

## 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. You are encouraged to get tested for coronavirus, even if you only have mild symptoms.

### 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](tel:92869891) or email [studentlife@boxhill.edu.au](mailto:studentlife@boxhill.edu.au).

If you do have symptoms, please contact your general practitioner 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](tel:1800675398).

## Health Advice

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

If you have any of the symptoms of coronavirus, you should seek medical advice and get tested. To get further advice, call your GP or the 24-hour coronavirus hotline [1800 675 398](tel:1800675398).

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

If you have any of the symptoms of coronavirus, you should seek medical advice and get tested. To get further advice, call your GP or the 24-hour coronavirus hotline [1800 675 398](tel:1800675398).

### 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:

- Social distancing and maintaining at least 1.5 metres of space around you and others at all times.
- 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.
- Continue healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline [137 848](tel:137848).
- Use an alcohol-based hand sanitiser with over 60 per cent alcohol.
- Get the flu shot (available from April).

As of 11:59pm Monday 30 March 2020 gatherings are restricted to no more than 2 people except for members of your immediate household and for work or education. This will be in place for 4 weeks and reviewed as required. There are only 4 reasons you can be out:

- shopping for what you need - food and essential supplies
- medical, care or compassionate needs
- exercise in compliance with the public gathering requirements
- work and study if you can't work or learn remotely

### **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:

- Social distancing and maintaining at least 1.5 metres of space around you and others at all times.
- 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](tel:137848).
- 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).

### **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.