

COVID-19

Guidance for essential service personnel

- 1 You should not work if:**
 - you have any cold or flu symptoms (such as fever, cough, runny nose, or shortness of breath) **OR**
 - you have been advised to self-isolate at home because you are a close contact of someone with COVID-19.
- 2 Apply standard infection prevention and control precautions at all times:**
 - maintain 1.5 metre distance
 - clean your hands frequently with soap and water or alcohol-based hand rub
 - avoid touching your face.
- 3 If you are not able to maintain a 1.5 metre distance and the person has symptoms (eg coughing) or is a suspect COVID-19 case or a high-risk returned traveller, use:**
 - fluid-resistant surgical mask (replace when moist or wet)
 - eye protection
 - disposable gloves.
- 4 If you need to be in a confined space (<1.5 metre) with a known or suspect COVID-19 case, or a high-risk returned traveller, for more than 15 minutes, use:**
 - P2/N95 mask
 - eye protection
 - disposable gloves
- 5 If you need to enter a private premise:**
 - Ask if there is anyone in the house with any cold or flu symptoms or anyone who is self-isolating at home because they are a close contact with someone with COVID-19. If there is, ask them to temporarily move outside or to another room away from where you will be working.



For more information visit:
www.health.nsw.gov.au/coronavirus