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**Bulloo**  
Shire

19 March 2020

## Coronavirus (COVID-19):

### Guidance for Bulloo Shire Council Staff and Community Members

#### Status as at 18 March 2020

Queensland has had 94 confirmed cases of COVID-19 coronavirus.  
There have been no confirmed cases of COVID-19 in South West QLD.

#### Changes to health advice

There are new self-quarantine requirements for all overseas travelers. If you have been overseas in the last 14 days and are feeling **unwell**, call your doctor immediately.

If you have been overseas and are feeling **well**, you need to self-quarantine for 14 days from the date you arrived in Australia.

You must also self-quarantine if you have been in close contact with someone who already has novel coronavirus (COVID-19).

While you're self-quarantining, if you start to feel unwell and develop any symptoms at all, but especially a fever or shortness of breath, a cough or a respiratory illness, you should seek immediate medical attention. Call ahead to your GP and tell them your travel history so they can prepare for your visit.

#### Australians should not travel overseas at this time.

There is new advice for public gatherings and visits to vulnerable groups.

To reduce the risk of coronavirus virus spreading, employers and event organisers need to be aware of the new restrictions for indoor and outdoor gatherings.

The Australian Health Protection Principal Committee (AHPPC) has recommended limits on organised gatherings. These include limiting non-essential:

- internal gatherings to fewer than 100 people
- outdoor gatherings to fewer than 500 people
- meetings or conferences for critical workforce members, such as healthcare professionals and emergency services

#### What are the symptoms?



Fever



Cough



Fatigue



Sore throat



Shortness  
of breath



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## Novel coronavirus (COVID-19) prevention

You might catch novel coronavirus (COVID-19) if:

- someone with the virus sneezes or coughs onto you
- someone with the virus coughed or sneezed onto a surface (like a door handle) that you touch, and you get the infected droplets on your hands and then transfer them to your mouth, nose or eyes when you touch your face or eat.

## There are 5 ways we can all help stop the spread of viruses

1. Clean your hands regularly with soap and water or alcohol-based hand rubs.
2. Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.
3. Avoid touching your face, nose and mouth. And avoid shaking hands.
4. Stay home if you are unwell.
5. Avoid contact with anyone who is unwell – try to stay 1.5m away from anyone coughing or sneezing.

Looking after yourself by eating a healthy, balanced diet, getting regular physical activity, sleeping well and reducing stress is important all the time.

Some employees have made enquiries regarding the cleaning of our Bulloo Shire Council workplaces, and while our cleaning services are well aware of COVID-19 and doing what they can to support our good hygiene, it's really important that we keep in mind that we are **all responsible** for doing what we can to ensure we and our teams go home safe and well today and every day. Bulloo Shire Council have supplies of appropriate cleaning products for our use. If we all take a couple of minutes out of our day to put these products into action in our workspaces, imagine what this can do to support our families health and wellbeing.

## Face-masks

Based on current advice, only people who have travelled overseas, are unwell and have access to a face-mask should use it. For anyone else who does not have symptoms, a face-mask is not necessary.

## Who is most at risk?

In Australia, the people most at risk of getting the virus are those who have:

- recently been in in a high risk country or region (mainland China, Iran, Italy or Korea)
- been in close contact with someone who has a confirmed case of COVID-19



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Based on what we know about coronaviruses, those most at risk of serious infection are:

- people with compromised immune systems (such as people who have cancer)
- elderly people
- Aboriginal and Torres Strait Islander peoples (as they have higher rates of chronic illness)
- people with chronic medical conditions
- people in group residential settings
- people in detention facilities

To help protect people most at risk, we have recommended limits on public gatherings and visits to vulnerable groups.

We as a community should be alert but not alarmed and ensure good personal hygiene and protective procedures when required. Any queries should be directed to your direct line manager/supervisor to ensure we have a consistent way of doing business across the region.

