**HEALTH ADVICE COVID-19**
FOR ALL MONASH STUDENTS

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**IF YOU ARE WELL**

Have you been in close* contact with a confirmed case of COVID-19?

- **NO**
  - Continue to access your studies and **practise good hygiene and social distancing**, including maintaining a **distance of 1.5 metres between other people**.

- **YES**
  - Separate yourself from others, call the COVID-19 hotline on 1800 675 398 and **isolate yourself at home for the required 14 day period**.

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**IF YOU ARE UNWELL**

Have you recently returned to Australia from overseas, or had close* contact with a confirmed case of COVID-19?

- **NO**
  - Take care of yourself and be considerate to others in the community by **staying home** and refraining from on-campus activity.
  - Be sure to contact your Faculty Student Services team if you will be missing lectures or unable to submit an assignment.
  - If your symptoms persist, make an appointment with University Health Services or your general practitioner.
  - If your symptoms are severe, **call 000 immediately and request an ambulance**.

- **YES**
  - Separate yourself from others, call the COVID-19 hotline on 1800 675 398 and **isolate yourself at home for the required 14 day period**.
  - If you have **severe symptoms**, such as shortness of breath, **call 000 immediately** and request an ambulance. Inform the paramedics you have recently been overseas or in contact with a confirmed case.

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**IF YOU HAVE BEEN DIAGNOSED WITH COVID-19**

- Isolate yourself and follow the recommendations of your medical professional and the Australian Health Department.
- Read the full Victorian Department of Health & Human Services confirmed case **Fact Sheet**.
- You must be cleared by a Public Health Officer and determined to be **no longer infectious** before you can leave your home isolation.

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**IF YOU NOTICE SOMEONE AROUND YOU IS UNWELL**

- The **symptoms of COVID-19** can appear similar to those of common colds and the flu. **It shouldn’t be assumed** these are connected to COVID-19.
- If you are concerned for student or a staff member’s health and wellbeing, you may wish to encourage them to contact **University Health Services** or their general practitioner and make an appointment.

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**IF YOU ARE CONCERNED**

- If you are feeling stressed or anxious about COVID-19, we encourage you to discuss your personal circumstances with a **medical professional**.
- The University’s **free student counselling service** is available 24/7 for all Monash students. If you need support at any time, call 1300 788 336.

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*A close contact is someone who has been face to face for at least 15 minutes with someone who has tested positive for COVID-19, or been in the same closed space for at least 2 hours, when that person was potentially infectious.*