



Self-assessment for risk of coronavirus (COVID-19)

Have you been in, or transited through, mainland China or Iran in the past 14 days, returned from South Korea on/after 5 March, or returned from Italy on/after 11 March?

- YES -

Do not attend work and self-quarantine for 14 days after leaving that country

NO

Have you been in CLOSE contact with a confirmed case of COVID-19?

CLOSE contact is defined as:

- spending more than 15 minutes face-to-face with a person who is a confirmed case, in the 24 hours before they showed symptoms or once they showed symptoms
- sharing a closed space for more than two hours with a person who is a confirmed case, in the 24 hours before they showed symptoms or once they showed symptoms.

- YES -

Self-quarantine for 14 days from the last day of contact with the confirmed case

NO

Have you been in CASUAL contact with a confirmed case of COVID-19?

CASUAL contact is defined as:

- spending less than 15 minutes face-to-face in any setting with a person who is a confirmed case AND they had symptoms at the time
- sharing a closed space for less than two hours with a person who is a confirmed case AND they had symptoms at the time.

- YES -

Go about your normal business, but monitor yourself for 14 days for the most common symptoms of COVID-19*

NO

Are you ill in hospital with pneumonia?

- YES -

The hospital will arrange testing and appropriate care

NO

Are you experiencing fever or respiratory symptoms?

- YES -

Testing is not recommended for you at the current time unless you have returned from overseas in the past 14 days

NO

You do not need to self-quarantine or be tested for COVID-19

If you are unwell with any other illness your doctor will assess and manage you in the normal way.

If you have a fever or respiratory symptoms*:

Call the COVID-19 24-hour hotline 1-800-887-4304 or your local clinic, emergency department, to arrange for testing and appropriate care

If you test positive You will receive care at home or in hospital depending on the severity of your illness

If you test negative If you were in self-quarantine continue to self-quarantine for the remainder of the 14 days

If you are a casual contact, continue to monitor yourself for the remainder of the 14 days

Additional information for healthcare workers and residential care workers

In addition to the above steps, the following information applies to healthcare workers and residential care workers who have direct contact with patients or residents.

If you have an influenza-like illness, which is a fever above 99.5 and symptoms of an acute respiratory infection (shortness of breath, cough, coryza and/or sore throat):

- do not go to work
- Call the COVID-19, 24-hour hotline 800-887-4304 or your local clinic, or emergency department, to arrange for testing and appropriate care.

If you test negative you can return to work when well, at the direction of your treating doctor.

A healthcare worker who has worn appropriate personal protective equipment while treating a patient does not become a close contact as a result of that care. They may be a casual contact as a result of that care so should monitor themselves for 14 days.

*The most common symptoms of COVID-19 are fever, cough, shortness of breath, muscle pain and fatigue.