

Coronavirus- COVID 19 AND MEN'S SHEDS

Please Note: This material has been sourced and adapted from the Australian Government Department of Health Factsheets

The AMSA has received enquiries from Men's Sheds seeking further information and guidance about the current COVID-19 Health Alert. As a result, this information has been sourced from the Australian Government and State Department of Health websites.

- Coronavirus (COVID-19) is a respiratory illness caused by a new virus
 - Symptoms range from a mild cough to pneumonia
 - Some people recover easily, others may get very sick very quickly
 - There is evidence that it spreads from person to person
 - Good hygiene can prevent infection.
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Can members go to the Shed?

In the following scenarios members **should not** attend the Shed if they have:

- Left, or transited through mainland China in the last 14 days (they must isolate themselves for 14 days from leaving mainland China)
- Left, or transited through Iran on or after 1 March-they must isolate themselves until 14 days after leaving Iran
- Been in close contact with a confirmed case of coronavirus in the last 14 days (they must isolate themselves for 14 days after the date of last contact with the confirmed case).

Members who are in isolation due to one of the above situations **should inform the Shed**.

Members who meet the above criteria that they should remain isolated in their home

Members should advise a Committee member if they develop symptoms during the isolation period, particularly if they have been in the Shed

Public health authorities may contact the Shed in the event a member is confirmed to have coronavirus.

What precautions should you take when cleaning?

- i. If cleaning areas of the Shed **where a person with a confirmed case of coronavirus or a person in isolation has frequented** members may wish to wear a surgical mask as an added precaution.
 - ii. When cleaning, you should minimise the risk of being infected with coronavirus by wearing gloves and using alcohol-based hand sanitiser before and after wearing gloves.
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Can food and water spread coronavirus?

Some coronaviruses can potentially survive in the gastrointestinal tract however, foodborne spread is unlikely when food is properly cooked and prepared.

With good food preparation and good hand hygiene, it is highly unlikely that you will become infected with coronavirus through food.

How can we help prevent the spread of coronavirus?

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses:

- Wash hands frequently with soap and water, before and after eating, and after going to the toilet
- Cover coughs and sneezes, dispose of tissues, and use alcohol-based hand sanitiser
- If unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact)



More information

- i. It is unknown at this time if the virus is able to survive in sewerage
 - ii. Drinking water in Australia is high quality and is well treated. It is not anticipated that drinking water will be affected by coronavirus
 - iii. While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness—not coronavirus
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What is coronavirus (COVID-19)

- i. Coronaviruses are a large family of viruses that can make humans and animals sick. They cause illnesses that can range from the common cold to more severe diseases.
- ii. Coronavirus (COVID-19) was first reported in December 2019 in Wuhan City in China.
- iii. Other coronaviruses include Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Symptoms

Symptoms can range from mild illness to pneumonia. Some people will recover easily and others may get very sick very quickly. People with coronavirus may experience:

- Fever
- Flu-like symptoms such as coughing, sore throat and fatigue □ Shortness of breath

If you have serious symptoms such as difficulty breathing, call 000 for urgent medical help.

Who is at risk

Most cases of coronavirus (COVID-19) are in Wuhan City in Hubei Province, China.

In Australia, the people most at risk of getting the virus are those who have:

- Recently been in mainland China and Iran
 - Been in close contact with someone who is a confirmed case of coronavirus
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How it spreads

There is evidence that the virus spreads from person-to-person. The virus is most likely spread through:

- Close contact with an infectious person
 - Contact with droplets from an infected person's cough or sneeze
 - Touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face
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Prevention

- Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others.
 - If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.
 - Everyone should practise **good hygiene** to protect against infections.
 - Good hygiene includes:
 - i. Washing your hands often with soap and water
 - ii. Using a tissue and cover your mouth when you cough or sneeze
 - iii. Avoiding close contact with others, such as touching
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Diagnosis

- i. If you become unwell and think you may have symptoms of coronavirus, **seek medical attention**
 - ii. Call ahead of time to book an appointment
 - iii. Tell your doctor about your symptoms, travel history and any recent close contact with someone who has coronavirus
 - iv. If you must leave home to see your doctor, wear a surgical mask (if you have one) to protect others
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Treatment

- i. There is no treatment for coronavirus
 - ii. Medical care can treat most of the symptoms
 - iii. Antibiotics do not work on viruses
 - iv. If you have been diagnosed with coronavirus, **isolate yourself in your home**
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How to isolate yourself

- i. Do not go to public places, such as schools, library, shopping centres
 - ii. If possible, ask other people to get food and other necessities for you and leave them at your front door
 - iii. Only people who usually live with you should be in your home
 - iv. Do not let in visitors
 - v. You do not need to wear a mask in your home
 - vi. If you need to leave home to seek medical attention, wear a surgical mask (if you have one) to protect others.
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Latest advice, information and resources:

1. Go to www.health.gov.au
2. Call the National Coronavirus Health Information Line on **1800 020 080** It operates 24 hours a day, seven days a week
3. If you require translating or interpreting services, call 131 450
4. The phone number of your state or territory public health agency is available at www.health.gov.au/state-territory-contacts
5. If you have concerns about your health, speak to your doctor.



Resources

Factsheets, posters:

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

Coronavirus (COVID-19) Health Alerts

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Frequently Asked Questions Factsheet

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx>

Close Contact Factsheet

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/novel-coronavirus-closecontact.aspx>

Casual Contact Factsheet

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/novel>