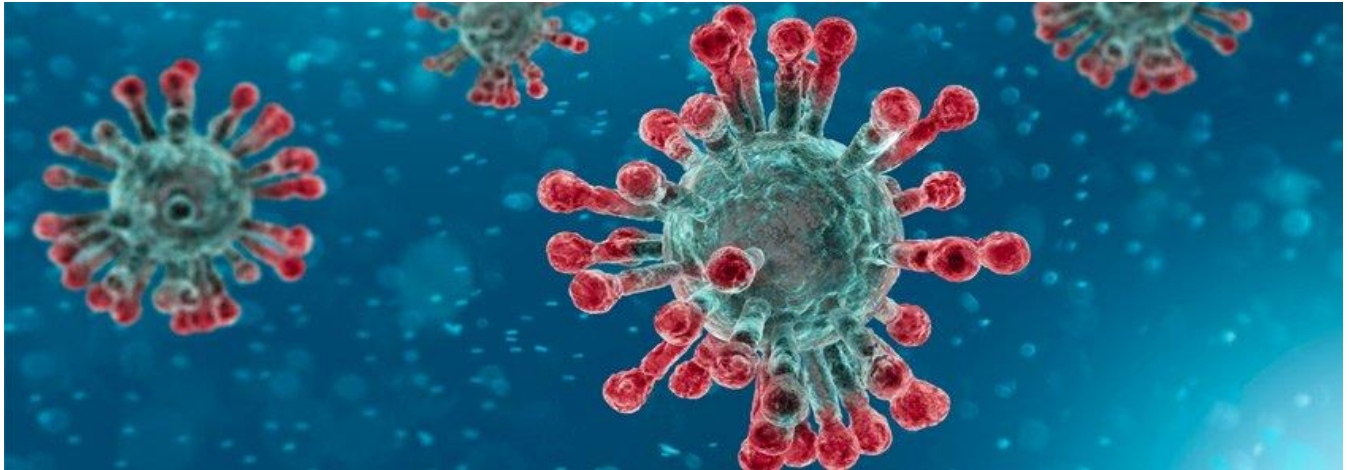


Health and Safety Alert

Coronavirus Disease (COVID-19)



Novel Coronavirus

Coronaviruses are a family of viruses that can cause illness ranging from the common cold to more serious infections such as severe acute respiratory syndrome.

A novel coronavirus is a new strain that has not been previously identified in humans.

Status summary:

- There has been an outbreak of a novel coronavirus originating in Wuhan, China.
- The virus can be transmitted via human-to-human transmission.
- At this stage the known incubation period is 14 days.

For more information:

Australia

- Visit the Department of Health homepage at www.health.gov.au
- Call the Coronavirus hotline on 1800 020 080.

New Zealand

- Visit the Ministry of Health homepage at www.health.govt.nz
- Call Healthline on 0800 358 5453.

How is it spread?

The virus is spread from person to person through:

- direct contact with a person whilst they are infectious;
- contact with a person with a confirmed infection coughs or sneezes; or
- touching objects or surfaces (such as door knobs or tables) that were contaminated by droplets from secretions coughed or sneezed from a person with a confirmed infection, and then touching your mouth or face.

What are some of the symptoms?



Fever



Cough



Sore Throat



Shortness of
Breath

How can we help prevent the spread of the virus?

Practising good hygiene is the best defence. You should:

- stay home if you feel unwell;
- wash your hands often with soap and water before and after eating, as well as after attending the toilet;
- avoid contact with others and cough and sneeze into your elbow;
- maintaining social distancing between yourself and anyone who is unwell.

Should I worry about COVID-19?

- Illness due to COVID-19 infection is generally mild, especially for children and young adults. It can cause serious illness: about 1 in every 5 people may need hospital care.

Focus on two things:

1. Maintain good hygiene; and
2. Stay up to date with advice of health authorities and any restrictions put in place on travel, movement and gatherings.

For further information please contact your line manager, student services or email safe@kaplan.edu.au