



HEALTH ADVICE COVID-19

FOR ALL MONASH STUDENTS

IF YOU ARE WELL



Continue to access your studies and practise **good hygiene** and **physical distancing**, including maintaining a **distance of 1.5 metres** between other people.

IF YOU ARE UNWELL



Stay home, speak to your doctor and get tested.
If you have **severe symptoms**, such as shortness of breath, **call 000 immediately** and request an ambulance.

IF YOU HAVE BEEN DIAGNOSED WITH COVID-19



Isolate yourself and follow the recommendations of your medical professional and the Department of Health and Human Services.

Read the full Victorian Department of Health & Human Services confirmed case **Fact Sheet**.

Please notify Monash Connect on **9902 6011 Monday to Friday, 9am to 5pm** for further support.

You must be cleared by a Public Health Officer and determined to be **no longer infectious** before you can leave your home isolation.

IF YOU NOTICE SOMEONE AROUND YOU IS UNWELL



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.

If you're **displaying symptoms**, you may be asked to go home and get **tested for COVID-19**.

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**.

For after-hours advice, call the Coronavirus Hotline on **1800 675 398**.