

Are you experiencing any of these symptoms?



If you are, then it is imperative to take the right steps and follow the correct process to ensure your health and the health of those you come into contact with.

Steps to be taken...

- Inform your M^cArthur Consultant immediately
- Stay home and monitor your health closely, if you develop symptoms, you should arrange to see your doctor for an urgent assessment. It is recommended that you call ahead to any healthcare provider to receive specific direction
 - 1800 020 080 National Coronavirus hotline
 - 1800 022 222 HealthDirect hotline
- Seek medical assistance and obtain a medical certificate for clearance to return to work

Please ensure you follow normal, safe hygiene practices while at work...

- Regular hand washing, thoroughly with soap and warm water for at least 20 seconds, drying hands completely after washing or with an alcohol-based hand sanitizer, especially before and after eating, and after toilet use
- Keep hands and fingers away from your eyes, nose and mouth
- Cover your mouth and nose when coughing and sneezing
([The Sydney Morning Herald_Worried-about-coronavirus-learn-to-stop-touching-your-face](#))
- Avoid close contact (touching, kissing, hugging) with anyone showing symptoms of respiratory illness such as coughing and sneezing
- Regularly clean and disinfect frequently touched objects and surfaces
- Further [World Health Organisation on basic protective measures](#)
- Advice on Masks – Authorities have indicated that you do not need to wear a face mask if you are well. Surgical masks are only helpful in preventing people who are infected with coronavirus from spreading it to others, but remember that it is a social norm in many countries to wear a face mask during cold and flu season. Do not assume that a person wearing a face mask is infectious, or that they should be avoided

Contact your M^cArthur Consultant if you have any concerns regarding your situation or work.