HEALTH ADVICE
COVID-19
FOR ALL STAFF, CONTRACTORS, AGENCY STAFF AND VISITORS TO THE UNIVERSITY

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

NO
- Continue to undertake your regular work activities, ensuring you 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.

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 taking appropriate leave and refraining from on-campus activity.
- 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.

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.

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 a friend or co-worker’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 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 Employee Assistance Program is available 24/7 for all Monash staff. If you need support at any time, call 1300 360 364.

*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.