Unwell?

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

<table>
<thead>
<tr>
<th>Hotline</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>COVID-19 National Hotline</td>
<td>1800 020 080</td>
</tr>
<tr>
<td>Health Direct</td>
<td>1800 022 222</td>
</tr>
<tr>
<td>Medibank OSHC Health and Support Line</td>
<td>1800 887 283</td>
</tr>
<tr>
<td>Health Service</td>
<td>9385 5425</td>
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<tr>
<td>After hours, contact the Local Public Health Unit</td>
<td>1300 066 055</td>
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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 to arrange a test.

**For more information**


Professor of Global Biosecurity Raina MacIntyre, Head of the Biosecurity Program at the Kirby Institute, UNSW Sydney, answers important questions about the novel coronavirus. How is COVID-19 transmitted? How do I protect myself? Produced 1 March 2020.

**Social Distancing**

As a UNSW community we have a responsibility to all act in a way that will aide the control of the Covid-19 pandemic.

The way we achieve this is to adopt behaviours which both reduce the chance of us each catching the Coronavirus and reduce the chance of spreading the Coronavirus if we are getting infected with it. As early symptoms can be mild (fever, lethargy) before a cough might start, you may not realize you are getting ill.

These include hygiene measures and isolating if you are not well.

And practicing social distancing - NSW Health provides this guide:
Social distancing is an effective measure, but it is recognised that it cannot be practised in all situations and the aim is to generally reduce potential for transmission.

While practising social distancing, people can travel to work (including public transport). For non-essential activities outside the workplace or attendance at schools, universities and childcare - social distancing includes:

- avoiding crowds and mass gatherings where it is difficult to keep the appropriate distance away from others
- avoiding small gatherings in enclosed spaces, for example family celebrations
- attempting to keep a distance of 1.5 metres between themselves and other people where possible, for example when they are out and about in public place.
- avoiding shaking hands, hugging, or kissing other people
- avoid visiting vulnerable people, such as those in aged care facilities or hospitals, infants, or people with compromised immune systems due to illness or medical treatment

Further measures which may impact teaching and other essential functions at UNSW will be announced by the leadership if it is necessary.

Covid-19 National Hotline: 1800 020 080

**Mental Health**

The current uncertainty around COVID-19 can cause a high levels of stress and anxiety. It is normal to feel worried, stressed and anxious when we face uncertain situations. If you are feeling worried or anxious at this time, please seek help and support either online or by talking to someone on the phone.

For information and support check out these links.

- **Beyond Blue:** How to look after your mental health during the coronavirus outbreak. Online chat and telephone support
- **Lifeline:** if you need to talk to someone Lifeline can help you. Online chat and telephone support
- **Headspace:** help and support during this time. Online chat and telephone support

Contact **UNSW Counselling and Psychological Services** for face to face support.

More resources on Mental health can be find on **Mind Hub**.

If you or someone you know needs urgent help, please call 000

**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:

Health organisations

First check out the Center for Disease Control in the US, their Coronavirus website has evidenced based information that is easy to access and is in English, Chinese and Spanish.

Media/News organisations

The Sydney Morning Herald has excellent coverage with an Coronavirus outbreak section. ABC News also has a daily update where you can follow Coronavirus developments.

BBC information about symptoms and severity - Illustrated content

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

Videos

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

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

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. Chinese language versions are available in simplified Chinese and traditional Chinese.
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 was infectious.

**Travel advice**

Before you travel please check out:

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

WHO travel advice: A review of the latest information on the COVID-19 infection status in the countries where you will be spending time and those that you will be transiting can be found [here](https://student.unsw.edu.au/health-service-information-coronavirus).

**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).