



1. General Information about COVID-19

An outbreak of novel coronavirus (COVID-19) was detected in Wuhan, Hubei Province, China in late December 2019. ANSTO is closely monitoring the situation and consolidating information from the World Health Organisation (WHO), Centre of Disease Control (CDC), the Australian Government Department of Health and the NSW Government Department of Health.

The health and safety of our employees, tenants, contractors, collaborators, partners and visitors is our highest priority. Precautionary measures are being put in place to respond to the evolving novel coronavirus situation.

1.1. What is COVID-19?

“Coronavirus” is a general term for a type of virus. Coronaviruses can cause illness similar to the common cold or more serious diseases including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

The virus originating in Hubei Province, China is called ‘novel’ because it is new.

1.2. How does the virus spread?

The coronavirus is most likely spread from person to person through:

- direct contact with a person while they are infectious;
- contact with airborne droplets when a person with a confirmed infection coughs or sneezes;
- contact with objects or surfaces that are contaminated by droplets coughed or sneezed from a person with a confirmed infection, and then touching your mouth or face.

NOTE: This is not considered an increased risk to cargo and mail workers as on most dry surfaces, coronaviruses die within a few hours as secretions dry out.

Close contacts (such as people staying in the same house or sharing a closed space for a prolonged length of time with someone who is infected) are most at risk of infection.

1.3. What are the symptoms?

Symptoms include (but are not limited to) fever, cough, sore throat, fatigue and shortness of breath.

1.3.1. What is a fever?

A high temperature is a common and normal response to infection.

Normal body temperature is 36°C – 37°C.

Any temperature over 38°C is classified as a fever.

1.4. Who is at risk?

People who have:

- been in contact with a person with COVID-19; and/ or
- visited or transited through a higher risk country

There is increasing community transmission in a number of countries around the world.

People with existing medical conditions may be more vulnerable to respiratory disease, including those with diabetes, chronic lung disease, kidney failure and people with suppressed immune systems. Older people are also at a higher risk of serious disease.

1.5. How can we help prevent the spread of COVID-19?

Practising good personal hygiene is the best defence against most viruses. Encourage everybody to:

- Wash their hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser;
- Avoid touching their eyes, nose, and mouth with unwashed hands;
- Avoid close contact with people who are sick;
- Stay home when they are sick;
- Cover their cough or sneeze with a tissue or sleeve, then throw the tissue in the trash;
- Practice social distancing (e.g. stay more than 1.5 metres from people, cancel non-essential meetings and conduct the meeting in another way using online or teleconferencing platforms); and
- Observe [Government restrictions](#) about non-essential gatherings.

1.6. Do face masks protect against the virus? Which face masks?

Face masks are not recommended for the general population.

People who have symptoms and might be infected with novel coronavirus are required to stay in isolation at home. To reduce the risk of transmitting the disease to anyone else, these people should wear a surgical face mask when in the same room as another person and when seeking medical advice. Health care workers who are caring for patients with suspected novel coronavirus should use P2 masks to protect against the virus. These must be fit tested and worn properly.

1.7. Cleaning and Disinfection

Each worker should keep their desk clean and tidy and practice regular cleaning and disinfection of regularly used surfaces such as keyboards, telephone handsets, mouse and desktop.

Following a meeting, please ensure all desk surfaces, keyboards and mouse are cleaned and left in an orderly fashion for the next users.

ANSTO Cleaners have escalated cleaning and disinfection rotations. Please keep your area clean for thorough cleaning and to achieve the best results.

1.7.1. Hot desking

Hot desking and shared workstations are best avoided at this time. If necessary, conduct a thorough clean both before and after use of all surfaces such as the desk, keyboard, mouse telephone handset, vdi station etc.

1.8. Are pregnant women more susceptible to infection to COVID-19, compared with the general public?

Pregnant women experience immunologic and physiologic changes which might make them more susceptible to viral respiratory infections including COVID-19. Pregnant women should engage in usual preventive actions to avoid infection like washing hands often and avoiding people who are sick. ANSTO staff should follow a risk assessment and Guidance for Pregnant or Lactating Workers.

2. Access to ANSTO Campuses

2.1. Exclusion of staff (including contractors, researchers and visitors) to ANSTO Campuses

All people who arrive in Australia from midnight 15 March 2020, or think may they have been in close contact with a confirmed case of coronavirus, are required to self-isolate for 14 days.

Only business critical visitors should be attending ANSTO at this time.

2.2. Specific ANSTO Arrangements

ANSTO will continue to support critical business in order to maintain the delivery of nuclear medicine to the Australian community.

OPAL, ANM, ANSTO Health Products, critical research areas and critical safety and support roles will continue, with adjustments in place to minimise the spread of COVID-19.

The Management Teams of each work group will communicate directly about local arrangements.

2.3. I am hosting a visitor/user from another country – can this go ahead?

It is important that you and your visitors follow the latest government guidance from your respective countries.

Foreign nationals entering Australia must quarantine in a home or hotel for 14 days after entering Australia.

Postpone the trip or conduct the meeting in a different way, for example, using online or teleconferencing platforms.

