

# **General Information**

## **What is Box Hill Institute doing about coronavirus (COVID-19)?**

Box Hill Institute is closely monitoring the situation around coronavirus (COVID-19) and we are taking advice from the relevant authorities, including the Australian Government's Department of Health, Department of Education, DFAT Smart Traveller and the World Health Organisation.

## **What are the symptoms of coronavirus (COVID-19)?**

Symptoms of the coronavirus (COVID-19) can include fever, cough, shortness of breath, breathing difficulties, sore throat and runny nose. Simply having these symptoms is not a definite indication that someone has coronavirus. These are the same symptoms found in any number of virus infections such as the common cold and influenza.

## **Is there support available for students having concerns as a result of the coronavirus outbreak?**

If you do not have symptoms and would like to speak to someone, please contact Student Life on 9286 9891 or email [studentlife@boxhill.edu.au](mailto:studentlife@boxhill.edu.au).

If you do have symptoms, please contact your general practitioner. This will allow you to share your full travel history and risk of contact, and they will advise you of what you need to do.

If you have immediate health concerns, please call the coronavirus hotline on 1800 675 398.

# **Health Advice**

## **What should I do if I am feeling unwell?**

It's important to stay calm and remember early symptoms of coronavirus (COVID-19) are consistent with a range of illnesses, most of which are not considered serious for otherwise healthy people. However, if you have travelled through an affected area or may have been in contact with someone who has and you develop symptoms, we recommend that you contact your healthcare provider as soon as practicable and share your full travel history, contact risk and your symptoms when booking your appointment (before you attend the clinic). This is to enable them to prepare to keep you and others safe on your arrival.

If you feel unwell, we encourage you to stay at home and seek medical advice.

### **Who should I call for health advice or information?**

For over-the-phone advice, the best number to call is the coronavirus hotline, [1800 675 398](#).

### **What should I do if I have recently travelled from mainland China, Iran, South Korea, or Italy?**

The situation is evolving rapidly as we find out more about this disease. Increasing numbers of countries are reporting cases. Travellers returning from any country outside Australia are now considered at risk of Coronavirus (COVID-19).

At this stage, returning travellers from Iran, South Korea, Italy and China should self-isolate. If you have returned from international travel in the last 14 days and begin to feel unwell and develop a fever or shortness of breath, a cough or respiratory illness, you should call the dedicated coronavirus hotline on [1800 675 398](#) for advice.

For the most up-to-date information on travel restrictions visit [Smart Traveller](#) or the [Australian Department of Health](#) coronavirus websites.

### **What should I do if I have been in a country other than mainland China to see out the 14-day travel exclusion period?**

Any students who have travelled to other countries from mainland China to see out the 14-day travel exclusion period, and who have had no recent contact with people with the coronavirus (COVID-19), will be granted access in to Australia.

Students who have spent more than 14 days in another country after leaving mainland China do not require self-isolation, provided they have not had contact with a confirmed case in that 14 day period.

### **Do face masks protect against the virus?**

Australia's Chief Health Officer and Victorian Chief Health Officer have advised that face masks are not recommended or necessary for the general public. The Government and World Health Organisation recommend that the only people who should wear masks in relation to the coronavirus are those who are unwell and have a relevant travel history and those caring for a coronavirus patient.

### **What other precautions can I take to protect my health?**

The Department of Health and Human Services (DHHS) has provided the following tips to enhance personal health and hygiene:

- Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- Isolate yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- Phone your GP first if you need medical attention. They will tell you what to do.
- Continue healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- No need to wear a face mask if you are well.
- Use an alcohol-based hand sanitiser with over 60 per cent alcohol.
- Get the flu shot (available from April).
- Shaking hands is optional

### **Can I still travel for work or leisure?**

Given the evolving nature of the spread of infection now in over 100 countries, any prospective traveller should investigate the current DFAT advice regarding coronavirus.

Box Hill Institute has suspended all work-related travel for staff to reduce the risk to staff and students from the coronavirus (COVID-19) outbreak.