

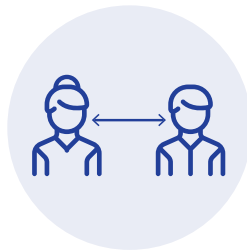
# STOP THE SPREAD OF COVID-19



STAY

## HOME

IF YOU ARE  
FEELING UNWELL



PHYSICAL

## DISTANCING

1.5 METRES  
WHERE POSSIBLE



GOOD

## HYGIENE

WASH HANDS  
AND COVER  
COUGH



REGULAR

## CLEANING

HIGH TOUCH  
SURFACES AND DEVICES



MENTAL

## HEALTH

STAY CONNECTED,  
EAT WELL,  
KEEP ACTIVE

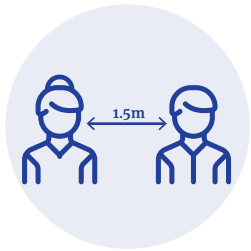
Report COVID-19 hazards and suspected/confirmed cases via RiskWare: [uwa.edu.au/riskware](https://uwa.edu.au/riskware)



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**

# HELP US ALL STAY HEALTHY

## SIX SIMPLE TIPS



Maintain 1.5 metres distance between yourself and others where possible



Cough and sneeze into your elbow or a tissue (not your hands)



Avoid shaking hands



Put used tissues in the bin



Wash hands with soap and warm water or use an alcohol-based hand sanitiser after you cough or sneeze



Do not touch your face

### IF YOU ARE UNWELL AND WORRIED ABOUT COVID-19:

- Call the National Coronavirus Helpline: 1800 020 080
- Call your usual GP for advice
- Call the UWA Medical Centre for advice: 6488 2118

UWA FAQs:

[uwa.edu.au/coronavirus](https://uwa.edu.au/coronavirus)

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# HELP US ALL STAY HEALTHY

## WASH YOUR HANDS



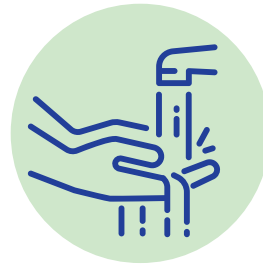
Wet hands with warm water



Apply soap



For at least 20 seconds, make sure to wash...



Rinse hands under running water



Dry hands well with paper towel



Turn off tap using paper towel



palm and back of each hand



between fingers

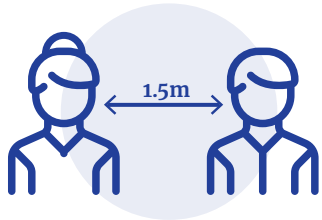


under nails



thumbs

# STAY SAFE WITH PHYSICAL DISTANCING



## MAINTAIN 1.5 METRES BETWEEN YOURSELF AND OTHERS WHERE POSSIBLE

- Avoid physical contact and don't shake hands
- Hold online meetings or minimise group size
- Avoid food sharing and stagger lunch times
- Clean and disinfect high-touch surfaces and shared equipment
- Avoid using lifts where not required



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# MANAGING POSSIBLE COVID-19 CASES ON CAMPUS

If a staff member or student is unwell while on campus and you **reasonably** suspect they may have COVID-19, there are some important measures you should take:

**1. ISOLATE**

Isolate the person to a single room, provide a face mask if available and maintain physical distancing

**2. SEEK ADVICE**

Phone the National Coronavirus Helpline on 1800 020 080 (24/7) or the person's treating GP

**3. TRANSPORT**

Advise the person to go home or visit a medical facility using their personal vehicle if possible

**4. NOTIFY**

Inform Safety, Health and Wellbeing via RiskWare ([uwa.edu.au/riskware](http://uwa.edu.au/riskware))

If a staff member or student has been referred for COVID-19 testing and has recently been on campus, you should:

**1. ADVISE**

Remind the person to self-isolate at home and that you will notify Safety, Health and Wellbeing

**2. NOTIFY**

Alert Safety, Health and Wellbeing via RiskWare ([uwa.edu.au/riskware](http://uwa.edu.au/riskware))

What happens next?

**1. IDENTIFY AND INFORM**

Safety, Health and Wellbeing will identify close contacts and communicate with relevant people

**2. CLEAN AND DISINFECT**

Campus Management will arrange a deep clean of the affected areas

**3. MANAGE**

If UWA has a confirmed case, Safety, Health and Wellbeing will liaise with WA Department of Health on next steps

For more information, visit the Staff Intranet [intranet.uwa.edu.au](http://intranet.uwa.edu.au) or email [safety@uwa.edu.au](mailto:safety@uwa.edu.au)