3. Site Sport Restrictions

The ANSTO Social Club has stopped all sporting activities that involve groups of people coming together commencing 20 March.

It is important to keep healthy and active. There are options like walking, running and swimming where you can maintain your level of fitness and your social distancing.

3.1. Peak Health Gyms

In line with Government advisories and as these are a shared facility with limited capacity for cleaning and sanitisation, these ANSTO gyms are to be closed.

4. Illness, health effects and contact

4.1. Information for workers, tenants and partners

4.1.1. I am experiencing flu like symptoms

- Stay home/ Go home
- Follow self-isolation requirements
- More information: [Health Direct Coronavirus \(COVID-19\) Symptom Checker](#)
- If you want to talk to someone about your symptoms first, call the Coronavirus Health Information Line for advice 1800 020 080.
- To seek medical help from a doctor or hospital, call ahead to medical centre to let them know you're experiencing flu-like symptoms

For Official Use Only

- Wear a surgical mask/ P2 mask (if available) to protect others. Stay at least 1.5 metres away from other people.
- Your doctor will tell you if you should be tested
- Call your business contact or manager to advise outcome of testing
- Medical clearance required before return to work

4.1.2. I am experiencing acute, severe symptoms at work

- Call your business contact – notify ERT/DFAO/ASOC of recent travel/close contact history
- Follow medical advice
- Follow self-isolation requirements
- Call your business contact or manager to advise outcome of testing
- Medical clearance required before return to work

4.1.3. I have been in close contact with someone with confirmed COVID-19

- Stay home
- Follow self-isolation requirements
- Advise Manager
- Work from home as agreed with Manager
- Self-monitor for symptoms - [Health Direct Coronavirus \(COVID-19\) Symptom Checker](#)
- If symptoms develop – see above
- After 14 day period without developing symptoms worker can return to work

4.1.4. I am working from home and confirmed COVID-19 case or close contact with COVID-19 case

- Advise the ANSTO Occupational Health Centre using email covid19assistance@ansto.gov.au or phone the ANSTO COVID-19 Helpline on (02) 9717 3999.
- Advise your manager.
- Follow all social distancing and medical advice.

4.1.5. I am feeling stressed and anxious about this situation

This situation is unusual and there is a lot of information out there. It is normal to feel scared and anxious. Try to remember the following tips:

- Keep in touch with family members, friends and colleagues via telephone, email, social media or video conferencing.
- Learn more about the facts of coronavirus from trusted sources such as the Department of Health or World Health Organisation.
- Where possible, keep to a normal routine that includes exercise, healthy eating and mindfulness.
- Reflect on your resilience and on how you have coped with difficult situations in the past.
- Remember that this will pass and the situation will return to normal soon.
- Let a friend, work colleague or your manager know of stress or anxiety.

5. Campus Emergency Contacts

5.1. ANSTO Lucas Heights

ASOC: 9717 3333 or x888

5.2. ANSTO Camperdown

During normal hours: 9565 7600 or dial 2

After hours: 9717 3333

5.3. ANSTO Clayton

During normal hours: 8540 4120 or x4120

After hours: 8540 4123 or x4123

5.4. ANSTO COVID Assistance

02 9717 3999

Covid19assistance@ansto.gov.au

6. Definitions

Term	Definition
Close Contact	Close contact is someone who has spent more than 15 minutes face-to-face, or more than two hours in a closed room, with an infected person.
Self Isolation	<p>A period of 14 days where you stay at home to prevent the spread of virus to other people.</p> <p>Self isolation at home means staying at home. A person cannot leave the home to attend work, university, school, childcare or other unnecessary public visitations.</p> <p>Self isolation is appropriate for persons that:</p> <ul style="list-style-type: none">• Have been confirmed to have COVID-19• Do not need immediate medical care• Are unwell and are awaiting the outcome of testing• Are returning from overseas travel and• May have had close contact with a confirmed case of COVID-19.
Social Distancing (aka physical distancing or spatial distancing)	<p>In the workplace, this means actions to prevent the spread of germs in the workplace:</p> <ul style="list-style-type: none">• Stay at home if you are sick• Consider if large gatherings can be rescheduled, staggered or cancelled• Stop handshakes and other physical greetings• Hold meetings via video conferencing or phone calls• Take advice on non-essential business travel• Defer or cancel large face to face meetings• Promote good hand and cough/sneeze hygiene• Provide hand sanitisers

For Official Use Only

	<ul style="list-style-type: none">• Clean and disinfect shared high-touch surfaces regularly (kitchen, tea rooms, bathrooms, door handles, telephones, meeting rooms)• Encourage fresh air• Limit food handling and shared food in the workplace
--	--

7. References & Further Information

ANSTO recommends obtaining further information from reputable sources. Along with the ANSTO Intranet, these pages are helpful:

- [World Health Organisation – Coronavirus disease \(COVID-19\)](#)
- [Australian Government Department of Health – Coronavirus \(COVID-19\)](#)
- [Australian Government Department of Foreign Affairs and Trade - Smarttraveller](#)
- [NSW Government Department of Health COVID-19](#)
- [Safe Work Australia Coronavirus \(COVID-19\): Advice for employers](#)
- ABC News: [Coronacast](#)

End of Document