Unwell?

If you have recently returned from overseas and have symptoms of the Novel Coronavirus: COVID-19 or you know somebody diagnosed with Novel Coronavirus:COVID-19. Please isolate yourself and call immediately:

Health Direct on 1800 022 222
Medibank OSHC Health and Support Line on 1800 887 283
Health Service on 9385 5425. If it is out of hours contact the Local Public Health Unit on 1300 066 055

What are the symptoms?

Symptoms of the novel coronavirus can include fever, cough, shortness of breath and breathing difficulties. Those considered at high risk may have travelled from overseas recently or been in contact with a confirmed case of the coronavirus. If you have these symptoms, please contact your GP or the numbers above.

For more information

- The NSW Health site has extensive information. Information in Chinese. Information in other languages. For FAQs click here
- The Department of Health also has information and information specifically for Chinese students
- International students can call the Medibank OSHC Health and Support Line on 1800 887 283
- The University also has answers to frequently asked questions

Protecting yourself from COVID-19 infection

The World Health Organisation (WHO) recommends individuals:

- Frequently clean hands by using alcohol-based hand rub or soap and water for at least 20 seconds
- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands
- Avoid close contact with anyone who has fever and cough
- Please observe and comply with health-related signage around the University and Hospitals.

For more information about simple personal hygiene practices to reduce exposure to illness read here or visit the WHO website.
Need to know links about COVID-19

For more information about COVID-19 check out these links:

Coronavirus explanation from WHO, courtesy of SMH and the Age. Feb 9th

**BBC information about symptoms and severity** - Illustrated content

**Center for Disease Control and Prevention, USA: Novel Coronavirus: 2019** - An overview.

**What is the coronavirus and how worried should we be?** - A Sydney Morning Herald article; The Sydney Morning Herald has excellent coverage with an [Coronavirus outbreak section](https://www.smh.com.au/health/what-is-the-coronavirus-and-how-worried-should-we-be-20200209-p53fvy.html)

**Coronavirus disease transfer rate as key to danger** - An article by The Australian

**A map detailing the spread of COVID-19** by Johns Hopkins CSSE

**WHO has published a number of videos on COVID-19**

**WHO: Novel coronavirus, what is and more about the symptoms**

**How to Self-Isolate**

**Summary of How to Self-Isolate**

Do not go to public places such as work, school, shopping centres, childcare or university. If possible, ask other people to get food and other necessities for you and leave them at your front door.

Only people who usually live with you should be in your home. Do not let in visitors.

You do not need to wear a mask in your home.

If you need to leave home to seek medical attention, wear a surgical mask (if you have one) to protect others.


For more information on self isolation, particularly in relation to shared accomodation, please go directly to the current information on the NSW Health site [here](https://www.health.nsw.gov.au/). Chinese language versions are available in [simplified Chinese](https://www.health.nsw.gov.au/) and [traditional Chinese](https://www.health.nsw.gov.au/).

Check out this video from the BBC on [Self Isolating](https://www.bbc.com/news/av/world/asia-51882153/coronavirus-the-latest-on-the-outbreak)

**Close / Casual contact with the COVID-19**

NSW Health has produced some guidelines for those in close and casual contact with the virus.

**Close Contact**: 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, with someone who has tested positive for the novel coronavirus when that person was infectious.

**Casual contact**: 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, with someone who has tested positive for the novel coronavirus when that person
Travel advice
Before you travel please check out:

**Smart traveller:** The Australian Government website which containing information about travelling overseas.

WHO advice for travellers

Student and Staff support
UNSW students who require support should contact **The Nucleus**

Students can also access support via our **International Student advisors**

For UNSW staff members who require support, UNSW offers a free, confidential counselling service through Benestar, the Employee Assistance Program (EAP). Details of the EAP are available [here](https://student.unsw.edu.au/health-service-information-coronavirus).