



Coronavirus Update and Action Plan

As we settle into this new way of life, I, on behalf of Form1 would like to take this opportunity to thank you for your patience, kindness and dedication. This is not an easy journey for any of us but knowing we all have each other's back makes it bearable.

This week the Government made an announcement that lockdown would be in place for 90 days as the infection rate climbs to greater than 2300 in NSW and 88 in the ACT.

Some good news is childcare will be supplemented for essential workers – if you have children in care, you should discuss your options with your childcare provider.

COVID-19 Induction

Thank you to everyone who has actioned the mandatory Infection Control Training. If you are still experiencing technical difficulties, please speak with your Manager.

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.

COVID-19 and Influenza have similar symptoms. Although COVID-19 does not have a vaccine, the good news is the Flu does!

Influenza Vaccinations

Influenza (the flu) is a highly contagious disease. Very similarly to COVID-19 the flu can spread

- when an infected person coughs or sneezes, and you breathe it in
- through direct contact with fluid from an infected person's coughs or sneezes
- by touching a contaminated surface and then touching your mouth, eyes or nose.

Unlike COVID-19, Influenza is usually prevented by a vaccination and treated by managing symptoms. Vaccination is a safe and effective way to protect you from serious disease caused by influenza.

By getting vaccinated against influenza, you can also help protect other people, especially people who are too sick or too young to be vaccinated. The more people who are vaccinated in your community, the less likely the disease will spread.

Form1 have arranged our influenza vaccinations to be held in the office, this month. You will receive further information from your Service Coordinator or Manager



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Know the Difference

The following table compares symptoms from the common cold and influenza and shows on average how frequently the symptoms affect people.

Cold	Symptom	Influenza
☹	Fever	☹☹☹
☹	Headache	☹☹☹
☹☹	General aches and pains	☹☹☹
☹☹	Tired and weak	☹☹☹
☹	Extreme fatigue	☹☹☹
☹☹☹	Runny, stuffy nose	☹☹
☹☹☹	Sneezing	☹☹
☹☹☹	Sore throat	☹☹☹
☹☹	Chest discomfort, coughing	☹☹☹

☹ = rarely; ☹☹ = sometimes; ☹☹☹ = often

Good Hygiene

Everyone must practise good hygiene to protect against infection and prevent the virus spreading.

- covering your coughs and sneezes with your elbow or a tissue
- disposing of tissues properly
- washing your hands often with soap and water, including before and after eating and after going to the toilet
- using alcohol-based hand sanitisers
- cleaning and disinfecting surfaces
- if you are sick, avoiding contact with others and staying more than 1.5 metres away from people
- cleaning and sanitising frequently used objects such as mobiles, keys and wallets

Websites to keep you Updated

The [Form1](#) website has all our regular correspondence now linked for you to refer to as required.

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 these websites regularly

Australian Government: www.health.gov.au/news/health-alerts/novel-coronavirus-2019

NSW Government: NSW Health - [Coronavirus updates and health information](#)

ACT Government: ACT Health - [Coronavirus updates and health information](#)

WorkSafe - [Coronavirus: advice for NSW workplaces](#)

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