



Slowing the spread of COVID-19

Individuals, employers and organisations can help limit the spread of coronavirus (COVID-19) and protect the most vulnerable in the community.

Everyone is encouraged to act NOW to reduce the spread and risk of infection. Practising good hygiene and social distancing are two important ways you can help.

Social distancing means avoiding close contact with other people. While not always possible, attempt to keep 1.5 metres away from other people.

Advice for the public

- All overseas travellers must self-isolate for 14 days on return to Australia, even if you don't have symptoms.
- Practice good hygiene – wash hands often with soap and water for 20 seconds, avoid touching your face, cough or sneeze into your elbow or into a tissue – then dispose of the tissue in the bin. Regularly disinfect frequently touched surfaces.
- Stay home if you are unwell and don't visit vulnerable people in hospitals, aged care facilities, or people with a heart, lung or kidney condition, or diabetes.
- If your child/ young person is sick, don't send them to school or child care until symptoms resolve.
- Plan for the possibility of your child/young person not attending childcare or school because of any future closure. Regularly check [The Department of Education](#) and [Catholic Schools NSW](#) for updates.
- Support others in the community by looking out for friends and family.
- Cloud not crowd – avoid gatherings and stay connected with family, friends and work colleagues through phone, email and social media.
- Stop shaking hands, hugging or kissing as a greeting.
- Re-consider overseas and interstate travel plans.
- Talk with your doctor and pharmacist about getting an emergency supply of any regular medications for you and your family.
- Stay informed: as the situation is changing rapidly, regularly check the following sites for updates, [NSW Health COVID-19 website](#) and the [NSW Health Facebook page](#).

Advice for employers and service providers

- Encourage flexible work/learning arrangements and encourage staff to stay home if they are sick.
- Encourage staff to postpone or cancel non-urgent travel.
- Ensure a high standard of regular cleaning.
- Purchase hygiene supplies (e.g. alcohol hand sanitisers) and make these available at building entrances and in common areas. Encourage the frequent washing of hands and use of hand sanitisers.
- Adjust activities/services to promote social distancing - enable separation of clients, avoid queuing and close confines.
- Avoid large indoor meetings and lunchrooms and use outdoor venues if possible.



- Consider the needs of older adults, persons with disabilities, and others with access and functional needs.
- Stay informed: refer to [SafeWork NSW's COVID-19: Advice and guidance for NSW workplaces.](#)

Who should be tested?

- Anyone with cold or flu-like symptoms who has returned from overseas or has been in contact with a confirmed case of COVID-19, needs to be tested. If you have symptoms, call ahead to your GP to ensure appropriate arrangements can be made.

Useful links

- [NSW Health COVID-19 website](#)
- [NSW Health Facebook page](#)
- [Australian Department of Health](#)
- [The Department of Education](#)
- [Catholic Schools NSW](#)
- [Transport for NSW](#)