



Coronavirus Update and Protective Measures

As of Thursday 12th March 2020, The Australian Government has labelled COVID-19 a pandemic and as such we can't afford to be complacent.

This is our current update for the Coronavirus:

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasis enough - drink plenty of water!

Get to know the Symptoms

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

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Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least.

Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous. Please send and share this with family and friends.

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>

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:

Travellers are urged to monitor <https://www.smarttraveller.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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