



# HEALTH ADVICE COVID-19

FOR ALL STAFF, CONTRACTORS, AGENCY STAFF AND VISITORS TO THE UNIVERSITY

## 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 Access HR on **(03) 9902 0400 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 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. Triage nurse can be contacted on **(03) 9905 3175 Monday to Friday, 9am to 5pm**.

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 **Employee Assistance Program is available 24/7 for all Monash staff**. If you need support at any time, call **1300 360 364**.

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