

Safety Alert

ARTC No.118
Issued 31/01/2020

Coronavirus – ARTC internal communication

This alert has been issued to communicate to workers ARTC's position on Novel coronavirus.

Coronaviruses are a large family of viruses. They cause illnesses that can range from the common cold to more severe diseases. Novel coronavirus (also called 2019-nCoV) is a new strain of coronavirus affecting humans originating from the Hubei Province, China in December 2019.

Anyone who develops a fever, cough, sore throat or shortness of breath within 14 days of travel to Hubei or contact with a person with confirmed coronavirus, should immediately isolate themselves from other people, contact their GP or local emergency department or call the Australian Government Public Health Information Hotline 1800 004 599.

The Australian Government Department of Health have advised that the internationally recognised incubation period for the coronavirus is 14 days, so this is the logical timeframe to check for symptoms. After this time, there is no risk.

ARTC advises that you should avoid all travel to China. If you have visited the Hubei Province over the Christmas period (especially over the last 14 days) or if you have been in contact with a friend or relative that has been to the Hubei Province, we ask that you:

- Notify your manager immediately
- Contact your GP
- Stay at home until ARTC provides you permission to return to work

If you need time off, or if you need to carry out your work at home, then you should speak with your manager about your individual circumstances.

It is important to note that there have been **no deaths reported outside China**. In an effort to contain the spread of the virus, earlier today the World Health Organisation declared a global health emergency—a rare designation that helps mobilise financial and political support.

ARTC continues to monitor the situation and take the utmost precautions to protect our workers and their families.

As a reminder, ARTC recommend following the guidelines below from the World Health Organisation to help protect yourself against transmission and reduce your risk of exposure:

Frequently clean your hands with alcohol-based hand rub or soap and water;

- When coughing and sneezing, cover your mouth and nose with a flexed elbow or tissue – then throw the tissue away immediately and wash your hands; and
- Avoid close contact with anyone who has fever and cough.

If you have concerns, more information is available at [the Australian Government Department of Health - Coronavirus information page](#)

For your action

1. Place Safety Alert on display and make copies of this alert available to people who report to you (without regular email access) and ensure that the contents of the safety alert are discussed/explained to your staff.
2. If engaging contractors, ensure they are made aware of current ARTC Safety Alerts.
3. Ensure a method of sign-off is obtained (eg via tool-box/safety meetings/morning briefings etc) to verify that the Safety Alert has been distributed and discussed.
4. If you have any safety concerns with this Safety Alert please speak directly to your supervisor.

Further information

- All Safety Alerts issued can be [found here](#).
- For further information contact:
Mark Blackmore Acting General Manager Safety & Environment 0427227816



Novel coronavirus (2019-nCoV) Information for a Suspected Case

You have been identified as being at risk of infection with the 2019 novel coronavirus (2019-nCoV) and you have now developed symptoms.

Please read this information carefully.

What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

The virus was first detected in Wuhan, China. It is called a 'novel' virus because it is new, and has not been detected before this outbreak.

How is the virus spread?

Most people who were infected live in, or have travelled to, mainland China, in particular Hubei Province. There have been some cases of 2019-nCoV reported in other Chinese provinces and other countries. It is likely that the virus originally came from an animal, and there is some evidence that it can spread from person to person.

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

- direct contact with a person whilst they are infectious
- contact with droplets when a person with a confirmed infection coughs or sneezes; or
- touching objects or surfaces (such as door knobs or tables) that were contaminated by droplets from secretions coughed or sneezed from a person with a confirmed infection, and then touching your mouth or face.

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

At present, the infection is not known to have spread efficiently person-to-person outside of China. However, it is important that you understand the symptoms of novel coronavirus and seek medical attention if you become unwell.

What are the symptoms?

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

What happens now?

Your doctor will arrange for you to be tested for the infection. It may take a few days for the test results to be returned.

If your symptoms are serious you will remain in hospital isolated from other patients to prevent further spread of the virus.

If your doctor says you are well enough to return home while you are waiting for your test results:

- remain in your home and do not attend work or school;
- wash your hands often with soap and water;
- cough and sneeze into your elbow;
- avoid cooking for or caring for other members of your household; and
- wear a mask (provided by your doctor) if close contact with other people is unavoidable.

Public Health officers will make contact with you each day to check on your condition and provide you with a phone number to contact if you have questions.

Your family and other close contacts do not need to remain isolated unless they develop symptoms. If they develop symptoms, they must return home and contact the Public Health Unit.

What happens if my test is negative?

You no longer need to remain in isolation. You may return to normal activities on your doctor's advice. You should continue to carefully monitor your health for up to 14 days after your last contact with the confirmed case. Report any new or returning symptoms to Public Health in this period. You may be required to be tested again.

What happens if my test is positive?

You must remain in your home or accommodation until Public Health officers advise that it is safe to return to normal activities. This will normally be 1 day after your symptoms end.

If your condition deteriorates, seek medical attention:

- Notify the Public Health officers managing your care by calling the number provided to you;
- Follow the direction of the Public Health officers who may advise you to go to a doctor's surgery or a hospital;
- Call ahead to a doctor or hospital and inform them that you are a confirmed case of novel coronavirus;
- Put on the mask provided to you for if you need to leave the house;
- When you arrive at the doctor's surgery or hospital, tell them that you are a confirmed case of novel coronavirus.

If you are experiencing severe symptoms, such as shortness of breath:

- Call 000 and request an ambulance; and
- Inform the ambulance officers that you are a confirmed case of novel coronavirus.

Your family and other close contacts do not need to remain isolated unless they develop symptoms. If they develop symptoms, they must return home and contact Public Health.

How is the infection treated?

There is no specific treatment for 2019-nCoV infection. Antibiotics are not effective against viral infections. However, most of the symptoms can be treated with supportive medical care. Your doctor will explain this to you.

Where can I get more information?

Visit the Australian Government Department of Health homepage at www.health.gov.au

Call the Public Health Information Line on 1800 004 599

Discuss any questions you have with the Public Health Unit monitoring you.

Contact your state or territory public health agency:

- ACT call 02 5124 9213
- NSW call 1300 066 055
- NT call 08 8922 8044
- Qld call 13HEALTH (13 43 25 84)
- SA call 1300 232 272
- Tas call 1800 671 738
- Vic call 1300 651 160
- WA visit <https://www.healthywa.wa.gov.au/> or call your [local public health unit](#)