



Coronavirus Information and Precautions

You've surely noticed the increase in media coverage surrounding the global spread of the coronavirus. We want to assure you that we continue to monitor the situation, and our focus remains on the health and welfare of our employees, our customers, contractors and suppliers

What is Coronavirus? Coronaviruses are a type of virus. There are many of them and they are fairly common. COVID-19 is the name given to the disease caused by the new coronavirus that appeared recently in China. Because COVID-19 is new, you might be hearing information that is confusing or conflicting.

What we know: The symptoms of COVID-19 are similar to the flu with fever, coughing and shortness of breath. It appears to mainly be spread through close person-to-person contact. It may be possible for someone to touch a surface or object with the virus on it and then touch their nose or mouth and become infected, but this is not the main way the virus spreads

If you or anyone in your team develop symptoms and have attended one of our client's sites, please call your Form1 Manager or contact person immediately to notify us.

Preventative Measures: In addition to all the normal things you do to stay healthy, the preventive measures are the same as for the flu or other viruses:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water aren't available, use an alcohol-based sanitizer that is at least 60% alcohol.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick and seek medical advice.
- Cover your cough or sneeze with a tissue, then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Facemasks: There has been a lot of information in the news about face masks, and it is important to understand face masks are not recommended for general use. The best uses for face masks are for those who are sick to avoid spreading to others and by health workers and caregivers who are taking care of someone in a close setting.



Form1 Group

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Travel: The Australian Government considers the following countries to be at higher risk for COVID-19. These countries either have travel restrictions or require travellers to isolate and quarantine themselves post travel

China
Iran
Korea
Italy
Japan
Mongolia
Singapore
Thailand
Indonesia

This list is not exhaustive.

Travellers are urged to monitor <https://www.smartraveller.gov.au/> for the latest travel information.

If you are returning from any of the above countries, you must not attend any of our client's sites. You must notify Form1 immediately of your travel so we can adequately assess and monitor the situation.

Updates: We'll continue to share information as it becomes available and do our best to keep you informed about what we are doing as a company and how best to prevent the spread of the virus. It is also advised you stay on top of all the current health alerts, by viewing this website regularly

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Your safety is our priority.

Thank you

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