

Date of Issue	27 th February 2020
Impacted Groups	Direct Employee's
Impacted Divisions	Telecommunications, Construction, Installation's, Group, Transport Infrastructure, Power, Stores & Yards
Bulletin Details	Coronavirus (COVID-19)

Q. How is Coronavirus spread?

A. Coronavirus is spread in sneezing or coughing droplets.

Q. What are the symptoms?

A. It can take up to 14 days for the symptoms of Coronavirus to appear they may include: -

- a cough, shortness of breath, breathing difficulties, fever (high temperature)

Q. When do you need to be tested and self-isolate for coronavirus?

A. You will only need to be tested and self-isolate if you have symptoms and have in the last 14 days been: -

- In close contact with a confirmed case of coronavirus;
- Visited a country or region with a spread of coronavirus;
- Been in a health care centre or hospital where patients with coronavirus were being treated.

Q. How do I protect myself from Coronavirus?

A. **Wash your hands frequently:** Wash your hands frequently with soap and water or use an alcohol-based hand rub even if your hands are not visibly dirty.

Practice respiratory hygiene: When coughing and sneezing, cover mouth and nose with tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.

Maintain social distancing: Maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever. When someone who is infected with a respiratory disease, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.

Avoid touching eyes, nose and mouth: Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

Q. Do I need to use a face mask?

A. If you feel well and do not have any symptoms – there is no evidence that using masks is of any benefit. You should only wear a mask if you have or may have coronavirus, are in close contact with someone who has or may have coronavirus, or a healthcare worker in close contact with people who has or may have coronavirus.

Q. What treatment is available?

A. There is currently no specific treatment or vaccine available for coronavirus, but many of the symptoms of the virus may be treated. If you get the virus, your healthcare professional will advise treatment based on your symptoms. Antibiotics do not work against any virus; they only work against bacterial infections.