

COVID - 19 NSW Health Guidelines

Updated from NSW Health
12 March 2020

What is the COVID - 19 Virus?

COVID-19 is a new strain of coronavirus that has not been previously identified in humans.

It was first identified in Wuhan, Hubei Province, China, where it has caused a large and ongoing outbreak. It has since spread more widely in China.

Cases have since been identified in several other countries. The COVID-19 virus is closely related to a bat coronavirus.

There is much more to learn about how COVID-19 is spread, its severity, and other features associated with the virus; epidemiological and clinical investigations are ongoing.

Outbreaks of new coronavirus infections among people are always a public health concern. The situation is evolving rapidly.

What are the symptoms?

Patients may have fever, cough, runny nose, shortness of breath and other symptoms. In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

It is unknown how long symptoms take to present. At this stage, it is most likely between two and 14 days.

How does it spread?

Human coronaviruses are spread from someone with confirmed coronavirus to other close contacts with that person through contaminated droplets spread by coughing or sneezing, or by contact with contaminated hands, surfaces or objects.

The time between when a person is exposed to the virus and when symptoms first appear is typically 5 to 6 days, although may range from 2 to 14 days. For this reason, people who might have been in contact with a confirmed case are being asked to self-isolate for 14 days.

Most COVID-19 cases appear to be spread from people who have symptoms. A small number of people may have been infectious before their symptoms developed.

Who is at risk?

People who have been in contact with a person with COVID-19, visited or transited through a higher risk country in the previous 14 days. As there is increasing community transmission in a number of countries around the world, anyone who has travelled overseas in the past 14 days is at increased risk.

NSW Health Advice

- Children who have visited China, South Korea, Italy or Iran in the past two weeks are **requested not to attend school of childcare services until 14 days have lapsed from their date of departure from the above countries.**
- The NSW DET recommend that any children that feel unwell in any way refrain from attending school
- Gymnastics NSW requests that gymnastics clubs adopt this advice for gymnastics classes.

Hygiene Best Practice

1. Clean your hands for at least 20 seconds with soap and water, or use an alcohol-based sanitiser with at least 60% alcohol.
2. Cover your sneeze or cough with your elbow or with tissue.
3. Avoid close contact with people who are ill
4. Avoid touching your eyes, nose and mouth stay home if you are sick.
5. Maintain regular cleaning practices in the gym



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Practice simple hygiene by washing hands regularly

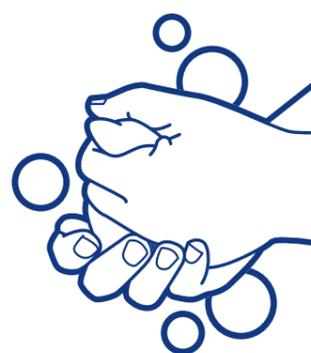
1 Wet hands



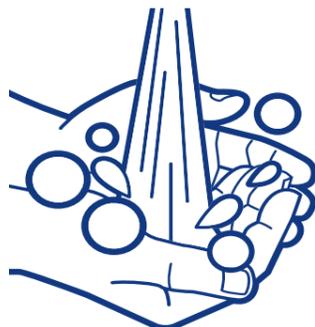
2 Apply soap



3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend **20 seconds** washing your hands.

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