



Coronavirus Update and Protective Measures

As discussed during our last bulletin; There are several measures you can adopt to protect yourself and others from getting the new Coronavirus

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1.5 metres distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you require hand sanitizer, antibacterial wipes, Glen20, gloves or any other item to help defend your health, please speak to your Service team.

Dr. Peter Lin: Corona Virus Video <https://www.youtube.com/watch?v=ixPVQpO-eiA>



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Notifiable Cases of Infection

Should you become aware of any cases of infection within your immediate family, team, work colleagues or subcontractors, please advise us immediately - Form1 will then work with you to help minimise the impact

Open, honest and prompt communication is essential for us all to effectively manage this evolving situation. Your assistance and support in this important matter is genuinely appreciated.

If you have fever, cough and difficulty breathing, seek medical care early and inform your employer as soon as possible.

Travel: If you plan on international travel, please notify your employer as soon as practicable. Since our last bulletin, there have been no substantial changes in regard to international 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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