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N-CORONAVIRUS FACT SHEET: Frequently Asked Questions

Purpose

The purpose of this document is to address fears regarding the threat of Coronavirus in the workplace by answering the most Frequently Asked Questions (FAQ's)

What is the Coronavirus?

Coronaviruses are a group of viruses that originate from animals and cause illnesses that range from the common cold to more serious respiratory diseases. The 2019 novel (new)-Coronavirus (n-Coronavirus) is a new respiratory illness originating from Wuhan in China, that can spread to and between humans.

What are the Symptoms of n-Coronavirus?

The symptoms of people affected by the n-Coronavirus are fever, coughs, shortness of breath and evidence of pneumonia (chest infection). Often the symptoms are similar to other illnesses such as the flu. (This doesn't mean you have the coronavirus.) If you have difficulty breathing, this could be a sign of pneumonia and requires immediate medical attention.

How is the n-Coronavirus Spread?

The initial cases of n-Coronavirus suggested contact with seafood and live animals. Most current cases are now (most likely) spread from person to person by droplets, when coughing or sneezing.

What can I do to keep myself safe?

Regardless of what you do and where you work, the World Health Organization (WHO) recommends good hygiene practices to reduce risk to yourself and others:

1. Avoid close contact with people suffering coughs;
2. Wash your hands frequently, with soap and/or alcohol sanitiser.
3. Cover your mouth while coughing or sneezing.
4. Cook meats and eggs thoroughly, and
5. Avoid unprotected, close contact with live or dead non-domestic animals.

Will using a Face-Mask protect me?

Face masks have not been shown to be effective in protection against viruses or bacteria carried in the air. Face masks often leave the eyes exposed to the atmosphere which can provide an infection point. Typically, face masks are only recommended for people who have contracted the virus to prevent the dispersion of their airborne respiratory droplets to others.



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There has been a confirmed case of n-Coronavirus at the site I'm working at. Should I be worried?

Evidence has shown that only through direct contact with an infected person can the virus be transferred. The likelihood of contracting the virus just being at a site is extremely small as the virus will not survive for extended periods outside of the human body. After more than an hour of an infected person being in a room, it is extremely unlikely to become infected.

What is Northern Contract Cleaning doing at our High-Risk sites?

Some sites are considered a higher risk than others. These sites typically have a higher proportion of overseas visitors or may have been in contact with an infected person and could have contracted the virus. Some sites due to their visitor numbers may also be considered higher risk. At these locations (or at the request of our clients) we have put in place the following:

1. Introduced Chlorine based disinfectant cleaners.
2. Increased the frequency of cleaning

What do I do if I feel unwell?

If you experience any of the symptoms listed and believe you may have been in direct contact with an infected person, we urge you to notify your manager and seek urgent medical advice.

Where Can I go for More Information?

The above information has been taken from the following reference sources and we encourage all Team Members to regularly review these websites for up-to-date, factual advice:

- World Health Organization - <https://www.who.int/health-topics/coronavirus>
- Australian Department of Health - <https://www.health.gov.au/health-topics/novel-coronavirus2019-ncov>
- New Zealand Ministry of Health - <https://www.health.govt.nz/our-work/diseases-andconditions/novel-coronavirus-2019-ncov>
- NSW Health - <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus>

Alternatively, if you have any further questions, please direct them to:

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