if there is more than one person with the same symptoms, they can be placed together in the same room
- importantly, ensure that people sharing a room are physically separated (more than 1.5 metres) from each other.

### **Can employees return to work if their family members are in a 14-day self isolation?**

The employee can go to work. However, if the family member becomes symptomatic and requires testing during the 14 days of self-isolation, then the employee may need to self isolate until the results of the family member's COVID-19 test is known. If the family member's test result is positive for COVID-19 the employee will be contacted by their Public Health Unit if they need to self-isolate.

### **Can I still come into Western Australia?**

From 11.59pm on 5 April 2020, a person must not enter Western Australia unless they are an exempt traveller. For more information visit the G2G Pass website .

### **Do I need to self-isolate if I am travelling to Western Australia from another state?**

YES, If you arrived into Western Australia by air, sea, rail or road in the last 14 days: you must self-isolate in your home (or other suitable accommodation) for 14 days from the date of arrival:

- You must travel as soon as possible from your arrival point to a suitable premises 6 (accommodation) to self-isolate for 14 days, using the most direct route of travel and taking all reasonable steps to avoid coming within 1.5m of another person at any time.

Very limited exemptions may apply. Visit the Border Closure FAQs on the [WA.gov.au](http://WA.gov.au) website for more information.

### **Do I need to self-isolate if I am arriving from overseas?**

YES, If you have returned from overseas in the last 14 days, you will be subject to mandatory self-isolation for 14 days at your first Australian destination. Suitable accommodation will be made available. You will not be permitted to return home or transit to another state until your 14 day self-isolation period is completed.

### **Can I still travel within WA?**

To assist in reducing the spread of COVID-19, the WA Government has introduced further restrictions on travel within Western Australia. From 1 April 2020, Western Australians will not be allowed to travel outside their designated region. Western Australian intrastate travel is defined as movement through the boundaries of the regions of Western Australia.

These regions are:

- Perth and Peel (due to their proximity, the Perth and Peel regions will form one region)
- South West
- Great Southern
- Goldfields-Esperance (stronger restrictions apply)
- Mid-West
- Wheatbelt
- Gascoyne
- Pilbara (stronger restrictions apply to parts of the Shire of East Pilbara)
- Kimberley (stronger restrictions apply to the entire Kimberley region)

Exemptions apply for:

- people travelling to work
- attending medical appointments
- transporting freight
- those who do not have access to groceries or supplies within their region
- returning to a place of residence
- attending school or an educational institution where necessary
- caring for family members 7
- compassionate grounds. Police have the power to enforce these restrictions, and issue fines of up to \$50,000.

If you believe you fall under an exemption category AND are required to travel between these regions you will need to apply for approval to travel.

## **How do I practise good hygiene?**

- Wash your hands often and for at least 20 seconds, with soap and water or an alcohol- based sanitiser.
- Cover coughs and sneezes with a tissue or use your inner elbow. Throw the tissue in the bin immediately.
- Stay home if you're sick. Do not go to work or school.
- Clean surfaces and objects such as doorknobs, benches, table tops, keyboards and phones regularly.

## **What is social distancing?**

Social distancing means reducing the number of close physical and social contacts we have with other people.

Steps for social distancing in public includes:

- minimising all unnecessary contact with others
- keeping at least 1.5 metres (minimum) away from others
- avoiding physical greetings such as handshaking, hugs and kisses
- using tap and pay instead of cash

## **Are public gatherings still allowed?**

From Monday 27 April, indoor and outdoor non-work gatherings of up to 10 people are allowed at:

- weddings and funerals
- outdoor personal training (no shared equipment)
- home opens and display village inspections If a single household has more than 10 people, that household remains exempt from this new rule.

All other restrictions remain in place for now:

- all public playgrounds, skate parks and outdoor gym equipment will remain closed
- restaurants, cafés, food vans, food courts and road houses remain restricted to take away and home delivery.

Everyone should continue to practise appropriate social distancing and stay home, except for:

- shopping for what you need, such as food or other necessary supplies
- medical or health care needs, including compassionate requirements
- exercise, including outdoor personal training (up to 10 people) without shared equipment
- work, training or university, where remote learning is unavailable
- childcare or school
- non-contact recreational activities such as private picnics in the park, fishing, boating, hiking and camping – all in compliance with travel restrictions and the 10-person rule
- home opens and display village openings, with appropriate record keeping and hygiene practices in place and in compliance with the 10-person rule.

### **Should I avoid contact with pets or other animals if I am sick?**

There are isolated cases from overseas where domestic animals, primarily cats, become infected with COVID-19 virus when kept in close contact with an owner sick with COVID-19. While you are sick, minimise contact with pets and other animals and wash your hands before handling animals.

### **Can domestic animals infect people with COVID-19?**

There is no evidence that domestic animals play a role in the spread of COVID-19. COVID19 is being transmitted from person to person. It is standard hygiene to wash your hands after handling animals.