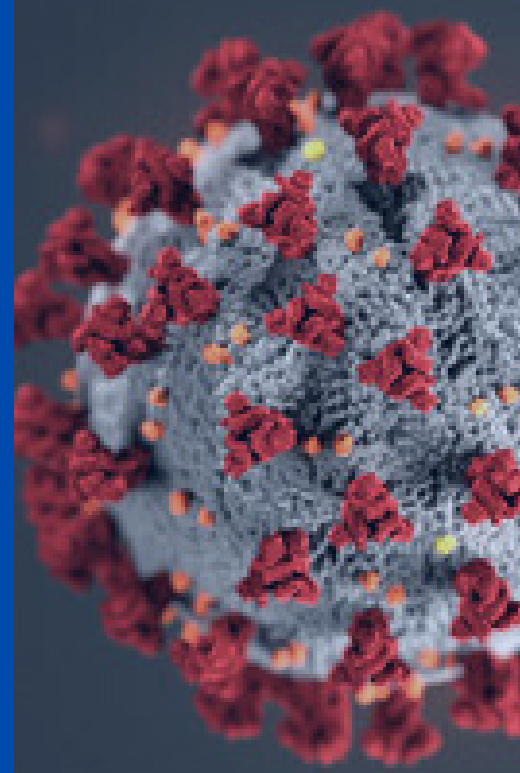




# NOVEL CORONAVIRUS (COVID-19)

## Precautionary Hygiene Measures for Training Delivery

Updated 24 March 2020 | National First Aid RTO. 3981



### Coronavirus (COVID-19)

As cases of coronavirus (COVID-19) continue to increase, ensuring the health, safety and well-being of our team and students remains our top priority. We continue to act in line with advice from the relevant government departments and are working proactively to identify and mitigate any potential risks.

We are doing our part to contain the spread of the coronavirus and we ask all students to stay engaged with updates and take the necessary precautions to minimise the risk of exposure of COVID-19.

We have implemented precautionary health measures and strict social distancing rules of four-square metres per person across our training classes in response to the current situation.

#### Precautionary measures for training delivery

- Class sizes are capped at a maximum of 10 to ensure a minimum of 4 square metres per student.
- Increased daily disinfection of frequently touched areas and surfaces such as doors, door handles, tables, light switches and bathrooms.
- Requirement of students and trainers to wash their hands regularly with soap and water throughout the day and before returning from breaks to the training room.
- Students are issued with gloves for use during CPR demonstration on manikins and other practical demonstrations.
- Training devices touched by students will be cleaned with antibacterial wipes between each student use.
- Each student will receive their own CPR face shield to use when demonstrating CPR on a manikin.
- Bandages are disposed of at completion of the course.
- Manikins and other training equipment are cleaned and disinfected at the end of each day.

### To limit the spread of coronavirus, National First Aid advises the following:

If you have had a fever or history of fever and acute respiratory infection with at least one of the following symptoms (shortness of breath, cough or sore throat) not to attend class until you are well.

If you have returned from overseas in the last 14 days prior to your course date, you must not attend class.

If you have been in close contact with someone who has tested positive for COVID-19, you should stay at home and self-isolate and not attend class for at least 14 days after last contact with the infected individual/s.

If you have been tested for COVID-19 or have been in contact with a case of the virus within 14 days after attending your course with National First Aid, please notify us immediately on 1300 099 297.

# What you need to know about coronavirus COVID-19

COVID-19 is a respiratory illness caused by a new virus. Symptoms include fever, coughing, sore throat and shortness of breath. The virus can spread from person to person, but good hygiene can prevent infection. Find out who is at risk and what you should do if you think you have COVID-19. Call the National Coronavirus Helpline for information and advice about COVID-19 on **1800 020 080**.

## What is COVID-19

Coronaviruses are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases. COVID-19 is the disease caused by a new coronavirus. It was first reported in December 2019 in Wuhan City in China. Other coronaviruses include Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

## Symptoms

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience: fever flu-like symptoms such as coughing, sore throat and fatigue, shortness of breath.

## How it spreads

The virus can spread from person to person through: close contact with an infectious person (including in the 24 hours before they started showing symptoms), contact with droplets from an infected person's cough or sneeze, touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

## Who is most at risk

In Australia, the people most at risk of getting the virus are: travellers who have recently been overseas, those who have been in close contact with someone who has been diagnosed with COVID-19, people in detention facilities, people in group residential settings.

People who are more at risk of serious illness if they get the virus are: people with compromised immune systems (eg. cancer), elderly people, Aboriginal and Torres Strait Islander people as they have higher rates of chronic illness, people with chronic medical conditions, people in group residential settings, very young children and babies\*

## Good hygiene for coronavirus (COVID-19)

Everyone must practice good hygiene to protect against infection and prevent the virus spreading. Cover your coughs and sneezes with your elbow or a tissue, wash your hands often with soap and water including before and after eating and after going to the toilet, use alcohol-based hand sanitisers and avoid touching your eyes, nose and mouth.

## Social distancing in public

One way to slow the spread of viruses is social distancing (also called physical distancing). The more space between you and others, the harder it is for the virus to spread.

Social distancing in public means people: stay at home unless is absolutely necessary, keep 1.5 metres away from others, avoid physical greetings such as handshaking, hugs and kisses, use tap and pay instead of cash, travel at quiet times and avoid crowds, avoid public gatherings and at risk groups, practise good hygiene

## Further information

International: World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Australia: Department of Health

<https://www.health.gov.au/>

Victoria: Department of Health and Human Services

<https://www.dhhs.vic.gov.au/news/victorias-health-system-preparing-covid-19-pandemic>