What are the latest social (physical) distancing guidelines?

- The Tasmanian Government has announced that a staged easing of restrictions will begin from 11 May, starting with:
  - Funerals – increase from 10 to 20 attendees.
  - Aged care visits – one visit per week and no more than two visitors, managed by the facility.
  - National parks and reserves – open to residents for exercise within 30km of their home.

- People should remain at home whenever possible and at physical distance from others to continue to prevent spread of the COVID-19 disease.

How is the University of Tasmania responding to the easing of restrictions?

- The safety and wellbeing of our staff, students and the community is our priority.

- The University has developed a framework to guide our return to campus in a careful, safe way that aligns with the easing of government restrictions.

- There are no changes to how we operate this week.

- The Temporary Campus Building Closures guide flipbook provides a list of temporary building closures, accessible spaces (such as computer labs and research facilities) and a safe working guide for those working on campus.

What are the latest travel restrictions in relation to COVID-19?

**Australia**

- All people in Australia are advised to remain at home, where possible, for their own and others’ safety.
- Australians are not permitted to travel overseas.
- Domestic travel is only permitted for the purposes of ‘essential’ services.
• All non-residents are restricted from arriving in Australia. Only Australian citizens, residents and immediate family members can travel to Australia.

• The revised bans are reviewed by the Australian Government on a weekly basis. Updates are provided on the Australian Government health alert webpage.

Tasmania

• All people in Tasmania are advised to remain at home, where possible, for their own and others’ safety.

• All 'non-essential' travellers into the State are required to be in a Government-run quarantine facility for 14 days. 'Essential' travellers include people required to keep the state's health system and trade operational.

• Travel to/from King Island and Flinders Island should not be undertaken unless it is 'essential'.

What does social distancing mean?

• Social distancing means physically staying at least 1.5 metres apart from another person and staying away from situations with other people, where possible. This Government factsheet provides further information.

• If you are sick, stay away from others – that is the most important thing you can do. You should also practise good hand and sneeze/cough hygiene.

What should I do if I'm feeling unwell?

• If you begin to feel unwell, with even with mild symptoms such as headache and slight runny nose, stay at home until you recover. Why? Avoiding contact with others when you're unwell helps prevent the spread of possible COVID-19 and other viruses.

• Some people are more vulnerable to serious infection so by staying at home when you are unwell, helps protect those most vulnerable in our community.

• If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call a GP, health clinic or Public Health Hotline (Tas: 1800 671 738; NSW: 1800 022 222) in advance and tell them your condition. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

• If you are not well and having trouble accessing medical attention, please contact us on +61 3 6226 2600.

• Out-of-hours care should be accessed at the Emergency Department of your local hospital.

What should I do if I see someone who appears unwell?

• Express to the person your concern that they don't appear well and ask them how they are feeling. If they are feeling unwell, suggest they return home, until they recover. Why? Avoiding contact with others when you're unwell helps prevent the spread of possible COVID-19 and other viruses.
What are the symptoms?

- Symptoms of COVID-19 may include fever, cough, sore throat, nausea/vomiting and shortness of breath. Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention.

- It can take up to 14 days for symptoms to show after a person has been infected.

- Those considered to be at high risk may have travelled from high risk countries recently; or have been in close contact with a confirmed case of the COVID-19.

What do ‘casual contact’ and ‘close contact’ mean?

Casual contact

- A casual contact is someone who has been in the same general area as someone who has tested positive for the coronavirus while infectious.

- Casual contacts do not need to be excluded from work or school while well. You must closely monitor your health and if you experience any symptoms you are advised to isolate yourself and contact your usual doctor, who will liaise with public health authorities to care for you. Public health authorities may need to contact you for contact tracing purposes. This factsheet provides further information.

Close contact

- You have been identified as having had close contact with someone diagnosed with Coronavirus disease (COVID-19).

- Someone from your local public health unit will be in contact with you daily while you are at risk of infection to monitor you for symptoms. You must isolate yourself in your home for 14 days after last contact with the confirmed case. Read this factsheet

How can we help prevent the spread of virus and seasonal illness?

- Practising good hygiene is the best defence against most viruses and we encourage you to:
  - Cover your mouth when you cough or sneeze (with a flexed elbow or tissue, not your hand)
  - Wash your hands often with soap and water
  - Avoid being in an enclosed space with anyone who is unwell
  - Maintain at least 1.5 metre distance between yourself and others, where at all possible

Where should I go for up-to-date information on COVID-19?

- The University is closely monitoring and following advice from these primary sources:
  - Australian Government COVID-19 website
  - Tasmanian Government COVID-19 website
  - Australian Government Department of Health COVID-19 information
  - Australian Government Department of Home Affairs
  - World Health Organization
How are the University’s teaching activities affected?

- We are delivering our teaching online where possible and staff are supported to work from home or at a location that enables adequate physical distancing.

We understand that some members of the University community may be experiencing anxiety or concern. We have dedicated counselling services in place for staff and students:

- Students who are concerned should make an appointment to talk to a counsellor online or by phone as part of our free and confidential Counselling Services.

