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 (e.g., 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