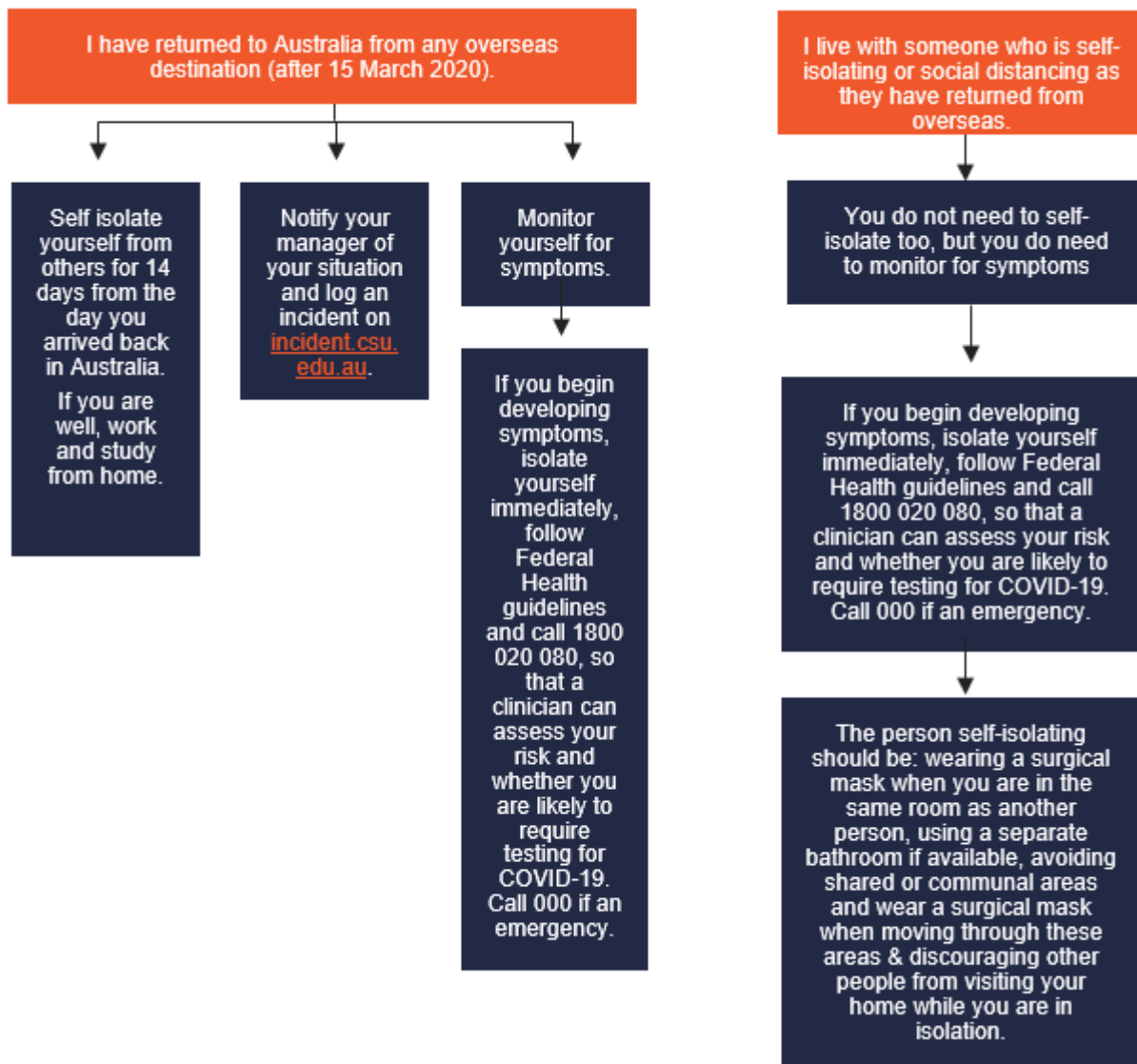




17 March 2020

## Decision tree - recently returned from travel overseas, or live with someone who has recently returned from overseas



Remember to practice correct hygiene at all times:

- washing your hands often with soap and water
- using a tissue and cover your mouth when you cough or sneeze
- avoiding close contact with others, such as touching

For further information on close contact: <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/novel-coronavirus-close-contact.aspx>

For further information on casual contact: <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/novel-coronavirus-casual-contact.aspx>

Isolation guidelines: [https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-isolation-guidance\\_1.pdf](https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-isolation-guidance_1.pdf)

## Should I self-isolate?

### **You must self-isolate if:**

- If you have returned/arrived in Australia from any overseas destination on or after 15 March 2020, you must isolate yourself for 14 days.
- If you have been in close contact with a proven case of coronavirus, you must isolate yourself for 14 days from the date of last contact with the confirmed case.

If you are well – you should work/study from home and notify your manager and log an incident at [incident.csu.edu.au](https://incident.csu.edu.au)

### **Monitor your symptoms:**

- If you begin developing symptoms, isolate yourself immediately, follow Federal Health guidelines and call 1800 020 080, so that a clinician can assess your risk and whether you are likely to require testing for COVID-19. Call 000 if an emergency.

### **If you live with someone who is self-isolating for the above reasons:**

- You are not required to self-isolate too.
- The person self-isolating should be: wearing a surgical mask when you are in the same room as another person, using a separate bathroom if available, avoiding shared or communal areas and wear a surgical mask when moving through these areas & discouraging other people from visiting your home while you are in isolation.
- If you begin developing symptoms, isolate yourself immediately, follow Federal Health guidelines and call 1800 020 080, so that a clinician can assess your risk and whether you are likely to require testing for COVID-19. Call 000 if an emergency.
- Remember to practice correct hygiene at all times:
  - washing your hands often with soap and water
  - using a tissue and cover your mouth when you cough or sneeze
  - avoiding close contact with others, such as touching

For further information visit: [https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-isolation-guidance\\_1.pdf](https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-isolation-guidance_1.pdf)