- Staff members can access free and confidential counselling services through the University’s Employee Assistance Program (EAP) by phoning 1800 650 204 or booking online at www.newportwildman.com.au

- The Australian Psychological Society has produced a help sheet with advice on coping with coronavirus anxiety.

How long will the travel restrictions be in place?

- It is estimated that the restrictions COVID-19 response will last until at least September 2020, but this could change. The travel restrictions are reviewed weekly by the Australian Government Department of Home Affairs.

- Specific questions should be directed to the airline.

- The University is closely monitoring the progress of the COVID-19 outbreak and is providing updates to staff and students via email.

Students

- We understand COVID-19 is causing added anxiety. For any concerns, please reach out to us via the COVID-19 student support form.

- Answers to frequently asked questions and the support portal for students can be found on the Support for our students during COVID-19 webpage

HDR candidates

- We understand COVID-19 is causing added anxiety. If you are concerned about the impact of COVID-19 on your research, please reach out to your supervisor in the first instance.

- Information about adapting your research schedule and financial support is available under the ‘Research Support’ tab on the Support for our students during COVID-19 webpage

- For any concerns relating to wellbeing or financial difficulty, please reach out to us via the COVID-19 student support form.
How is the University advising front-line staff?

- Since this situation emerged, we have been in daily contact with state and national health authorities to ensure we have the latest advice so that we can reduce risk to you and our community.

- All staff should continue to work from home, or physically distanced on campus if your manager/supervisor has agreed.

- We are advising staff to:
  - Wash your hands often with soap and water and/or use alcohol-based hand sanitizer
  - Cover your mouth when you cough or sneeze (with a flexed elbow or tissue, not your hand)
  - Avoid being in an enclosed space with anyone who is unwell
  - Maintain at least 1.5 metre distance between yourself and others, where at all possible
  - Don’t leave home if you feel unwell, unless to seek medical assistance.
  - Practise safe food handling, wash hands before and after handling food and ensure food is cooked thoroughly

- If staff members feel stressed or anxious about the situation, please discuss your personal health circumstances with a medical health professional, and if required, discuss with your Supervisor.

- The University’s Employee Assistance Program (Newport & Wildman) is available 24/7 for any staff member. If you need support at any time, please call 1800 650 204.

- The Australian Psychological Society has produced a help sheet with advice on coping with coronavirus anxiety.

- Staff requiring help with queries related to Chinese students’ study plans, deferral, leave of absence, extensions, refunds should email China.EnrolmentAdviceDesk@utas.edu.au

If a staff member contracts COVID-19, what is the return to work procedure?

- If you have a positive result, you will need to stay in home isolation, unless you need medical care. Public Health Services will contact you with more information and when it is safe for you to return to the routine as advised by Government.

- As always, keep your line manager updated on your anticipated return to your work duties. Staff are advised to work from home, where possible.

Should I be wearing a face mask if I am dealing with people face-to-face?

- Some confusion exists around the efficacy of masks. Face masks are not currently recommended for use by healthy members of the public for the prevention of infections like COVID-19. While in some cultures it is common to wear them as a courtesy to others, their adoption on campus is not necessary in this instance.
• The World Health Organization has a good website with some videos and instructions on when and how to wear a mask.

I have some Personal Protective Equipment (PPE) that I would like to donate to assist the response to COVID-19. Who do I give it to?

• Please drop PPE donations to the security office at your local campus. Security offices are open 24 hours a day, 7 days a week. The Sandy Bay Security Office is located Corporate Service Building Ground Floor 1. The Newnham Security Office is Located Building M Ground Floor next door to Commonwealth Bank.

• Students in accommodation can pass PPE donations to the Student Living team.

What is the University’s travel advice to staff?

• The University has placed a pause on international travel. Critical domestic and intrastate travel will be considered on a case-by-case basis and must be approved.

When will I be able to travel overseas for work?

• We are monitoring the situation closely. Please refer to Smart Traveller for updates on all travel restrictions.

How will COVID-19 affect research collaborations with China and other countries subject to travel restrictions?

• Research should continue to be carried out unless directly advised otherwise.

• Online and phone communication with international collaborators can be carried out as usual.

What should I do if I have an airline booking to China or other countries subject to travel restrictions this semester?

• Please refer to the airline’s website for instructions.

• General updates about travel restrictions are provided by the Australian Government Department of Home Affairs

What should I do if I see someone who appears unwell?

• Express to the person your concern that they don’t appear well and ask them how they are feeling. If they are feeling unwell, suggest they return home, until they recover. Why? Avoiding contact with others when you are unwell helps prevent the spread of possible COVID-19 and other viruses.

• People Leaders should proactively support their teams to work from home and if this is not possible, to provide a safe location for that staff member to work.

How are the University’s teaching activities affected?

• We are delivering our teaching online where possible and staff are supported to work from home where at all possible. If this is not possible, staff are supported to work in a location that enables adequate physical distancing and safety.