9 March 2020

Decision tree – contact with confirmed case

I have come into contact with someone who has a confirmed case of coronavirus – but I have no symptoms.

I’ve had ‘casual contact’ with the person:
A casual contact is someone who has been face to face for less than 15 minutes, or been in the same closed space for less than 2 hours, as a person who has tested positive for COVID-19 when that person was infectious.

You do not need to isolate yourself, but you should practice social distancing. Monitor your health until 14 days after you were last exposed to the infectious person. Watch for these signs and symptoms (fever, cough, shortness of breath, other early symptoms to watch for are chills, body aches, sore throat, headache and runny nose.)

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

Immediately isolate yourself at home. Do not attend campus or classes. If you are well, work and study from home.

Notify your manager of your situation and log an incident on incident.csu.edu.au. (Students) log an incident on incident.csu.edu.au. A Charles Sturt Support officer will contact you ASAP.

Monitor your symptoms over the next 14 days.

If you begin developing symptoms, 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.

Monitor your symptoms over the next 14 days.

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


Should I self-isolate?

You must self-isolate if:

- If you have left, or transited through, mainland China, Iran or South Korea in the last 14 days, you must isolate yourself for 14 days from the date of departure.
- 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

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