



Coronavirus Update and Action Plan

Given the growing number of infectious cases in the community and unlinked cases of community transmission, COVID-19 restrictions will be tight across Greater Sydney including the Central Coast, Blue Mountains, Wollongong and Shellharbour for the foreseeable future.

The following additional restrictions will be in place:

- Outdoor public gatherings limited to two people (excluding members of the same household);
- People must stay in their Local Government Area or within 10kms of home for exercise and outdoor recreation, with no carpooling between non-household members;
- Browsing in shops is prohibited, plus only one person per household, per day may leave the home for shopping;
- Funerals limited to ten people in total

The four reasons to leave your home remain in place:

- Shopping for food or other essential goods and services (one person only);
- Medical care or compassionate needs (only one visitor can enter another residence to fulfil carers' responsibilities or provide care or assistance, or for compassionate reasons);
- Exercise with no more than 2 (unless members of the same household);
- Essential work, or education, where you cannot work or study from home.

For the full briefing or further information, please visit www.health.nsw.gov.au/news

We're here for you.

Form1 are focused on offering as much work as possible in safe environments where there is minimal contact and limited thoroughfare. This week we will focus on schools, pubs and clubs in Greater Sydney.

You too have a responsibility to ensure your safety whilst at work. A simple way to limit interactions is to pack your lunch; this will save you visiting hospitality venues or food courts. QR Codes are now mandatory in office spaces – don't forget to sign in each day.

Face masks

Face masks are now required;

- in all building common areas (eg: Lifts, lobbies, carparks, corridors)
- on all construction sites across all of NSW
- Form1 vehicles when there are 2 or more persons travelling in the same vehicle.

If you require further PPE, (this includes, masks, sanitizer, gloves) please liaise with your supervisor.

Residential aged care facilities

The Federal Government requires all staff / contractors of aged care facilities to have (at least) their first dose of the COVID Vaccine by mid-September. Form1 clients will be requiring proof prior to entry from mid-September. See attached [letter](#) you can take to your GP

Form1[®]

Form1 Group

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Form1.com.au

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Central Coast PO BOX 2125 Gateshead NSW 2290 T: 02 4351 0530

Canberra PO Box 313 Jerrabomberra NSW 2619 T: 02 6260 2673



Advice to residential aged care facilities

Staff and Contractors must **not** enter the facility at all if they:

- have been to any close or casual contact locations in NSW in the last 14 days, excluding the monitor for symptoms list
- have been to COVID-19 exposure locations in ACT in the last 14 days
- have been to any close or casual contact locations in Queensland in the last 14 days
- have been in Victorian places of high concern in the last 14 days
- have been in Greater Melbourne in the previous 14 days
- have COVID-19 symptoms - fever (37. 5°C or higher) or symptoms of COVID-19
- are a close contact of a person with confirmed COVID-19 and are within their self-isolation period
- live in a household with a person who is currently self-isolating
- are waiting for a COVID-19 test result

Coronavirus Symptom Checker

To find out if you meet the Australian Government guidelines for coronavirus (COVID-19) testing, answer a series of questions through the link below.

Questions include information about:

- your age and gender
- any emergency symptoms you may be experiencing
- your state or territory
- whether you're a healthcare worker
- any recent foreign travel
- whether you've been in contact with someone who has been diagnosed with COVID-19

www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker

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](#)
- WorkSafe ACT – [Coronavirus advice for ACT workplaces](#)

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